

## HBOT FAQ

### 1. What does HBO do? What are its effects?

**Hyper oxygenation:** Increasing the pressure in the chamber while breathing increase alveolar po<sub>2</sub> is important for the release of growth hormone which is needed for capillary growth.

**Vasoconstriction:** Thus cerebral edema reduces and oxygen supply to the brain increases. **Microorganism effect:** Increased phagocytosis has antibacterial effects. **Effect on stem cells:** It stimulates the vasculogenic stem cell mobilization from bone marrow.

### 2. What does the treatment feel like?

Very comfortable. The treatment is painless and non-invasive. During the first and the last 8 to 10 minutes of the treatment (pressurization and depressurization), you may feel your ears pressurize similar to what you might experience in an airplane during take – off or landing. Your technician or doctor will teach you certain techniques that allow you to equalize the pressure in your ear(s) and help with any discomfort during these brief pressurization periods, such as the Valsalva and jaw thrust maneuvers.

### 3. What do I do while in the chamber?

You simply sit or recline in one of our private chambers where pure, odourless 100% medical grade oxygen is administered through mask or hood in multiplace chamber. Its a great time to unwind and relax.

### 4. Will I have problems being in the chamber?

No – our staff are experts at helping patients through their claustrophobic issues. Our technicians are experts in helping patients feel at ease! Many of our patients say, “I was scared before seeing the chamber the first time, but now its not a problem. I get right in!”

## **5. How much does it cost to use a hyperbaric chamber?**

Hyperbaric patients often need dozens of treatments, each requiring a separate visit to a clinic with a treatment time of 90-120 minutes. The treatment cost depends on the number of sittings and group or individual. It varies from 3000-5000 per sitting average.

## **6. What are the symptoms of too much oxygen?**

Central nervous system oxygen toxicity can cause seizures; brief period of rigidity followed by convulsions and unconsciousness, and is of concern to divers who encounter greater than atmospheric pressures. Pulmonary oxygen toxicity results in damage to the lungs, causing pain and difficulty in breathing.

## **7. Why Use HBOT?**

Oxygen is essential for all healing. There are items during illness and serious injury when the body is under stress and requires greater amounts of oxygen to heal effectively. This is where Hyperbaric Oxygen Therapy can help.

HBOT (Hyperbaric Oxygen Therapy) decreases the growth and visibility of many microorganisms while enhancing antibiotic effectiveness and the patient immune response.

To remain healthy, every cell in the entire body must be provided with a continuous supply of oxygen. Oxygen starvation or deficiency is one of the main causes of degenerative diseases. As we age, our bodies take in less oxygen. All of the physical and chemical processes of the body require oxygen. Oxygen is used to rid the body of toxins, viruses, and disease. Oxygen deficiency is vastly widespread. It is of the utmost importance to know the reasons why we may not be getting enough amazing oxygen.