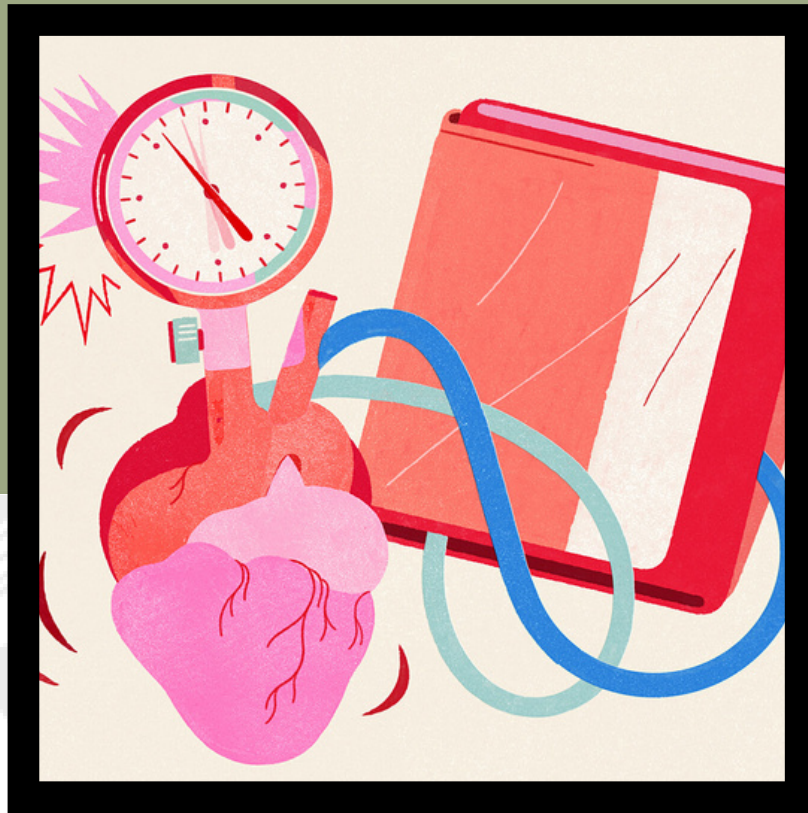


# THE NORTHWEST WELLBEING HUB



## HYPERBARIC OXYGEN THERAPY **HIGH BLOOD PRESSURE**

### KEY POINTS

- Improved endothelial function
- Reduced oxidative stress
- Enhanced oxygen delivery to tissues
- Anti-inflammatory effects
- Improved cardiovascular health

# THE NORTHWEST WELLBEING HUB

## HIGH BLOOD PRESSURE

1. Improved endothelial function: HBOT has been shown to improve endothelial function, which is crucial for regulating blood pressure. Endothelial cells line the blood vessels and play a vital role in vasodilation and maintaining healthy blood flow. HBOT can enhance endothelial function, promoting proper blood vessel dilation and potentially helping to lower blood pressure.
2. Reduced oxidative stress: Oxidative stress is known to contribute to hypertension. HBOT has antioxidant effects and can help reduce oxidative stress in the body. By mitigating oxidative damage to the blood vessels and organs, HBOT may help support overall cardiovascular health and contribute to blood pressure regulation.
3. Enhanced oxygen delivery to tissues: HBOT involves breathing pure oxygen in a pressurised chamber, leading to increased oxygen levels in the bloodstream. This increased oxygenation can enhance oxygen delivery to tissues, including the heart and blood vessels. By optimising tissue oxygenation, HBOT may help improve the overall health and function of the cardiovascular system, potentially impacting blood pressure regulation.
4. Anti-inflammatory effects: Chronic inflammation has been linked to hypertension. HBOT has anti-inflammatory properties and can help reduce inflammation in the body. By modulating the immune response and decreasing inflammation, HBOT may contribute to the management of hypertension and its associated complications.
5. Improved cardiovascular health: HBOT can have positive effects on several cardiovascular parameters, including heart rate, cardiac output, and peripheral resistance. By improving cardiovascular function and reducing the workload on the heart, HBOT may contribute to better blood pressure control and overall cardiovascular health.



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