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# What You Need to Know About Brain Oxygen Deprivation



Not all brain injuries involve a [blow to the head](#) or lesion. Indeed, your brain can be injured even when nothing comes into contact with your head. [Anoxic brain injuries](#) occur when the brain is deprived of oxygen. The aftermath of a lack of oxygen to the brain is largely dependent on the extent of the oxygen deprivation, also known as [hypoxia](#). Some people recover with little to no consequences, while others need years of rehabilitative therapy.

## Brain Oxygen Deprivation: The Basics

Doctors typically refer to two distinct forms of oxygen deprivation



: anoxic brain injuries occur when the brain is totally deprived of oxygen due to sudden cardiac arrest, choking, strangulation, and other sudden injuries.

[Hypoxic brain injuries](#) occur when the brain receives less oxygen than it needs, but is not completely deprived of oxygen. Because the effects of the two injuries are similar, many brain experts use the terms interchangeably.

A few seconds of oxygen deprivation won't cause lasting harm, so a [child who holds his breath in frustration](#), a combatant choked unconscious during a Jiu-Jitsu match, and a diver who needs a few extra seconds to come up for air are unlikely to experience brain damage. The precise timeline of anoxic brain injuries depends on a number of personal idiosyncrasies, including overall brain and cardiovascular health, as well as the level of blood oxygenation at the time of injury. Generally speaking, injuries begin at the one-minute mark, steadily worsening thereafter.

## How Long Can the Brain Go Without Oxygen? A Timeline

- **Between 30-180 seconds of oxygen deprivation**, you may lose consciousness.
- **At the one-minute mark**, brain cells begin dying.
- **At three minutes**, neurons suffer more extensive damage, and lasting brain damage

becomes more likely.

- **At five minutes**, death becomes imminent.
- **At 10 minutes**, even if the brain remains alive, a coma and lasting brain damage are almost inevitable.
- **At 15 minutes**, survival becomes nearly impossible.

There are, of course, exceptions to every rule. Some training routines help the body make more efficient use of oxygen, enabling the brain to go longer periods without this vital element. Free divers routinely train to go long periods without oxygen, and the current record holder, Aleix Segura held his breath for *24 minutes and 3 seconds* without sustaining brain damage!

## Why Does the Brain Need Oxygen?

The brain represents just 2% of a person's body weight, yet it uses about 20% of the body's oxygen supply. Without it, the brain can't perform even the most basic functions. The brain relies on glucose to power the neurons that control everything from conscious functions like planning and thought to automatic, unconscious processes like managing heart rate and digestion.

Without oxygen, the brain's cells cannot metabolize glucose, and therefore cannot convert glucose into energy.

**When your brain is deprived of oxygen, then, the ultimate cause of brain death is inadequate energy to power the brain's cells.**

## Most Common Signs of Oxygen Deprivation

Most cases of oxygen deprivation have an immediate,

obvious cause. A person is at risk of oxygen deprivation under a number of circumstances, including:

- Strangulation, which blocks blood flow to the brain, thereby preventing oxygen from getting to the brain's cells.
- Cardiac or respiratory arrest due to accidents, heart attacks, strokes, and similar catastrophic events.
- Choking.
- Drowning.
- Electrocution.
- Brain tumors that impede blood flow.
- Heart arrhythmias.
- Smoke or carbon monoxide inhalation.
- Extremely low blood pressure, which is common when the body goes into shock due to other injuries.
- Poisoning, including via overdose of prescription and illicit drugs or alcohol.
- Broken or compressed trachea.
- Birth-related injuries in newborns.

## Early signs of oxygen deprivation include:

- Changes in heart rate.
- Decreased circulation in the hands or feet.
- Parts of the body turning blue.
- Fainting, seeing spots, or being unable to think clearly.
- Decreased judgment or awareness.
- Seizures.
- Inability to follow directions or complete complex tasks.

from oxygen deprivation, call 911 immediately. Rapid intervention can be life-saving, and may reduce the

risk of serious, lifelong brain damage.

## Effects of Oxygen Deprivation

The effects of oxygen deprivation are similar to those of other brain injuries. The prognosis depends on how severe the lack of oxygen to the brain was, the extent of neuron death, and the quality of medical and rehabilitative care. With quality physical therapy, your brain may learn to compensate for damaged regions, so even severe injuries warrant an ongoing commitment to physical therapy.

Common long-term effects of [oxygen deprivation](#) can include

- Damage to specific brain regions deprived of oxygen. Various brain regions tend to coordinate different functions, so some functions might be severely crippled while others remain intact. For instance, the injury survivor might be able to understand language but unable to speak.
- Changes in mood or personality.
- Difficulty with memory, including the ability to recall facts, names of objects and/or people, and faces. This can also interfere with the ability to learn new information or recall autobiographical facts.
- Changes in motor skills. A number of brain regions help coordinate movement, so if these areas are damaged, you may struggle to walk, write, or engage in other functions.
- Chronic pain. When the brain is damaged, it may incorrectly process pain signals, causing you to feel pain even when there is not an injury.
- The inability to feel pain, or to correctly respond to pain signals. For instance, pain in your arm might feel like pain in your leg.

