

# Using Hyperbaric Oxygen Therapy to Relieve Symptoms of Multiple Sclerosis



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Multiple sclerosis (MS) is an incurable disease of the central nervous system that causes scarring to the white matter of the brain and spinal cord. MS most frequently strikes adults between the ages of 20 and 40. Over time, the disease can render a person unable to write, speak, or walk. Approximately 400,000 Americans are currently living with MS, and 200 more are diagnosed every week. About 80% of people with MS experience cycles of remission and relapse.

Multiple sclerosis causes the body's own immune system to attack the lines of communication between nerve cells, which generates a range of symptoms that can vary greatly among patients. Symptoms include, but are not limited to: gait abnormality, fatigue, dizziness, numbness and tingling, weakness, vision problems, and loss of bladder/bowel control.

The complexity of the disease makes it very difficult to treat, and, though new and sophisticated therapies

have been developed, they don't work for everyone. As a result, more and more people with MS are turning to alternative methods of treatment for their condition.

Over the past two decades, extensive international medical research has demonstrated that Hyperbaric Oxygen Therapy (HBOT) can play an important role in the treatment of MS. In many European countries, HBOT is now considered an integral part of the MS treatment program; in England alone, over 10,000 patients with MS are currently receiving hyperbaric oxygen treatment.

Many patients with MS report improvement in their overall symptoms and their functional ability after treatment with HBOT. Patients have described improvement with ataxia, numbness in their fingers and hands, balance, visual fields, concentration, pain, weakness, and dizziness.

In one study published in *The New England Journal of Medicine*, researchers reported significant objective improvements in a variety of MS symptoms in 70% of patients treated. At one year after treatment, the rate of deterioration was 12% among MS patients treated with HBOT versus 55% for patients who did not receive the treatment.

HBOT treatment should be initiated as soon as possible after the condition is diagnosed, before irreversible lesions have become established. However, this does not mean that patients whose diagnosis was determined more than five years ago will not see benefits from HBOT.

Read on for the story of one of our patients who

was diagnosed 24 years ago but has experienced tremendous health benefits since she began regular HBOT treatments last year.

*Testimonial—Jenny Ornsteen, Multiple Sclerosis Patient*  
“When I was 42 years old, numbness in my fingers and a previous optic neuritis episode were diagnosed as relapsing/remitting Multiple Sclerosis. A number of different drugs were prescribed for me, and, while high doses of these drugs stopped the effects of severe relapses or exacerbations, the side effects and dangers of that kind of therapy made it inadvisable to use for every exacerbation.

*Eliminating wheat (gluten) from my diet 8 years ago dramatically reduced the number of exacerbations. However, when I did “relapse” and had trouble walking, I was reluctant to take any more drugs.*

*A well-known neurologist told me to seek out Hyperbaric Oxygen Therapy (HBOT) for my next exacerbation. However, he was located 1,000 miles away from me, making treatment at his facility impossible. Also, as HBOT for MS is termed off-label and insurance will not pay for it, many centers*

*and hospitals do not offer treatment for this condition. It took me 2+ years to find somewhere in my area that would treat me. After I had 10 treatments, I no longer needed a cane. Upon the 20th treatment, I was in better shape than I had been since before the diagnosis 24 years ago!*

*When Oxygen Oasis Hyperbaric Wellness Center opened in Langhorne, PA, two miles from my house, I was thrilled! Whenever I am wobbling and need a cane, am having serious trouble with fatigue, or feel other MS symptoms, I go to Oxygen Oasis for 5-10 treatments. Usually, five days of HBOT makes me feel much better, and everyone who watches me is as amazed and happy as I am about the improvements!*

*The benefits of HBOT for MS sufferers are so wonderful that I want other people with MS to know about it. It has been widely used in Europe for 30 years. Unfortunately, it is not covered by insurance in the USA. It is up to us to be our own best advocates and do what will help us and our fellow MS sufferers.”*

Oxygen Oasis Hyperbaric Wellness Center is located

in Langhorne, PA. Unlike hospitals, which typically limit HBOT treatments to FDA-approved conditions, Oxygen Oasis provides treatment for a wide range of conditions beyond those approved by the FDA and reimbursed by government and private insurers.

Treatment at Oxygen Oasis takes place in a relaxed setting with certified, experienced medical technicians under the supervision of multidisciplinary physicians. The caring staff, flexible scheduling, easy access, and convenient parking make Oxygen Oasis an excellent alternative to the traditional hospital setting.

Please visit [www.o2oasis.com](http://www.o2oasis.com) for a library of evidence-based studies and reviews of hyperbaric medicine. On Oxygen Oasis' website, you can also view the full range of services available, as well as information about what to expect before, during, and after treatment with HBOT. Browse the profiles of our staff of experienced physicians and hyperbaric technicians and use the Contact Us section for any questions you may have about therapy or to schedule an appointment.

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