

THE NORTHWEST WELLBEING HUB

GENERAL WELLBEING

- **Enhanced tissue oxygenation:** Hyperbaric oxygen therapy (HBOT) involves breathing pure oxygen in a pressurized chamber, which increases the amount of oxygen dissolved in the blood. This elevated oxygen level promotes better oxygen delivery to all tissues, including organs, muscles, and the brain. Improved tissue oxygenation supports various physiological functions and contributes to overall wellbeing.
- **Accelerated wound healing:** HBOT has been found to facilitate the healing process of various wounds, including non-healing ulcers, diabetic foot ulcers, and radiation-induced tissue damage. The increased oxygen levels stimulate the production of new blood vessels (angiogenesis) and enhance collagen synthesis, promoting faster healing and reducing the risk of infection. Improved wound healing can positively impact overall physical health and quality of life.
- **Reduction of inflammation:** Inflammation plays a significant role in various chronic conditions and can contribute to general discomfort and decreased wellbeing. HBOT has been shown to have anti-inflammatory effects by reducing the levels of pro-inflammatory markers, such as cytokines. By dampening inflammation, HBOT may alleviate symptoms and improve overall comfort in individuals with inflammatory conditions.
- **Neurological benefits:** HBOT has demonstrated positive effects on brain function and neurological wellbeing. It can help improve cognitive function, memory, and attention span. Additionally, HBOT has shown promise in the treatment of certain neurological conditions such as traumatic brain injury, stroke, and neurodegenerative disorders. By enhancing brain oxygenation and promoting neuroplasticity, HBOT may contribute to overall mental and neurological wellbeing.
- **Enhanced immune function:** Oxygen is vital for proper immune function, and HBOT can boost the immune system by increasing oxygen availability. Elevated oxygen levels enhance the activity of immune cells, including neutrophils and macrophages, which play a crucial role in fighting infections and supporting immune responses. By strengthening the immune system, HBOT may improve overall resistance to illnesses and contribute to general wellbeing.
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