

# THE NORTHWEST WELLBEING HUB



## HYPERBARIC OXYGEN THERAPY **DEPRESSION**

### KEY POINTS

- Increased oxygen supply to the brain
- Neuroplasticity and neuronal regeneration
- Anti-inflammatory effects
- Enhanced energy and vitality
- Anxiolytic effects

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## DEPRESSION

1. **Increased oxygen supply to the brain:** HBOT involves breathing pure oxygen in a pressurised chamber, which can significantly increase the oxygen levels in the bloodstream. This increased oxygenation supports brain function and enhances cellular metabolism. By optimising oxygen supply to the brain, HBOT may help alleviate symptoms of depression and improve overall brain health.
2. **Neuroplasticity and neuronal regeneration:** Depression is associated with changes in brain structure and function. HBOT has been proposed to enhance neuroplasticity, the brain's ability to reorganise and form new neural connections. It may also promote neuronal regeneration, potentially reversing some of the structural and functional changes associated with depression. This effect can contribute to improved mood and mental well-being.
3. **Anti-inflammatory effects:** Chronic inflammation has been linked to the development and progression of depression. HBOT has anti-inflammatory properties and can help reduce inflammation in the body. By modulating the immune response and decreasing inflammation, HBOT may alleviate depressive symptoms and improve overall mood.
4. **Enhanced energy and vitality:** Depression often leads to fatigue, lethargy, and a lack of energy. HBOT increases oxygen delivery to tissues, supporting cellular metabolism and optimising energy production. By improving energy levels and vitality, HBOT may help combat the physical and mental lethargy associated with depression.
5. **Anxiolytic effects:** HBOT has been shown to have an anxiolytic (anti-anxiety) effect. Anxiety commonly co-occurs with depression, and addressing anxiety symptoms can contribute to overall mood improvement. By reducing anxiety and promoting relaxation, HBOT may help alleviate both depressive and anxious symptoms, enhancing well-being.