- Difficulties with impulse control. Many brain injury survivors develop addictions, aggressive behavior, or sexually inappropriate compulsions.
- Symptoms of mental illnesses such as depression or anxiety.
- **Dementia-like symptoms, including confusion, memory difficulties, and signs of rapid brain aging.**

## Treatment for Brain Oxygen Deprivation

Treatment should always begin with addressing the source of oxygen deprivation, since the longer oxygen deprivation continues, the more severe the damage will likely be. Your doctor may use a tracheotomy to ensure you get sufficient oxygen if something blocks your wind pipe. Other treatment options may include surgery to remove a blockage or lesion, and steroids to reduce swelling in your brain.

In the days following your injury, your treatment team will turn its attention toward long-term recovery. Your brain is highly adaptive to its environment, so continued challenges are the best option for helping your brain recover and work around your injuries. Your treatment plan may include:

- Exercise therapy to increase blood flow to the brain.
- Physical therapy to help you regain lost motor function.
- Occupational therapy to help you find new ways to complete everyday tasks.
- Speech therapy to help you regain lost speech and language.
- Psychotherapy to help you learn to cope with your injuries.
- Family support groups to educate you and your

family about life with a brain injury.

You may also need follow-up treatments, such as chemotherapy to further shrink a brain lesion, medication to prevent a blood clot, or regular MRI scans to assess brain damage.



## Sources and Additional Resources:

- Olson, Leslie C., [How Brain Death Works](#)
- NHS.uk, [Brain Death](#)
- [Brain Injury By a Lack of Oxygen/Oxygen Deficiency](#), Brain Injury Explanation
- [What Happens to the Brain Without Oxygen?](#), AB Studio

**Topics:** [Traumatic Brain Injury](#), [Brain Damage](#)

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#### About the Author

### Spinal Cord Team

The authors of Spinalcord.com are made up of attorneys, those in the medical field, and survivors of spinal cord injuries or traumatic brain injuries. Learn more about our team of authors including a brief biography that explains how they impact the SCI and TBI community.

[Learn More About the Author](#)

**parkash balani** 7/24/2016, 4:40:08 PM

Hi there,

I have been using Alcohol since 6 to 7 years, sometimes i will for month i will leave it or may be shortens of shots. but sometimes use excessive. in ur article u have mentioned symptoms i have 95% of same. i went to doctor they diagnosed me anxiety and panic disorder and given me seroxat cr and praxil cr tablet which i have use more than 2 month but my sexual ability will be ended . now i leave it months ago my age is 37 and i want exact medicines for this. i hope you will help me.

Reply to *parkash balani*

**Hazel Churilla** 10/27/2021, 10:32:38 AM

Sounds like you're having alcohol withdrawal and possibly some reversible damage to your brain from drinking.



**Alexis Dawson** 5/8/2022, 2:27:54 PM

You're experiencing damage to your brain from alcohol consumption. And that damage and those symptoms will only continue to get worse unless you completely STOP drinking 100%. If you do not stop drinking, especially with as bad of symptoms as you are already experiencing, you will eventually suffer from a condition called "wet brain" which is irreversible brain damage due to alcohol consumption. The first step is you MUST stop drinking alcohol, and NEVER drink alcohol ever again. Next step, is you need a treatment program for recovery from alcoholism.... There are medications that can help you stop drinking so that you may be able to reverse your symptoms, one of the best medications to help you stop drinking is called Naloxone. Which can be taken orally, or in a monthly shot, the shot is called vivitril. After you begun that, the best thing you can do is IMMEDIATELY start vitamin B1 supplements (also called Thiamin supplements) that is the vitamin you are most lacking, and is the one that causes the most damage when your body is deprived of it. So you NEED to start taking Thiamin (vitamin b1) supplements immediately, and also start consuming a Whole Foods, vegetable/fruit rich diet. Your body and your brain are extremely deprived and you need to take care of it and give it what it needs. There is no magic pill that u can take, to fix this and it all go away. YOU have to put in the footwork to fix it. Nalaxone will help you stop drinking and will help with the cravings, but I highly suggest you check into a medical detox center when you stop drinking. I say this because abruptly stopping alcohol can

cause seizures and/or death, so it's important that you go to a medical detox, or even a hospital where they can detox you from the alcohol while monitoring you 24/7 and giving you medications to prevent seizures while you detox. Detoxing from alcohol can take anywhere from 5 days, to 14 days depending on severity. It's imperative that you are supervised during this time for your own safety. Once you are through detoxing, the Nalaxone will help stop cravings for alcohol... and then thiamin vitamin b1 supplements will help to heal the damage, and eating a whole food clean diet that is rich in vegetable and fruit will also help to nourish your body and brain. And also, drink ALOT of water, drink at the very least, 2 liters of water a day, but ideally closer to a gallon of water a day, your body needs it to heal, and also commit to walking outside for 20-30 minutes everyday, your brain needs oxygen and brisk walks for 20-30 minutes will greatly help you. I hope this helps and I hope you can find the help that you need before it's too late. I wish you the best and good luck 💜

