

**From:** Advanced Hyperbaric Recovery LLC info@improvehealing.com  
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**To:** info@improvehealing.com

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Hi, just a reminder that you're receiving this email because you have expressed an interest in Advanced Hyperbaric Recovery LLC. Don't forget to add info@improvehealing.com to your address book so we'll be sure to land in your inbox!

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**Advanced Hyperbaric Recovery**™  
*Hyperbaric Oxygen Therapy of Marin*™

## HBOT Newsletter

### **November is American Diabetes Month!**

Greetings!

In this month's newsletter we would like to highlight the ways that HBOT is used to help those that have diabetes in the treatment of non-healing wounds. We will also highlight ways to prevent and improve diabetes through a healthy lifestyle.

### Tips for Healthy Living:

Turkey dinner recipe



## Turkey dinner recipe provided by The American Diabetes Association



## Diabetes and the options available:

### Did you know??

Vessel growth is crucial for diabetics because they have circulatory problems due to blocked arteries and capillaries. They also have nerve problems, called sensory neuropathy, so they often can't feel cuts on the feet or other extremities.

### What are Non Healing Wounds?

Non healing wounds are those that don't respond to established medical/surgical management. These wounds may include diabetic foot, vascular insufficiency ulcers, non-healing traumatic wounds, and compromised amputation sites. Impaired healing is more common in diabetics because of endothelial dysfunction, reduced nerve perfusion and impaired nerve function. Approximately five million Americans suffer from non-healing wounds that may become infected, gangrenous, or require amputation.

### Benefits from HBOT on problem wounds:

- HBOT promotes growth of new blood vessels (neovascularization) and encourages angiogenesis.
- Increases microcirculation and collagen production.
- Increased oxygen tension allows greater capillary oxygen diffusion distances and increases oxygen-dependant killing of anaerobes by leukocytes.
- HBOT is appropriate with many of the other adjunct therapies that help in wound healing.
- In several case studies dosage of insulin was able to be reduced while patient was under physician direction due to greatly increased carbohydrate metabolism.

#### References:

1. Raymond G: Diabetic neuropathy and microcirculation. *Diabetes Reviews* 7(4): 261-74, 1999.
2. Cameron NE, Cotter MA: Metabolic and vascular factors in the pathogenesis of diabetic neuropathy. *Diabetes* 46(2): 31-37, 1997

## Technology:

New App that helps keep your "Diabetes Monster" under control...



mySugr Academy - Tame your Diabetes Monster

## Monthly Case Study:

Eighteen diabetic patients with ischemic, non-healing lower-extremity ulcers were recruited in this double-blind study. Patients were assigned randomly to receive either 100 per cent oxygen (treatment group) or air (control group), at 2.4 atmospheres of absolute pressure for 90 min daily, for a total of 30 treatments. Wound surface areas were measured at baseline and then at 2, 4, 6 and 12 weeks, and 6 months. At 12 weeks, healing with complete epithelialization was achieved in 13 of 19 ulcers in the treatment group compared with four of 14 ulcers in the control group ( $P=0.024$ , [chi] 2 test). The mean(s.d.) decrease of the wound area in the treatment group was 83(36) per cent and that in the control group was 56(39) per cent ( $P=0.021$ , Mann-Whitney U test).

Hyperbaric oxygen therapy enhanced the healing potential of ischemic, non-healing, diabetic leg ulcers and may be used as a valuable adjunct to conventional therapy when reconstructive surgery is not possible.

Wound healing case studies by the numbers:

Author	Year	# of patients	Success rate
Baroni et al	1987	26	83%
Oriani et al	1992	80	96%
Faglia et al	1996	68	92.4%
Zamboni et al	1997	75	100%

## HBOT in the News:

- [HBOT used to treat diabetic wounds in Arkansas\(Video\)](#)
- [HBOT reduces diabetes related amputations](#)
- [Wound Care Advisor: HBOT for treatment of diabetic foot ulcers](#)
- [Dr. Terri DeJohns on wound care and HBOT\(Video\)](#)

## Featured Past Patient Testimonials:



*"I am a diabetic and got an infection in one of my toes. The Doctor said it would have to be removed, but by the time they got to it, the second toe got infected, and they both had to be removed due to poor circulation. The wound would not heal.*

*I spent eight months back and forth from the hospital and rehab. The wound continued to stay open, not healing, and the Doctor finally told me that all of the toes would have to come off, so that the whole top of my foot could be sewn up.*

*I wasn't taking any chances this time, and I had heard about Hyperbarics from a friend, not to mention my own brother had done treatments and it helped to save his leg from amputation!*

**My treatments have been Godsend! My wound has healed magnificently and prevented further amputation of my foot. I'm out of my wheelchair and walking and driving again without anyone's help! I can now do everything I used to do, even simple things like cleaning my apartment; things I couldn't do myself while wheelchair-bound. I'm very thankful for my Hyperbaric Treatments!**

*The ones that run the Hyperbaric Center are kind, thoughtful, and know their business! I really recommend the Hyperbaric Treatments to anyone*



business: I really recommend the hyperbaric treatments to anyone  
who could get their life back! (Just like I did!)"

-MaryAnn-

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: 1/1/2015

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

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and volunteer of the  
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