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Advanced Hyperbaric Recovery™
Hyperbaric Oxygen Therapy of Marin™

NEWSLETTER



Greetings!

ARE YOU READY FOR SOME FOOTBALL?!?!?!?



The big game day is almost here, and we're upon the season for icy, rough winter sports! This month we want to cover how athletes, from the weekend warrior to the NFL pro, can benefit from HBOT...

HBOT in the Media

[Some Football Players Turning to Hyperbaric Oxygen Treatment for Concussion](#)

Posted: Nov 19, 2013 8:47 PM PST

By Erin Jones, Reporter

POTTSBORO, TX--- It's playoff time for high school football and players across Texoma are battling to keep their seasons alive, but some players across the country are facing an entirely different fight. They're battling against concussions.

New research from the Institute of Medicine shows high school football players are nearly twice as likely to get concussions as college players and high school athletes in other sports.

"It's just something that happens unfortunately," Pottsboro High School Head Football Coach Matt Poe said. "We had a couple last year and we went through the concussion protocol and the return to play protocol. There are steps that you have to take when that does occur."

One growing trend in treatment for athletes suffering from head trauma is the use of hyperbaric oxygen tanks. They are glass cylinders that deliver high pressure oxygen, helping to stimulate hormonal growth and repairing tissue damage.

"With a lot of these concussions, the fear is what kind of chronic damage has been done to the brain and if the brain has damage can oxygen heal it," said Texoma Medical Center's Dr. Tram Hill.

Dr. Hill is a wound care specialist who uses the machine for treating wounds.

"Patients do very well with the treatment," Dr. Hill said. "Their whole body is submerged into a tank and we oxygenate them. It's a tube that you can see through, so patients don't feel claustrophobic. They're breathing in 100% oxygen which will allow for their whole body to get oxygenated to increase blood flow. After so many treatments, they'll start building new blood vessels and those blood vessels supply the tissue which helps them to heal."

While she hasn't used the treatment for concussions, she said she believes it could be beneficial based on results she's seen from dealing with wounded patients who also suffered from loss of brain function.

"Do I believe it can help these patients?" Dr. Hill said. "Yes. We've seen patients who have gone into the chambers for open wounds that had dementia and we've seen a huge change in them." Since the treatment for concussions is still in the experimental stage, Dr. Hill said right now, she's not aware of any insurance companies that cover it. However, she said in the future that could change once more research is done.



Featured Past Patient Testimonials:



My name is Brandon, and I play hockey with my friends for the North American Roller Championships with Leigh Verbero. I was skating through the offensive zone and was cutting back towards the crease (net) when a friend of mine collided with me. The top of my friend's helmet hit me in the cage of my helmet and knocked me unconscious.

When I woke up, I was on my back, and had no idea how long I had been out, though I was told I was unconscious for about 20 seconds. I do not remember much after that, but I was told that I got unchanged very slowly in the locker room. I went out to dinner afterwards with friends, but was told that I was very antisocial and staring into space a lot.

Although I rested a lot when I got home, I had dizziness, a headache and an earache as well. I made it to Advanced Hyperbaric Recovery the next day and got started with treatments right away. Within just a few days I noticed my symptoms start to disappear slowly. I felt much better and was able to return to playing in no time.

-Brandon-

Monthly Case Study:

Hyperbaric oxygen therapy can improve post concussion syndrome years after mild traumatic brain injury - randomized prospective trial.

Boussi-Gross R1, Golan H, Fishlev G, Bechor Y, Volkov O, Bergan J, Friedman M, Hoofien D, Shlamkovitch N, Ben-Jacob E, Efrati S.

BACKGROUND:

Traumatic brain injury (TBI) is the leading cause of death and disability in the US. Approximately 70-90% of the TBI cases are classified as mild, and up to 25% of them will not recover and suffer chronic neurocognitive impairments. The main pathology in these cases involves diffuse brain injuries, which are hard to detect by anatomical imaging yet noticeable in metabolic imaging. The current study tested the effectiveness of Hyperbaric Oxygen Therapy (HBOT) in improving brain function and quality of life in TBI patients suffering chronic neurocognitive impairments.