Reply to *Alexis Dawson*

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**Hope** 10/29/2016, 9:48:29 PM

Hi, Lately I have been having migraines out of no where, they never go away. They made me realise symptoms that I never played attention to (because thought it could be normal due to overweight) . When I inhale too much (deep breaths) I feel light headedness, I have random attacks where my heart will feel like its beating really fast, then 20 seconds later it will stop (I'll be at rest during the time). Then once in a while ill get a numbness in my fingertips, when

exercising mostly. I'm an excellent student in school and lately I just cannot concentrate on the simplest of task. I was just wondering if you might be able to tell me if I'm crazy, or if this is something I should look into.

*Reply to Hope*

**Random Friend** 1/29/2018, 11:34:22 AM

You might have a coronary artery spasm, called Prinzmetal Angina. Check it! It's simple to control it.

*Reply to Random Friend*

**Linda Gabbert** 5/6/2021, 2:07:12 PM

I am no one to speak of except I do have a anoxic brain injury and it was very serious and now 25 years later I am better but but most things I lost never came back I just needed to find a new path for my life. Being on a anti seizure medication at a high dosage was just piling the pounds onto my small frame. Finally I said that's it! I refuse to take another one! The weight started coming off which was great! Then I start within a month I started getting these horrible migraines! I could not move my a single inch ! They lasted a few hours at first they were about once or twice a month but by the end of that first year off the seizure meds I was having them every week. So shooting forward and after seeing two neurologist who really did nothing but give me a pill that did not help they said well you. Cant take a

*Reply to Linda Gabbert*

## **Geneiva Doucette**

6/12/2022, 5:04:59 AM

I had brain injury back in 2000. Now I take seizures and have memory loss. I was in hospital for 5 months and died twice and had to put in a drug induced coma. I think it was all due to me ex boyfriend and how he tried to choke me because doctors said I lost oxygen and I was tested for everything they could think of and all negative. They got me down as having meningitis but I don't because I was tested for it and came negative. He got away with it though. When my mother started questioning him on what happened he left the province and all he could ask was did I remember anything so he was scared I would remember now my life has never been the same since then and never will be.

*Reply to Geneiva  
Doucette*

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**Stephen Rieke** 1/25/2017, 7:55:02 PM

Now almost two years beyond the twin incidences of vision loss (separated by one week - each occuring Saturday night-to-Sunday morning), I've slowly, but steadfastly researched and learned much about NAION, the 'silent thief' - which has 'taken' my sight. Is there any new or 'hope-filled' remediation for NAION?--- Steve  
indycirque@yahoo.com Thanks for your response.

*Reply to Stephen Rieke*

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**Ashwini Verma** 1/30/2017, 9:54:33 PM

My name is Ashwini Verma, from (India). your artical was quite informative just to understand the same with case specific here I would like to share a case of My mother (70Yrs) is currently bed ridden due to an unfortunate incident during Breast surgery on dated Dec7th, 2016.

During surgery she has got cardio-respiratory arrest and she went into Hypoxia for 20 mins. Dr revived her completely after 1.45 hours efforts and put on ventilator.

After 5 hours of the incident "seizures" started. Hence Dr. paralyzed her body. At that time Pupils were pointed and opened widely. No response of lights was there. No body movements

Present condition ...

1. Ventilator removed after 36 hours of the incident.
2. Oxygen support removed after 96 hours and tracheotomy done.
3. Vital Stable, GCS - E2 VT M3, Pupils movement and responds to lights
4. She responds on pinching. Some times tries to lift head when in pain.
4. Presently it's been 53 days after surgery done (7-Dec-16)
4. MRI showing Basal ganglia and occipital lobe insult
5. Last MRI on 20th day - Improvement in Occipital Lobe (Improvement observed clinicly also)
6. RT & Tracheotomy

Please help to understand the current condition and further course of treatment.

Regards  
Ashwini Verma

Reply to *Ashwini Verma*

**Mary Venables** 4/20/2017, 2:36:02 PM

Please email me as I am going through difficult times with my mother who is 81.

