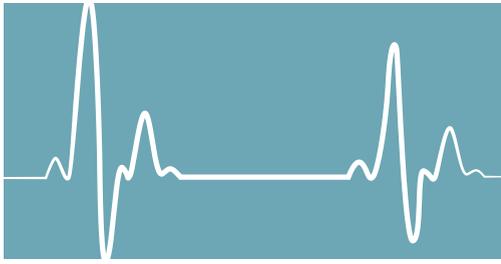


# HEALTH REPORT



## Hyperbaric Oxygen Treatment Heals Unseen Scars

For 12 years, Thomas lived with the side effects of cancer treatment including debilitating neuropathy—a common medical condition that affects 20 million Americans and often causes pain, tingling, numbness, and weakness. His previous doctors never identified the direct cause of Thomas's neuropathy and they were not hopeful that they would ever be able to cure it. Thomas was rapidly losing the ability to walk.

At age 82, he attended a seminar hosted by the doctors of Integrative Hyperbaric & Wound Care in Vienna, Virginia, where he learned about an innovative new treatment called Hyperbaric Oxygen Therapy (HBOT) that had the potential to help relieve his symptoms and help him regain his strength. After two months of HBOT treatments, he feels he's 75% recovered and is able to walk a quarter mile per day, something he hasn't been able to do in 12 years.

**The basis of HBOT.** Simply stated, HBOT is the inhalation of 100% oxygen in a closed, pressurized, and highly controlled chamber. Because a patient breathes in 100% oxygen as opposed to the 21% of oxygen available in common air, HBOT augments the body's natural healing processes to speed up and improve recovery from a wide variety of illnesses.

**Conditions treated with HBOT.** Illnesses and the treatment of illnesses have an immense effect on the body's systems. HBOT has a wide variety of applications and has been used to treat the following conditions: side effects of radiation treatment administered to cancer patients such as scar tissue development; severe anemia; ulcers, including those caused by diabetes; burns and non-healing wounds; unknown hearing loss; smoke inhalation poisoning; and central retinal artery occlusion.

**Side effects of HBOT.** One of the most promising aspects of HBOT is its very minimal adverse side effects. Only 2% of patients who receive HBOT experience mild discomfort with their ears caused by the pressurization and depressurization of the chamber. Additionally, if someone has claustrophobia, then being enclosed in the chamber may cause some level of the anxiety. However, that anxiety can be relieved in a number of ways including the accompaniment of Integrative Hyperbaric & Wound Care's therapy dog during treatment.

**Using HBOT as a part of a holistic cancer treatment plan.** One of the most promising uses of HBOT is its ability to heal a patient from the treatment of cancer. Radiation therapy is remarkably effective at treating many forms of cancer, and it also takes a tremendous toll on the body's systems and cells. The very premise of radiation is that it destroys the blood supply to the area of cancer to kill those cancer cells. Unfortunately, radiation can also damage healthy tissues around the cancer site that then must be healed once radiation therapy is complete.

Because HBOT is a boost to the body's natural healing process (over time it actually causes new blood vessel growth), it can speed up the recovery of these once-healthy tissues, improve the outcome of the healing process, and restore balance to the body as a whole. Many post-cancer patients who receive HBOT also experience an increase in energy and a reduction in inflammation.

The post-cancer healing process is different for every patient and every different type of cancer. The aftermath of some types of cancer are better treated with HBOT than others. Patients who have seen the most improvement with HBOT have had the following types of cancer: prostate cancer; breast cancer; brain cancer; cancer in the neck area, particularly lymphoma; radiation damage to the bones, including the jaw; lung cancer; bladder cancer; and other cancers specifically treated with radiation therapy.

HBOT is also most effective at treating the following types of symptoms and side effects incurred due to radiation treatment for cancer: pain; scar tissue; cognitive dysfunction; difficulty swallowing, speaking, and producing saliva; blood in the elimination system; malabsorption; open wounds; digestive issues; and low energy.

HBOT is not a concurrent treatment with radiation, and it cannot be used if a patient is being treated with certain medications. Candidates for HBOT must be in remission and HBOT is typically administered 6 months after radiation ends.

Fighting cancer is a difficult and trying battle. The healing process from cancer treatment is a whole separate battle that many patients don't anticipate and often feel powerless to control. HBOT has the potential to put them back in the driver's seat of their health and offers a way forward for a healthier and happier tomorrow.