

THE FUTURE OF HYPERBARIC MEDICINE

by John H. Vargo, Publisher

What if you could just lay down in a clean, totally quiet cylinder, listen to music, watch a movie or sleep for a specific period of time, then, after the pressure is released you come out refreshed. In some cases you do not feel any difference at all. Now, do that for a number of sessions, or for whatever period of time, your doctor prescribes. Now you feel super. After seventeen sessions (as I write this) my doctors removed me from most of my medications. The team was ecstatic over the service that the Hyperbaric Chamber provided.

Here is how it works. The private life support company (Life Support Technologies™) is attached to, the Hudson Valley Hospital Center in Peekskill, NY. The hospital has a Wound Center. The Hyperbaric Company is in the Wound Center portion of the hospital. Upon entering the Hyperbaric Center, and having a series of appointments prescribed by both your doctors and Dr.----- of the Hyperbaric Center, you go in undress to your underwear, making sure you have nothing of any watches, or wide verity of other items on you. Your totally clean and must have cotton underwear on. There is a dressing room for this purpose and you are supplied with either a gown, pajamas or similar clothing.

The personal in the hyperbaric room including Christian----- the manager are extremely polite, don't miss a trick and stay with you throughout the experience. Once you have been supplied with bottles of water, and a urinal if needed, (for men) woman -----, you lay down on a totally clean bed. Your asked how many blankets or sheets you would like, and then slid into the transparent, clear cylinder. Nothing is taken

for granted, each patient is watched over by an attended sitting outside the cylinder who communicates to you through a telephone. "Oh" I forgot to mention that you can also request a movie, the selection is enormous an if you don't know the what you want, personal will offer you one. You can also select to have the movie with only subtitles, or the volume will be adjusted for you with a thumbs up by you as the attended carefully watches you.



The door is closed and sealed, and the pressure within the chamber slowly drops, similar to what you might feel flying in an airplane or in some case a tall skyscraper. Your ears begin to feel the pressure change. (At least in my case this was so) The pressure within the chamber drops until it reaches a prescribed level. And for the next hour and a half, you can watch *Ghandi*, *Lawrence of Arabia* etc. Once your time is up, a tap by the attended on the clear plexiglass cylinder, notes a ten minute rise in pressure as it returns to normal. Once there, the door opens and you are slid out. That is all there is to it!

It is the collective sessions that provide the benefit not one or two. Here is what Hyperbaric is all about.

WHAT IS HYPERBARIC OXYGEN THERAPY?

Hyperbaric chambers are used to administer Hyperbaric Oxygen Therapy (HBOT). HBOT is a noninvasive procedure during which patients breathe 100% oxygen while enclosed in a specially designed chamber at pressures up to three times that exerted by the normal atmosphere. In certain circumstances, it represents the primary treatment modality, while in others it is an adjunct to surgical or pharmacological interventions.

IS HBOT SAFE?

HBOT treatment is prescribed by a physician, and performed under medical supervision. Although there are minor risks (like all medical treatments), hyperbaric oxygen therapy is extremely safe.

WHAT DOES HBO FEEL LIKE?

At the start of the treatment, some patients experience a sensation similar to that felt while flying and/or landing in an airplane. As pressure builds, it is common to feel pressure in the ears and a slight rise in chamber temperature. At the end of the treatment, as the pressure is released, the ears pop automatically and the chamber becomes cooler. Most patients rest comfortably throughout treatment, watching TV, listening to music or sleeping.

HOW DOES HYPERBARIC OXYGEN THERAPY WORK?

Hyperbaric oxygen therapy saturates the patient's circulatory system with oxygen, resulting in increased oxygen delivery to tissues. When the circulatory system becomes saturated:

- It increases oxygen tension in hypoxic tissues (gets more oxygen to the injured tissues)

- enhances white blood cell activity at the wound site (reduces chances of infection)

- It reduces edema (swelling) by vasoconstriction It increases the formation of blood vessels (Angiogenesis) and nerve endings in wounded tissue.

HYPERBARIC MEDICINE TREATS A WIDE VARIETY OF ALIMENTS

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