Reply to *Mary Venables*

**Vinny** 4/21/2017, 5:58:24 AM

Ms. Venables,  
You should have an email, if not please feel free to call our toll free number anytime: 877-336-7192

Reply to *Vinny*

**Piyush Dubey** 9/10/2017, 11:21:39 AM

Hi  
The same incident happened with my father at august 29, Please share your contact details I would like to know the life after Brain Hypoxia Injury. Would like tk nnow the Doctor, prescription, Rehabilitation method etc.  
Please so whats app or missed call to me.  
9936401234

Reply to *Piyush Dubey*

**Camilla Bailey**

9/25/2017, 8:43:59 AM

My son had a cardiac arrest when was 18... He had cpr for 39mins and was in a coma...  
Eventually he had to learn all his motor skills again but did suffer frontal lobe damage... I would like to

what's app you..... My number is UK  
0797753372

*Reply to Camilla Bailey*

**Fareed Ahmed**

11/20/2017, 10:47:09 AM

My son also at 18 had cardiac  
arrest and diagnosed with  
Lance Adam Syndrome. he had  
3 to 5 minutes - no oxygen to  
brain/

*Reply to Fareed  
Ahmed*

**Kapil Verenkar**

12/1/2017, 8:32:45 PM

after how many days of d  
incident she regained  
consciousness? My mother's  
condition is same it's four days  
now since she suffered cardiac  
arrest and hypoxia n she is still  
unconscious doesn't respond to  
anything. I am really worried plz  
reply.

*Reply to Kapil  
Verenkar*

**Shivani Chhabra**

4/15/2020, 5:23:03 AM

Hi my mother suffered the  
same. She is on nursing  
care at home. I would like  
to discuss more.how is  
your mother.

Reply to *Shivani  
Chhabra*

**Jaswinder Singh**

3/28/2018, 6:59:19 AM

How is your mom . My dad is  
on the same situation . Pls can  
u advise me

Reply to *Jaswinder  
Singh*

**Harry Singh**

4/11/2018, 12:06:58 PM

Brother plz call me  
7814440007 .  
I wnt to discuss somethings  
with you

Reply to *Harry Singh*

**Farrah Jane**

9/26/2018, 9:43:50 PM

I am so sorry to hear what you  
are going through. It sounds  
like she is in good hands and  
has a fighting chance! I'd like to  
share my story with you. My  
fiance 37, suffered from a  
respiratory attack and ended up  
in a coma after 40mins of CPR  
but he was not found until  
roughly 2 hours after the attack.  
He ended up having 70% brain  
damage and sadly never woke  
up. He went into a vegetative  
state for months and he then  
passed away.  
It is a good sign she is



responding to light and pain!  
Keep pressuring the doctors to  
repeat tests and MRI.  
I hope she pulls through, I'd  
really like to know how you get  
on.

Reply to *Farrah Jane*

## **Charlotte Regalado**

10/20/2018, 6:45:02 PM

My brother lost oxygen for  
20min he's been out for about a  
week now he is 36 yrs old.

Reply to *Charlotte  
Regalado*

## **Fleur Robles**

11/18/2019, 2:28:50 PM

My mother stopped  
breathing while  
nebulization. We don't  
know CPR and it took us  
20 minutes to bring her to  
the hospital and another  
10 minutes to revive her.  
She's on third day of coma  
now and has pneumonia. A  
doctor friend she's GCS 3.  
Did the doctor advised you  
when to pull out the life  
support when he was in  
coma? Does he suffer any  
damage caused by the  
lack of oxygen?

Reply to *Fleur  
Robles*

**Mahesh  
Ramamurthy**

7/18/2021, 12:28:40 PM

Mam! I read your case about your mother in SPinalcord.com. How is she now?? I have a similar case in my family. Require your help as you have undergone this. Following are the details

My sister in law age 51 years had Hypoxia Brain Injury. Went out of oxygen for about 25 minutes. She was revived through CPR. The ventilator removed after 2 days. Oxygen support as removed after 10 days. VEP and BAER after a month are normal. Tracheotomy removed after 4 months. Pupils movement is visible. She responds to pinching. Sometimes understands or smiles but very rarely. MRI shows slight injury to occipital lobe . EEG reports are normal.. Please help to understand the current condition and pathway to recovery. She was under rehabilitation for 6 months in neuro centre and now she is at home care and not in the hospital

*Reply to Mahesh  
Ramamurthy*

## Ashok Kamaraj

5/24/2022, 6:58:46 PM

Hi Aswini, My wife also had a same problem during delivery baby. Present condition is also as same as your mother. Can you explain what happened next to your mother or what i have to do next. Please help through mail darks.ashok91@gmail.com or whatsapp me 9944660504

*Reply to Ashok  
Kamaraj*

## brittany battenberg

9/7/2023, 8:00:08 PM

this happening to my mom now every time they lower her sedation she has seizures is your mom surviving okay what should i do is she having bad brain damage

*Reply to brittany  
battenberg*

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## Katie Anonymous 3/21/2017, 9:50:51 PM

So that fast heart rate thing is called a panic attack and sometimes it gets to where it feels like a heart attack you should defiantly talk to your doctor about this.. ps I'm 16 yrs old.

Reply to *Katie Anonymous*

---

**Aaron** 3/30/2017, 10:13:40 AM

I realize there are very severe acute cases, but is it possible that chronic low o2 saturation during sleep (because of Sleep Apnea) could result in a similar outcome?

Reply to *Aaron*

---

**Gwen Campbell** 4/12/2017, 10:18:30 AM

Hello, so you are saying that she was deprived of oxygen for over an hour, and she is now showing signs of brain function.  
What did her MRI say about the amount of brain function she had after being revived.

