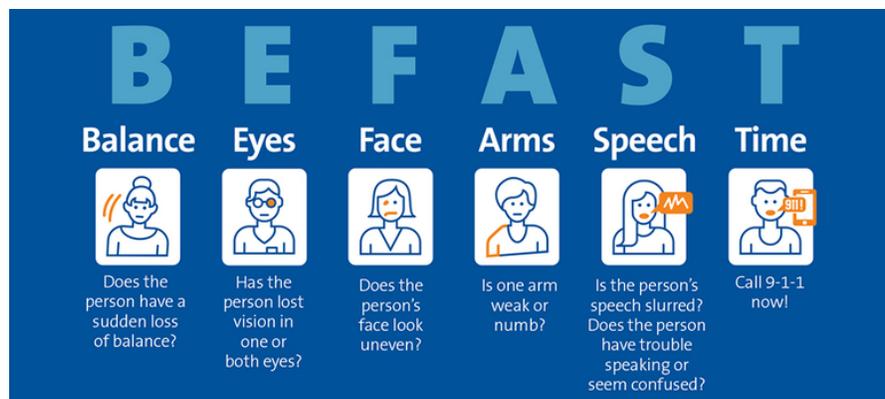




## The "Oasis" Newsletter

### HBOT Can Assist in Stroke Rehabilitation



A stroke is a serious condition caused by a clot or hemorrhage of a blood vessel in the brain, causing inadequate blood flow and oxygenation to the tissues. According to the Centers for Disease Control and Prevention (CDC), strokes affect about 795,000 people in the United States each year.

*How can Hyperbaric Oxygen Therapy (HBOT) assist in stroke rehabilitation?*

Traditional stroke rehabilitation options include physical, occupational and speech therapy; but studies have shown that adding HBOT can dramatically improve results even years after the stroke occurred.

The brain consumes 20 percent of the body's oxygen, but that is only enough oxygen to operate 5 to 10 percent of neurons at any one time. The



[Click here to read the full study](#)

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## Oxygen Oasis Treats Chronic Stage Stroke Survivors



Within the last decade, Hyperbaric Oxygen Therapy (HBOT) has been studied and utilized as a therapeutic modality for chronic stroke survivors.

[Learn more how HBOT improves the life of a stroke survivor](#)

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## Pittsburgh Steelers Neurosurgeon and Triathlete Treats with HBOT



Neurosurgeon, Joseph Maroon, credits Hyperbaric Oxygen Therapy for his triathlon success

