

THE NORTHWEST WELLBEING HUB



HYPERBARIC OXYGEN THERAPY **MENOPAUSE**

KEY POINTS

- Hormonal Balance
- Tissue Regeneration
- Increased Energy Levels
- Improved Sleep Quality
- Enhanced Cognitive Function

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MENOPAUSE

Hyperbaric oxygen therapy (HBOT) is a medical treatment that involves breathing pure oxygen in a pressurised chamber. While its primary applications are in wound healing and treating conditions like decompression sickness, HBOT has shown promise in alleviating symptoms associated with menopause. Here's how HBOT could benefit individuals experiencing menopausal symptoms:

Hormonal Balance: Menopause is characterised by hormonal fluctuations, particularly a decline in oestrogen levels. HBOT has been shown to modulate hormone levels, potentially helping to balance oestrogen and other hormones. This balance may alleviate symptoms such as hot flashes, night sweats, and mood swings.

Tissue Regeneration: HBOT stimulates tissue regeneration by increasing oxygen delivery to cells throughout the body. This enhanced oxygenation can promote healing and repair of vaginal tissues, reducing symptoms of genitourinary syndrome such as vaginal dryness, itching, and discomfort during intercourse.

Improved Sleep Quality: Insomnia and sleep disturbances are common complaints during menopause. HBOT has been found to improve sleep quality by enhancing oxygen saturation levels in the blood and promoting relaxation. Better sleep can lead to improved overall well-being and mood.

Enhanced Cognitive Function: Some women experience cognitive changes, such as memory problems and difficulty concentrating, during menopause. HBOT has neuroprotective effects and may support cognitive function by increasing oxygen supply to the brain, potentially mitigating these symptoms.

Tissue Regeneration: Menopausal symptoms can be exacerbated by inflammation in the body. HBOT has anti-inflammatory properties, which may help reduce inflammation levels and alleviate symptoms like joint pain, headaches, and mood disturbances.

Increased Energy Levels: Fatigue and low energy are common complaints among menopausal women. HBOT enhances cellular metabolism and energy production, leading to increased vitality and stamina.

Stress Reduction: Menopause can be a stressful time due to physical changes and hormonal fluctuations. HBOT has been shown to induce relaxation and reduce stress levels by promoting the release of endorphins, the body's natural stress-relieving hormones.