Reply to *Gwen Campbell*

---

**Annette Dalsin** 6/6/2017, 10:40:30 AM

Hello Zawn,  
Just wondering if you could make a comment on my situation. I recently went through testing for heart problems because I told my doctor about my heart stopping and it starting up again just as I began to lose consciousness. This has happened several times, during a time of great emotional pain and stress. The last time it happened, I experienced cognitive deficits immediately afterwards that remain now since it happened several months ago. This led me to the conclusion that the very first time it happened, 6

years ago, I was sleeping. I woke up one morning and I knew something had happened. I've never regained what I had but did regain enough to function better after several years of intentional brain activities and supplements.

After the first time, the "losing consciousness" event happened 2 more times without noticeable effects probably due to the fact that it hadn't been very long since the first one. Some of the problems are with memory, both long and short term, organizing my thoughts, planning, being able to consider consequences before I react, having conscious thought, etc. I am waiting for an appointment with a neurologist. The first time it happened, I saw a neurologist who said he didn't think there was anything wrong, after asking me a few questions and doing a memory test. I would have pursued it more but I was moving to another part of the country within a few days. I had waited a year for that appointment! Anyway, Thanks for your time!

*Reply to Annette Dalsin*

## **The SpinalCord.com Team**

6/6/2017, 11:17:41 AM

Hi Annette,

We appreciate that you have taken the time to share the challenges you are dealing with. This sounds like it could be a serious condition and something you should continue to discuss with your doctor and treatment team. It is always a better idea to consult with a doctor and make them aware of all symptoms right away rather than waiting. Best of Luck.

*Reply to The SpinalCord.com  
Team*

**Jon** 4/10/2018, 9:31:26 AM

Annette, have you been screened or a medical work up re: seizures? Sounds very similar to seizure activity of a friend. She had no idea and denied having any seizures. The seizures happened at night from what they later identified. And because of the type of seizure (s) not the grand Mal or petition Mal seizures that are commonly portrayed in TV or movies.

Reply to *Jon*

---

**Julian M** 6/9/2017, 3:51:07 PM

I m a (recreational) free-diver and suffer from tinnitus for around 3 weeks. I cant fully tell what really triggered it but i went diving 3 times this week and did a lot of breath-hold (max attempt with around (>5 min) which at the end is oxygen deprivation. Is tinnitius a possible cause of my free-dive practices and the result of low oxygen (hearing cell / brain cell death)

Reply to *Julian M*

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**Luz Nichols-Cruz** 9/10/2017, 5:21:32 PM

Hi!!

Hope all of the cases posted here are doing better.

My mom was diagnosed with hypoxic brain on October, 2013. For what we know, during a pace maker surgery, she went in cardiac arrest for 30min, and she passed away 3 times during that period.

Her condition now is better than the first day but still with tracheo, she is fed thru tubes in her

stomach...she react to pain, move her eyes to follow some people...anyways...my advice to you guys is not to stop speech or physical therapy (even if insurance dont cover), try your best to move them, massage the mouth area...  
If any of you know about a doctor specialize in this type cases please contact me, it will be much appreciated.

Reply to *Luz Nichols-Cruz*

**Princess Williams** 2/14/2018, 7:08:49 AM

My dad is going through the same thing.

Reply to *Princess Williams*

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**Gretchen Gunzel** 9/19/2017, 9:06:16 AM

My significant other is male, 67 years old and in MICU since Sunday, September 3, 2017.  
Unfortunately we do not know for certain what led up to the lack of oxygen to the brain but I believe it was an overdose of prescription meds accidentally. In the very early hours of Saturday he went to sleep and when he didn't wake up on Sunday afternoon his roommate's girlfriend called 911. The medics had to shock him and he has not opened his eyes since. He had a tube down his throat all this time for meds and nutrition. We all decided to have the tube removed today to see if he could breathe on his own and he is breathing peacefully. The Dr's told us he probably would not be able to and a slim possibility he can recover. I believe the complete opposite!! We have no idea how long his brain was lacking oxygen but we do know every test, MRI, EEG, etc all came back negative.  
I work for a nutritional company called Juice Plus. We supply everyone of like mind wanting

optimum health fresh raw fruit and veggies straight from the crops made to a powder in capsule form. We also have a protein powder that has 13 grams of water washed soy for nutrition. We have had success all over the country tube feeding in situations like this with trauma teams that are willing to listen to us and be educated. I desperately want your thoughts if possible on my Walt's condition and whether you have seen someone in his situation recuperate. I would be honored if you would take a moment to look at my website and learn more about Juice Plus if you are not already familiar.

Reply to *Gretchen Gunzel*

**Vinny** 9/19/2017, 9:32:54 AM

Hi Gretchen,  
I am very sorry to hear about your significant other. Recoveries that exceed doctors expectations do happen so there is almost always some hope! It is also important to listen to doctors and understand the prognosis.

