

International Hyperbarics®  
Association 

# ANTI-AGING & HYPERBARICS



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HEALTH  
SPA

Strengthening • Healing • Restoring

OXYGEN HEALTH SPA

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# ANTI-AGING & HYPERBARICS

Age-related diseases and degenerative maladies throughout the body are a growing concern worldwide. Hyperbaric oxygen therapy (**HBOT**) has been shown to help combat degenerative conditions by contributing to the regeneration of tissue and blood vessels. HBOT stimulates angiogenesis in areas of the body where circulation is compromised and is utilized by some physicians to help treat Coronary Heart Disease, Macular Degeneration, Parkinson's disease, Alzheimer's disease, Osteoarthritis and immune related diseases. Additionally, HBOT promotes collagen activation to help battle the signs of aging including reducing skin damage and maintaining elasticity. Clinical studies have demonstrated the benefits of HBOT for age-related degenerative conditions by providing cellular aid to all organs in the body to promote health and beauty.

## CIRCULATION & GENERAL BLOOD FLOW WITH HBOT

- Stimulates Angiogenesis
- Ameliorates Atherosclerosis
- Combats & Prevents Circulatory Diseases Including Diabetes

## GENERAL HEALTH WITH HBOT

- Stimulates the Generation of Adenosine Tri-Phosphate (ATP)
- Promotes Stem Cell Proliferation & Mobilization
- Decreases Risk of Infection
- Reduces Stress & Anxiety
- Supports the Immune System

## THE BRAIN WITH HBOT

- Stimulates Neurogenesis
- Promotes Neuroplasticity
- Improves Memory & Reaction time.

## GENERAL HEART WITH HBOT

- Improves Oxygenation to Cardiac Tissue
- Reduces Risk of Heart Attack
- Improves Heart Muscle Functioning Following Heart Attack

## THE EYES WITH HBOT

- Helps Combat Age-Related Macular Degeneration
- Ameliorates Diabetic Retinopathy
- Reduces Central Retinal Artery Occlusion
- Attenuates Glaucoma Symptoms

## THE JOINTS, SOFT TISSUE & BONES WITH HBOT

- Ameliorates Osteoarthritis & Rheumatoid Arthritis
- Accelerates Healing
- Reduces Inflammation & Pain
- Improves Mobility & Stamina

## THE SKIN WITH HBOT

- Reduces Excessive Skin Damage (Ultraviolet-A Radiation Apoptosis)
- Maintains Skin Elasticity
- Stimulates Epithelialization & Reduces Scar Formation

## Study: Skin Damage from Ultraviolet Radiation Prevented with HBOT



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A study from 2012 focused on the effects of HBOT preconditioning and its protective properties against Ultraviolet-A radiation (UV-A) induced oxidative damage to cutaneous tissue. Three groups of hairless mice were exposed to UV-A, three days a week for 22 weeks, with two of the groups receiving HBOT pretreatment either two or four times per week. UV-A exposure amplified apoptosis and proliferation of skin tissue, signifying elevated levels of epithelial damage and repair. Pretreatment with HBOT substantially reduced UV-A-induced apoptosis and proliferation. In addition, HBOT pretreatment prevented skin creasing and maintained skin elasticity.

Ashley M. Fuller, Charles Giardina, Lawrence E. Hightower, George A. Perdrizet and Cassandra A. Tierney (2012) Hyperbaric oxygen preconditioning protects skin from UV-A damage. *Cell Stress and Chaperones* (2013) 18:97-107 DOI 10.1007/s12192-012-0362-2

[www.ihausa.org/anti-aging](http://www.ihausa.org/anti-aging)

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