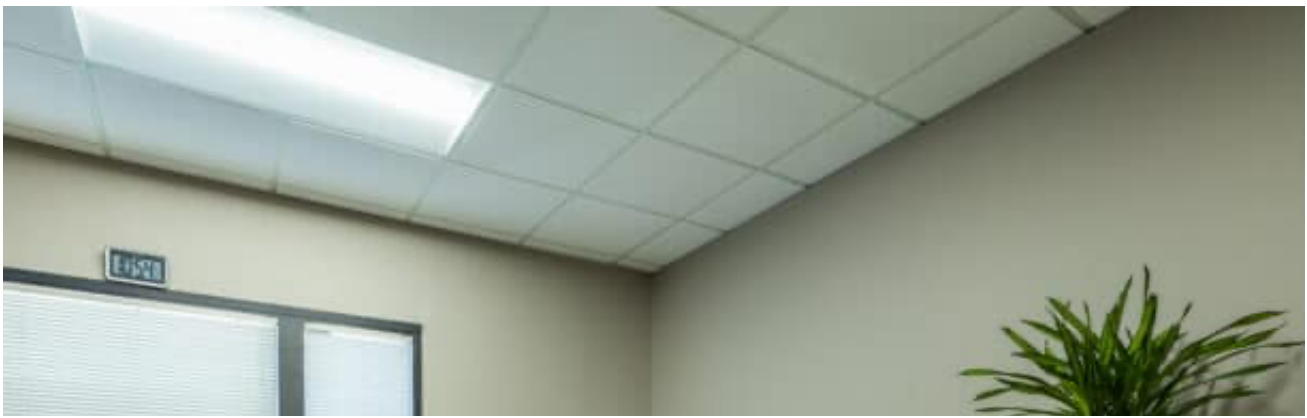




Hyperbaric Oxygen Therapy

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Our body requires adequate oxygen to function at its best. We receive oxygen through the lungs, which is carried in the blood to the rest of our body. Hyperbaric oxygen therapy (HBOT) is a noninvasive treatment that involves breathing 100% **pure oxygen in a pressurized chamber**, which is significantly higher oxygen levels than the normal air around you. Your body's tissues require more oxygen to heal when you are injured or ill. **HBOT promotes brain health and allows your body to fight bacteria and heal injuries** through immune modulation and stem cell mobilization.

HBOT is regarded as a safe practice. To determine if an individual can safely receive HBOT prior to engaging in this type of therapy, a thorough assessment will be completed with you by our wellness staff. During HBOT, you lay in a pressurized chamber which is monitored by our wellness staff who specially trained in HBOT. Clinicians may recommend this type of therapy for conditions such as **traumatic brain injury**, decompression sickness, soft tissue infections, wounds, burns, or anemia. HBOT is also clinically appropriate **treatment for hearing loss**. Additionally, brain imaging studies show HBOT increases blood flow, which is linked to improved psychological health. Recent studies also show the benefits for mental health conditions like PTSD, **autism spectrum disorder**, memory or attention issues, depression, and anxiety.

A typical session lasts about 1 hour and it may be recommended you engage in multiple sessions (20 – 40), depending on your needs. No special clothing is required, feel free and dress to comfort and / or need. The benefits of HBOT last beyond these sessions because your body's tissues will likely return to normal oxygen levels. This type of treatment is typically recommended in conjunction with other treatment modalities like counseling or psychotherapy.

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PATIENT LOGIN

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