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Advanced Hyperbaric Recovery™
Hyperbaric Oxygen Therapy of Marin™

December 2014 Newsletter

Greetings!

In this month's newsletter, in recognition of AIDS awareness month, we would like to highlight the ways hyperbaric oxygen therapy (HBOT) is used in the treatment of advanced infections. We also want to wish you and your family a fun, joyful and safe winter season...

Our team at AHR wishing you a "Happy Everything"

At Advanced Hyperbaric Recovery, we believe in following the "Patch Adams" mentality that happiness can benefit the patient greatly in their healing process. Pictured below is our team having fun posing in our clown noses. We all believe that a happy environment is a healing environment!



Monthly Case Study: HIV-related fatigue

Objectives:

Hyperbaric Oxygen Therapy (HBO) is being evaluated to determine the effectiveness in relieving HIV-related fatigue and determine the clinical and immunological effects on HIV-infected individuals.

Methods:

Twenty-five patients have been enrolled over a two-year period. Admission criteria include chief complaint of fatigue, seropositivity as confirmed by ELISA and Western Blot for HIV infection, 500 CD4 cells or less, and absence of active opportunistic infections which might compromise pulmonary or neurologic function. Twenty patients received 2 ATA, for 90 minutes, three times per week. Five patients voluntarily received surface air at the same parameters to control for a placebo effect, and then received 100% oxygen; all patients were treated simultaneously in the HBO chamber. Withdrawal of HBO therapy for one month was completed for 21 patients, secondary to chamber construction. Laboratory, clinical assessment, and Karnofsky Performance Scores were completed monthly on all patients.

Results:

All patients indicated relief of debilitating fatigue within two weeks. Karnofsky Scores improved 10% to 30% within one month. Weights for all patients remained stable or increased; CD4, Hemoglobin, and Hematocrit counts remained stable and/or increased. Tumor Necrosis Factor decreased in 13 patients. P-24 antigens remained non-reactive or decreased if reactive. Withdrawal of therapy for one month secondary to new chamber construction for all but four patients correlated with return of baseline fatigue levels. One patient developed herpes zoster and was treated with zovirax and HBO via monoplace chamber. After resuming HBO therapy, all remaining patients returned to their six-month Karnofsky Score, which indicated significant improvement in their fatigue levels. Twenty-three of the twenty-five patients have shown no clinical disease progression; 80% of patients enrolled in the study have 50 CD4 cells or less. Further, HBO appeared to relieve pain associated with peripheral neuropathy in two patients and was a beneficial adjunct to the treatment of mild PCP; the investigators have established protocols to further investigate these findings.

Conclusion:

The study is ongoing. HBO appears to be effective in relieving HIV-related fatigue and improving the quality of life of individuals with HIV/AIDS. Preliminary research indicates a probable correlation with an increase in length of employment capability, delayed disability requirement, and reduction in number and length of hospitalizations by

incorporating HBO as a component in the medical management of HIV disease. The investigators believe HBO may relieve fatigue by inhibiting the activity of certain cytokines, enhancing red blood cell production, and enhancing the ability of HIV-impaired monocytes to absorb and utilize oxygen.

Resource: HIV-Related Fatigue and Hyperbaric Oxygen Therapy Reillo, M, R.N., B.S.N., Myers, R., M.D., HBO Staff, MIEMSS, Baltimore, Maryland, USA. Center for Advancement of Hyperbaric Medicine, a Washington corporation and has filed for IRS non-profit status as a 501©(3) organization. Printed with Permission

What do our patients have to say?!



"After extensive research, our family found the awesome facility and staff at Advanced hyperbaric recovery; we have been so impressed with the professional , kind, empathetic and notably knowledgeable staff ; this wonderful healing place is relaxing, environmentally green and spa like, yet



combines an incredible air of professionalism ; we found the staff to exude a high level of knowledge and training, as well as to be so safety conscious. The staff has been so kind , above and beyond what we have ever experienced at other facilities towards our precious son, who has a history of TBI and lowered immune system. From the moment we walked into this spacious, healing place, we felt welcome; our son has been very comfortable in the oxygen chambers as well. Their chambers seem to be very advanced and cutting edge, as the hard shelled chambers are totally 100% oxygenated and this has made the experience for our son a happy experience because he can just relax, enjoy himself there in a very safe way without even having to hold an oxygen mask like many other HBOT places. The staff touched our hearts as well with their empathy and obvious caring, personal demeanor, sharing their own personal experiences. The hyperbaric oxygen treatment our son has received has been very effective in healing and has made a significant difference ; we cannot more highly recommend this wonderful place."
-C Cares(Caeden's Mother)

Featured Past Patient Testimonials:

"My Name is Marcia. I'm in my mid 50's, a wife, mother, grandmother and veteran educator. I was very excited to have cosmetic surgery to rejuvenate my tired looking eyes and get rid of the wrinkles that defined my grandmotherly appearance. Basically, I wanted to look as young as I feel inside.

