

### **What is HBOT?**

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 up to 9x more oxygen. This pressure increase is mild, and is only slightly greater than what is experienced at sea level. With pressure up to 1.3 ATA, or 4 psi.

### **How does hyperbaric therapy work?**

Hyperbaric technology involves increasing the air pressure inside of the hyperbaric chamber, enabling the body to absorb more oxygen per volume of compressed air. Normally, the human body transports breathable oxygen through the bloodstream. Oxygen is carried in the hemoglobin of red blood cells. When an individual inhale pressurized air containing a higher concentration of oxygen, that oxygen is also driven into the body's fluids, where it intensely saturates the tissues and organs. This increased pressure can also send oxygen to the hard-to-reach places in the body, including areas of injury aggravated by damaged circulation.

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## Known FDA approved uses include

- Memory loss
- Asthma
- Lyme disease
- Depression
- Traumatic brain injury
- Hepatitis
- Migraine
- Multiple Sclerosis
- Sports Injury and more

## What does hyperbaric oxygen feel like?

Hyperbaric oxygen therapy is virtually pain-free. Up to two Patients can sit comfortably in the chamber. Patients can listen to music, watch television or movies, or nap if they wish. During certain stages of the treatment, patients may experience a sensation of fullness in their ears. This is similar to that which is felt while flying in an airplane or driving down a mountain as the eardrum responds to changes in pressure. As part of the introduction to treatment, patients are taught several easy methods to avoid ear discomfort.

## HBOT cautions

**HBOT is not safe for everyone. In general, you shouldn't receive HBOT if you:**

- have certain types of lung diseases, because of an increased risk for a collapsed lung.
- have a collapsed lung.
- have a cold or a fever.
- have had recent ear surgery or injury.
- do not like small enclosed spaces (claustrophobia).

## Preparing for your therapy:

No smoking. Tobacco products constrict blood vessels and limit blood and oxygen delivery to tissues.

Avoid alcohol and list all medications. Some medications change your body's response to oxygen, so it is very important that you give us a complete list of all medications you are taking. Delay due to illness. Patients who experience cold or flu symptoms (fever, cough, sore throat, nausea, vomiting, headache, diarrhea, or generalized body aches) should immediately notify a hyperbaric staff member. These symptoms may require a temporary delay in your treatment schedule.

## Side effects are minimal

Hyperbaric oxygen therapy usually has no side effects. Some patients report "cracking" in their ears between treatments. This can be relieved the same way the ears are cleared of pressure.

## What to Expect Your First Time in a Hyperbaric Chamber

Users can expect the entire hyperbaric session to last around 60 minutes. It is advisable to wear comfortable, loose clothing, as tight garments may contribute to a claustrophobic feeling.

## Will oxygen therapy help me with personal fitness and wellness goals?

Hyperbaric oxygen therapy is used by people from all walks of life, including professional athletes and mountain climbers, who find hyperbaric oxygenation helps with sports recovery, prevents muscle fatigue, and decreases the buildup of lactic acid. The exposure to pure oxygen is widely beneficial in ways not limited to the treatment of sickness or injury