Reply to *Vinny*

**Ann Colandrea** 1/7/2022, 5:27:22 AM

I read your post about your significant other and how well he his doing. I know similar situations and would like to contact you. I will look at your web site, Thank you for sharing your inspiring case with the readers in your efforts to help others. Thank you again.

Reply to *Ann Colandrea*



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**Gretchen Gunzel** 9/19/2017, 9:08:44 AM

I just noticed you are in Tampa. My Walt is in St Joseph's Hospital in Tampa!!! MICU

*Reply to Gretchen Gunzel*

**Jan Watson** 1/7/2020, 9:38:34 PM

I would like to know what has happened to Walt? His story is very similar to my husbands. I hope to hear from you soon.  
Thanks

*Reply to Jan Watson*

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**Sam K** 10/13/2017, 4:54:55 PM

Hello All

My uncle had a seizure followed by heart attack on 4th Oct, he had hypoxia for 26 mins, I rushed him to cardiac unit in London and they put a stent in his blocked artery. There on, he was admitted to GICU and on ventilator. Until first week he was on AEDs, antibiotics, heavy sedations but yesterday they turned off sedation and unlike before his seizures reduced (he is on high AEDs), he is only showing primitive reflexes now (yawning, coughing, involuntary stretching-extended and eyes blinking), he is now not on sedation nor BP support but on ventilator. Both CTs and EEG show a high level ischemic hypoxic brain injury. Doctors say he wont wake up to full senses ever. But we have hope reading so many miracles based stories and the 'HOPE'. We are now commencing repatriation to India (still looking for best hospital in India) but any thoughts of what is likely to happen or any advice?

Thanks

Reply to *Sam K*

**Jaswinder Singh** 3/28/2018, 7:07:58 AM

Hello Sam my father a going through the same thing . Any advises

Reply to *Jaswinder Singh*

---

**Sridharan M** 11/5/2017, 12:52:14 PM

Dear Sir,

I am Sridhar from Chennai . My sister name M.Sangeetha -29 year old female. She had 2 child. First child son- 4yrs old and 2nd baby girl - 10 month old. during second child delivery she got these serious issue.

Now she discharge from hospital we giving nurse and pysco care in home. Please help to advise some solution to get improvement in her health. My whole family will be under more depression. Last ten months we are in under very tremendous pressure.

Please find attached detail summary and MRI scan report

Kindly advise some solution to get some improvement in her life.

Our family awaiting for your valuable feedback

Thanks and Truly  
M.Sridhar  
9500103388

Reply to *Sridharan M*

## **Mahesh Ramamurthy**

7/18/2021, 12:37:58 PM

Sir ! I read about your sister in Spinalcord.com. How is she now?? My sister in law has hypoxia brain injury and was out of oxygen She is under rehabilitation at home with nurse care. It is about 6 months now. Can you advise a feed back

Reply to *Mahesh Ramamurthy*

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**Michael Arrants** 12/21/2017, 8:54:56 PM

Had a punctured abdominal aorta...punctured pericardium...and punctured lung during a clinical trial at the Cleveland Clinic in 2011. Was diagnosed with bi-polar disorder and now dementia.

Reply to *Michael Arrants*

---

**Jacob** 12/21/2017, 10:11:13 PM

Hi,

My 8 year old son is having seizures currently. The neurologist says epilepsy, which may be, but I'm trying to understand how. Everyone we talk to, including his mother, seems to have forgotten how this all started. 4 months ago he came home from school scared because while he was waiting in line to play a game he said he couldn't breathe for a couple of seconds. It was new to him and me, which is why it scared him to tears, and I

resolved to watch him. Two weeks later he is in classroom. The teacher notices that he is crying, drenched in sweat, and looks as if he is gasping for air. She calls the nurse who says he was diaphoretic and he felt like someone was sitting on his chest. She measured his oxygen and recorded 88%. Vitals were fine but sounded like he had an arrhythmia. Over the next 2 months he would complain of chest pain over and over again at school. Then he faints at school during this time for a couple of seconds. Vitals and O<sup>2</sup> are fine. Fast forward a couple of months. During this time he faints several more times, waking up and looking lethargic. Neurologist says he has epilepsy. Okay, but what about the past history? Why was his chest hurting, why the diaphoresis, why the low oxygen? Now they want him on Keppra. He takes Keppra, but I think there is something else here that they are all overlooking! Am I just paranoid? Please let me know.

Reply to *Jacob*

**Shiv G** 3/2/2020, 3:21:08 PM

Hello, I read your post. sorry to hear it. Did you get any reply on this? I also came to know about a kid with same situation so wondering if any help here. thank you!