On June 6, 2007, surgery was performed on my brow and cheeks, and also included laser skin resurfacing. Recovery seemed normal the first week after surgery. Then my forehead and temples appeared bright red and were extremely sensitive to the touch. My surgeon ordered a lab analysis of a culture of the tissue on my forehead and the results were positive for bacterial infection. My surgeon immediately prescribed an antibiotic for the infection. Because my recovery had come to a standstill, he also prescribed H.B.O.T. In fact, as I sat in his examining room, the doctor contacted the hyperbaric facility and made an appointment for me that very day, 12 days post-op, and two appointments for the following day. I felt alarmed at the immediacy of this action, thinking my situation was desperate, and frightened about the possibility of very serious complications.

My heart thumped and my head was bowed, hiding my fire-red, swollen face, as I walked into the facility. My fear immediately eased as I walked into the spa-like, state of the art clinic, which, in no way, resembled a medical facility. The staff was welcoming and warm, and demonstrated assurance and empathy toward my situation and me.

On that first visit, my face was bright red from the laser resurfacing, and my forehead and temples were a dark, angry red and extremely tender to the touch. Under my eyes, the dark red skin was scabbing, but oozing. After the next three visits, **the pain in my forehead and temples lessened, the lesions under my eyes had healed, and flesh-tone marbling began on my cheeks, at my hairline, and around my eyelids, mouth and upper lip.** My bright red face had begun to fade to a bright pink.

By the seventh visit, flesh-tone marbling had spread over my face and was beginning to develop on my forehead. **My forehead and temples showed no sign of infection and were only moderately sensitive to the touch."**

-Marcia-



Location of our facility:



As told by our Program Director and Marin County native Janine,

Marin County defies description. Sunny, occasionally eery with evening fog, sophisticated, rustic, elegant, chic, trendy - and more. Thousands of acres of open spaces, sweeping views of the San Francisco skyline; the East Bay,

towering redwood forests, Pacific Ocean sunsets, lonely windswept headlands, rolling hills, rugged coastal mountains; all of this is Marin. Great shopping, AMAZING food, friendly, laid back, chic and well traveled people, music and art, funky lifestyles, liberal attitudes; this, too, is Marin.

Marin County is infinitely interesting. Home to musicians and rabble-rousers, artists and actors, professional athletes, comedians, writers, aging hippies and hip young professionals, Marin is a study in contrasts.

Just minutes north of the Golden Gate Bridge, Marin has a trendy edge to it, and includes many affluent communities. Central Marin where we are located, is a little more down to earth and has everything you could want or need to be comfortable.

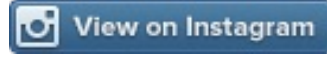
Our award winning facility is centrally located in "Larkspur Landing" right off the San Francisco Bay with easy access to San Francisco, Napa Valley, Sonoma County and Marin County. You may exit right off Hwy 101 from the North or South Bay or Hwy 580 from the East Bay.

The Larkspur Ferry to downtown San Francisco is a cross the parking lot from us. The beautiful and chic Marin Country Mart shopping center and weekly Farmers Market is located right across the street from us too.

To our right, the Marriott Courtyard adjacent to our parking lot has under gone a huge renovation making it a destination in itself. To our left we have a movie theatre and the Marin Airporter poised to take visitors easily back and forth to the San Francisco Airport for only \$20.

Advanced Hyperbaric Recovery LLC is in the perfect location for you to feel safe and supported while having everything you need to facilitate turning a Health Challenge into a Healing Experience...beauty, nature, nourishment, and inspiration. Join us.

Don't forget to follow us:



Free tour!!

Our facility and our staff at Advanced Hyperbaric Recovery have been awarded multiple times as being some of the best in the world!! Call our office today to schedule your free personalized tour of our facility and time to talk about case studies specific to your condition with one of our Certified Hyperbaric Technologists(CHT).

Offer Expires: 2/1/2015

Thank you for your interest in our newsletter and for partnering with us to help improve quality of life through medical grade hyperbaric oxygen therapy. If you have any other questions please [contact us](#) for more information.


Happy healing,

Zachary J. Thill, CHT
Technical Director

Advanced Hyperbaric Recovery LLC
Hyperbaric Oxygen Therapy of Marin
and volunteer of the
H.O.P.E. For Healing Institute
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