

# THE NORTHWEST WELLBEING HUB



## HYPERBARIC OXYGEN THERAPY **FATIGUE**

### KEY POINTS

- Increased energy production
- Improved oxygenation and circulation
- Reduced inflammation and oxidative stress
- Enhanced tissue repair and recovery
- Mental clarity and cognitive function

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## FATIGUE

1. **Increased energy production:** HBOT enhances oxygen delivery to tissues and supports cellular metabolism. By providing a high concentration of oxygen, HBOT can optimise energy production within cells, including the production of adenosine triphosphate (ATP), the primary energy currency of the body. This increased energy production can help combat fatigue and improve overall vitality.
2. **Improved oxygenation and circulation:** Fatigue can be associated with reduced oxygen supply to tissues. HBOT increases oxygen levels in the bloodstream and enhances circulation, promoting oxygen delivery to all parts of the body. By improving oxygenation and blood flow, HBOT can address the underlying oxygen deficiency that may contribute to fatigue.
3. **Reduced inflammation and oxidative stress:** Chronic inflammation and oxidative stress can contribute to fatigue. HBOT has anti-inflammatory and antioxidant effects, which can help reduce inflammation and oxidative damage in the body. By mitigating these underlying factors, HBOT may alleviate fatigue symptoms and support overall well-being.
4. **Enhanced tissue repair and recovery:** Fatigue can result from tissue damage or injury. HBOT promotes tissue repair and regeneration by increasing oxygen availability and supporting cellular healing processes. By facilitating the repair of damaged tissues, HBOT may alleviate fatigue caused by tissue-related conditions or injuries.
5. **Mental clarity and cognitive function:** Fatigue can affect cognitive function, leading to mental fog, poor concentration, and reduced alertness. HBOT has been suggested to improve cognitive function by increasing oxygen supply to the brain. By enhancing brain oxygenation, HBOT may help improve mental clarity, attention, and overall cognitive performance, ultimately reducing fatigue-related cognitive impairments.



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