Reply to *Shiv G*

**Jo Chaffey** 10/23/2022, 3:19:18 AM

Hi Jacob,  
I hope your son is doing better now. Have they tested his heart? E.C.G.  
Echocardiogram? His case sounds very similar to mine. Pain in chest etc. Keep me updated. I do care. Jo

Reply to *Jo Chaffey*

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## Sallahuddin Muhammad

4/24/2018, 12:17:21 PM

Dear Sir, My son age 31 year and suffering from as per Doctor diagnoses IMPRESSION. ( Multifocal patchy diffusion restriction in bilateral precentral cortex, bilateral basal ganglia and the occipital lobes. Appearances consistent with diffuse hypoxic ischaemic injury. (20th October 2015 ) Could you help me for his treatment and life saving please. I will be great full to you ever. (Father of Sallahuddin)

*Reply to Sallahuddin Muhammad*

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**Indhi** 5/16/2018, 3:52:07 PM

Hi, my daughter is 5 and she has Speech delay and cognitive delay, if you ask her name she would repeat the question back to you. I suspect that she had lack of oxygen at birth, they put me in induction for 4 days at the end when I was at 6 cms in labor, they broke the placenta but she didn't come out, that night they did an emergency c section.

They had evaluated her but somehow even living in another stay the doctors don't want to accept that there is something to do with her birth. I would like to know to help her, how or what can I do to know in order to help my daughter to develop better. Thank you

*Reply to Indhi*

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**lori b** 5/24/2019, 5:40:57 PM

Hi, I am inquiring as to is sleep apnea can cause this lack of oxygen brain damage? My 83 year old mother has had sleep apnea I know of for sure since she was in her 50's. She has been diagnosed with dementia/alzheimers but it is weird because she is the most confused and out of it during the night and also early morning. As the day wears on, she comes back to her more normal self. And then it starts all over the next night. And I mean she has gotten so bad at night she has actually become aggressive which is not her personality at all. She virtually has no memories at all anymore but remembers me and my brother yet. I've tried to think of something I could do to help her get more oxygen at night. Any recommendations from anyone on what to do to help her and could this be what is causing all her problems. Asked for oxygen for her from her doctor, but she can only get it for other medical conditions, not dementia. Going to try breathe right if she will keep them on. She is in assisted living so hard for me to attend to her.

Reply to *lori b*

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**Kayla H** 7/22/2019, 2:43:10 PM

In 2000 my brother and I both drowned in a freak accident--his heart stopped beating for approx 17 minutes and mine for approximately 13 minutes. Our neighbor was an EMT and resuscitated us, and we were airlifted to the hospital. He and I were both unconscious for 3 days and 2 days, respectively. The doctors let my parents know that I would likely survive in a vegetative state and my brother's chances for survival were slim. We both survived, graduated high school and college/vocational school, and live relatively normal lives.

He does have permanent damage and is a

completely different person than he was before the incident. I did not notice much damage until recently (19 years later). My parents went bankrupt because of the medical bills so they could not afford much follow-up care.

My memory is now fading faster than normal and I am having severe neurological dysfunctions. At 28 it is scary to think that my brain might be degenerating already, but I have been granted such a blessing of even surviving that incident. Getting my first ever MRI tomorrow morning and hopefully it will show positive results. Prayers accepted!

Reply to *Kayla H*

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**Areeba Zahid** 2/8/2020, 3:08:38 AM

Hi, recently my bf tried committing suicide by hanging and was out of oxygen to the brain for about 20mins+. He had CPR and found a pulse and was rushed to the hospital. The doctors at first said his organs are failing but after putting him on dialysis and meds his organs started to work properly. Hes on low sedation and is stable but the CT & MRI scans have come back and shown intensive brain damage due to hypoxia. What does this mean?

Reply to *Areeba Zahid*

**Shonna Curtis** 10/4/2022, 10:00:42 PM

Hi Areeba. I am currently in a similar position with my boyfriend's brother. He had a bi-polar episode and attempted suicide via hanging. We estimate that he could have been without oxygen for up to 23 minutes. We are hoping less. We will get information

from the MRI scan tomorrow. Is there any new information on your bf. I'd love to hear more about it. My email is curtisklj@outlook.com

Reply to *Shonna Curtis*

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**terry conklin** 3/17/2020, 10:07:22 PM

Hello and wishes of good health for all.  
74 year old male stroke victim is bedridden at home. He has a habit of coughing until his eyes roll back in his head. Last's from 6 to 15 seconds from start to cough until eyes roll back and he somehow breathes again. Then he comes to and seems fine. Even smiles and carries on conversation.

One time I blew a puff of air thru his nose and he came to immediately and liked the short burst of air I gave to him.

Question: Am I over worried that these episodes will give him some physical damage? His visiting nurse recommends we just let him come back conscious on his own and to not give him a breathe until a longer time has passed and urgent. Thank you for any advise

Reply to *terry conklin*

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**Shannon Milam** 5/27/2020, 4:04:36 AM

I overdose on prscription sleeping pills and alcohol, i stop breathing, my veins collapsed and my body started shutting down, i died. Idk how long i was gone but they didn't expect me to wake up but i did. When i woke up i couldn't consentrate, short term memory was nonexistent, my speech was slurred, my words came out



backwards and i stuttered where before i didn't. I was afraid it would stay that way but within a couple days i was back to normal except for the fact that when im nervous i will still stutter and my words will still come out backwards

Reply to *Shannon Milam*

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**Anna Davis** 12/30/2020, 9:31:29 PM

I didn't realize that brain cells begin dying after lacking oxygen for just one minute. My friend was recently involved in a domestic violence situation. It sounds she may want to get examined by a doctor.