METHODS AND FINDINGS:

The trial population included 56 TBI patients 1-5 years after injury with prolonged post-concussion syndrome (PCS). The HBOT effect was evaluated by means of prospective, randomized, crossover controlled trial: the patients were randomly assigned to treated or crossover groups. Patients in the treated group were evaluated at baseline and following 40 HBOT sessions; patients in the crossover group were evaluated three times: at baseline, following a 2-month control period of no treatment, and following subsequent 2-months of 40 HBOT sessions. The HBOT protocol included 40 treatment sessions (5 days/week), 60 minutes each, with 100% oxygen at 1.5 ATA. "Mindstreams" was used for cognitive evaluations, quality of life (QOL) was evaluated by the EQ-5D, and changes in brain activity were assessed by SPECT imaging. Significant improvements were demonstrated in cognitive function and QOL in both groups following HBOT but no significant improvement was

observed following the control period. SPECT imaging revealed elevated brain activity in good agreement with the cognitive improvements.

CONCLUSIONS:

HBOT can induce neuroplasticity leading to repair of chronically impaired brain functions and improved quality of life in TBI patients with prolonged PCS at late chronic stage.

What do our patients have to say?!



Richard G.
The Colony, TX
0 friends
★ 1 review

★★★★★ 12/14/2013

Excruciating cluster headaches were ruining my life. I had become completely debilitated in unrelenting pain. Medications were not working on me as they had in the past. I even called friends over to pray with me, as I felt, I could not go on or live in acute pain, much longer.

After trying everything else my physicians had to offer, a new physician suggested I try HBOT. I did my research and flew out from Texas to California to come to what I feel is the BEST facility for Hyperbaric Oxygen Therapy.

I met with the Director, Janine Thill and immediately she helped me to see there truly was hope. She reminded me that this would require commitment and diligence from everyone involved. After meeting with D.O. Chan, I began treatments. They are an award winning hyperbaric facility, their medical grade chambers were the largest, they have been in business for 7+ years, perfect safety record...all this and more put my panicked, pain riddled, mind at ease.

HBOT therapy was a slow process. The first week, I was exhausted, but my headaches were not as severe. The second week, I had hours with no pain at all, before it came back. The third week I went a day without a headache, my clarity, and thinking improved and my energy increased! By the end of my therapy I noticed that my anxiety was almost gone, and I even started sleeping better. I am so thankful now to be PAIN FREE, no headaches for weeks now, I have been able to return to work and I am taking care of my family and extended family. Its simply a miracle.

I literally would not be alive today if it weren't for this facility. It is hard to imagine any other facility having a more caring, knowledgeable and comforting staff. If you are at the end of your rope with cluster headaches, don't walk, -RUN to Advanced Hyperbaric Recovery in Larkspur, CA!

Why we should be your choice for HBOT:

You Deserve Comfort. . .

Our patented chambers are exclusively designed with the patient in mind. Thanks to its modern design, there is an unexpected amount of room in each chamber for you. This is ideal for patients who have had extremity, facial, torso, or back surgery.

What about patients who are claustrophobic?

We have good news for you. HBOT IS possible!

- We are experienced at helping those who are borderline to severely claustrophobic.
- 5 large windows give you an almost 360 degree view of the center.
- No Masks or hoods allow for freedom of movement and full body oxygenation.
- A Certified Hyperbaric Technician (CHT) is within sight, and is in contact with you by way of visual and audio systems at all times.
- For added convenience, you can watch a movie on the provided flat screen TV, or listen to your favorite music and focus on healing. Trust us, you won't even know where the time went.

You Deserve Safety. . .

- Our monoplace (single patient) hyperbaric chambers are "Hard" chambers; just like equipment used in hospitals, and they are patented PVHO (Pressure Vessel for Human Occupancy), approved by ASME (American Society of Mechanical Engineers) and the FDA as a medical device which is made from medical grade stainless steel and oxygen cleaned parts. Our piping system is silver soldered and not lead soldered.
- Our Certified Hyperbaric Technologists (CHT's) are educated in Hyperbaric Medicine, must do ongoing CEU's, have completed a long Internship, and have experience in the Hyperbaric field. They are certified nationally to be able to work in any hospital hyperbaric program and are also licensed through the chamber manufacturer in the state of California.

You Deserve Peace of Mind. . .

- Patient privacy is paramount. Each and every employee at Advanced Hyperbaric Recovery signs a detailed disclosure and confidentiality statement agreeing not to disclose any patient information to anyone, for any reason, unless directed by the patient. We follow the standards

set out by HIPPA.

- Our staff members are empathetic to patient's health crises, challenges, limitations, and needs because we started out as patients ourselves and believe in hyperbaric oxygen therapy and the healing process it facilitates.

SAVE MONEY! Our fees, on an average, are 60-75% lower than a hospital hyperbaric treatment. The savings is passed on to the patients so they can afford the full treatment they are prescribed.

Were Everywhere!
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: 3/1/2015

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. We have ACCESS to published case studies on many different conditions that have been shown to improve with HBOT. 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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