Reply to *Anna Davis*

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**Levi Armstrong** 7/6/2021, 4:37:55 AM

It's interesting to know that the brain represents just 2% of a person's body weight, yet it uses about 20% of the body's oxygen supply. I'm researching the symptoms that can lead to a stroke, as my uncle recently had one. Thankfully, he will undergo rehab soon, and my research can help our family support him. Thanks for sharing this!

Reply to *Levi Armstrong*

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**Paul and Paul Cimi P and Simon**

8/2/2021, 12:41:28 AM

Brain Heart Attack Died 49 Years Old 40 Minutes

Brain Cancer Heart Attack Started 5:40 pm and  
Death Started 6:20 pm He Eats To Much  
Chocolate and Heart Attack Died 59 Years Old  
Brain Cancer Heart Attack Started 6:40 pm Death  
Started 7:20 pm He Smoking Causes Butts

*Reply to Paul and Paul Cimi P and  
Simon*

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**Arpna Sharma** 10/14/2021, 8:56:12 AM

My brother in law had cardiac attack and is on ventilator After MRI I came to know that due to lack of oxygen in brain for 3 mins he is out of his senses. He just open his eyes sometimes all other senses are lost. He had 100% damage of brain...is it possible that he come to his senses after so much loss.

*Reply to Arpna Sharma*

**Ahmad Farhan** 7/1/2023, 6:19:26 AM

Hi

Arpna Sharma.

I would very much appreciate you reply me  
we have the same patient i want to know  
what happened to your patient please reply  
give me information

@. Khoshnawa037@gmail.com

*Reply to Ahmad Farhan*

**Ahmad Farhan** 7/1/2023, 6:33:15 AM

Hello dear I would be very grateful if you can  
give me information about your patient  
because I have the same patient and he is  
unconscious for 3 months please I need him  
very much

*Reply to Ahmad Farhan*

**Ahmad Farhan** 7/1/2023, 11:26:57 AM

This email

Khoshnawa037@gmail.com

Send me email I need information

*Reply to Ahmad Farhan*

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**Chris Bruce** 1/13/2022, 11:45:43 AM

Trouble breathing, felt like suffocating to death upon awakening two nights ago. Last night reversed body position -- instead of incline sloping towards feet, incline towards head (to help better blood flow to brain). It helped significantly (homeless - sleeping in tent on ground). Pleurisy diagnosed last year; "probable lung cancer" diagnosed 7 years ago, with resection of lung for biopsy recommended (declined). Some lung secretion able to cough up and spit out, that seemed to help breathing as well, though not as much as changing body position when laying down. Possible brain tumor obstructing blood flow? History of Lyme disease (diagnosed in 2002 and 2008); stiff painful back of neck since first Lyme diagnosis/Doxycycline antibiotic. Brain stem encephalitis/aneurysm causing respiratory arrest? Or carotid artery blockage? Numbness all four limbs 20 years, right arm extremely numb/tingling/pain past 6 months. Chest pain. Legs extremely weak upon getting out of hot bath recently (indication of MS). ALS? Thanks much....(difficulty breathing still sitting here at computer--so it's ongoing even though changing body position last night provided noticeable improvement). P.s - E-mail account old one (but required field)

Reply to *Chris Bruce*

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**Ahmad Farhan** 7/1/2023, 6:46:31 AM

My father was poisoned by cheese and then suffered hypoxia. His heart stopped for 2-3 minutes and no oxygen went to his brain. After restarting his heart he will be unconscious for 3 months. I need information on how long it will take to regain consciousness.  
@. Khoshnawa037@gmail.com

Reply to *Ahmad Farhan*

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**Alex** 12/27/2023, 6:59:14 AM

"Between 30-180 seconds of oxygen deprivation, you may lose consciousness" It's totally wrong. In all cases of sudden oxygen deprivation: martial art choke, g-forces, cardiac arrest anyone definitely loses consciousness in less than 15 s, most likely in 5-7 s. Holding the breath (for example when diving) is another story, because in this case you utilize the lung and blood oxygen reserves. The brain doesn't feel oxygen deprivation before these reserves are over. The divers train mostly their lungs not the brain cells. I don't think anybody can train the brain cells to work with reduced amount of oxygen.

Reply to *Alex*

**Leave a Comment**

## Spinal Cord Injury

Types of Spinal Cord Injuries

Secondary Complications

Causes

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## Brain Injury

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Brain Injury Lawyer

Types of Personal Injury Claims

Where To Start

Local Assistance

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Spinal cord injuries are traumatic for patients and their families. They cause disruptive changes to every aspect of your life and there is a lot of new information to navigate and understand. Our experts have collected everything in one place to help you learn more about your injury, locate doctors and treatment centers, find financial support, and get assistance navigating your next move.

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