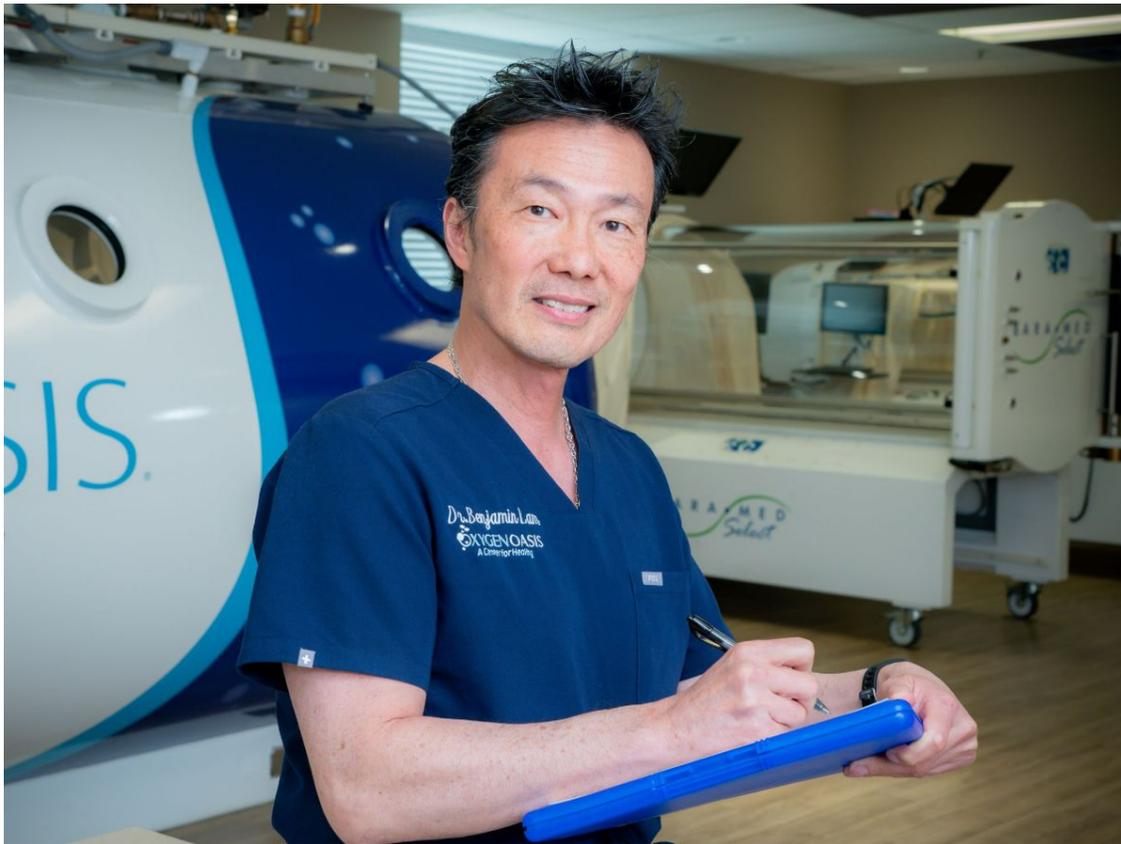
### **At age 82, Joseph Maroon credits oxygen therapy for his triathlon success**

Dr. Joseph Maroon has been racing in triathlons for 37 years. As a part of his usual training, he gets the proper amount of sleep, takes supplements, and uses resistance bands. This past summer, he decided he wanted to incorporate hyperbaric oxygen therapy into his training. He states that he completed 12 weeks of HBOT treatment, 5 days a week. This time, he dropped his triathlon time by 23 minutes. He also did a test on the treadmill before and after HBOT and found his endurance increased by 10%.

[Read the full article here](#)

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## **Our Doctors treat Patients with Migraines**



Hyperbaric Oxygen Therapy changed the life of our patient, Mackenzie, who suffered for years with Migraine Headaches

The National Headache Foundation estimates that 28 million Americans suffer from migraines. Hyperbaric oxygen therapy has been shown to change the amount of blood flow in the brain during migraine episodes. Additionally, HBOT can beneficially change some of the chemical levels that induce migraines (serotonin and substance P). Studies have shown that HBOT is effective in stopping a migraine headache in 80% of patients within 40 minutes of treatment.

[Click this link to watch a testimonial on how HBOT has alleviated migraines](#)

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## Wound Healing with HBOT



After 4 broken toes and wearing a boot for a short while, Pam Harris, had developed chronic wounds between two of her toes. She was recommended hyperbaric oxygen therapy in hopes of preventing the loss of both of her toes. The increase of oxygen concentration in the body during HBOT improves blood flow, eliminates infection, and expedites the healing process. Harris stated, HBOT worked fantastically and saved her toes.

[Read More Now](#)

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## May is Hyperbaric Awareness Month

*“Hyperbaric Oxygen Therapy is an effective healing option for many different chronic conditions. Still, many go years without this treatment because they are unaware of treatment indications, benefits and the patient selection criteria of hyperbaric medicine.”*

**List of Conditions Hyperbaric Oxygen Therapy Treats**

May was Hyperbaric Awareness Month - Hyperbaric Oxygen Therapy (HBOT): A non-invasive treatment for concussion/mild traumatic brain injury, Lyme, MS, stroke, autism, healthy aging & wellness, sleep & mental health, post operative and wound healing.

[For a List of Conditions that HBOT Treats click this link](#)

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*In order to help others learn about the benefits of Hyperbaric Oxygen Therapy, please share this email with your friends and family.*

Newsletter

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**~ The Oxygen Oasis Mission ~**



Vicky Bliss, President & CEO

To offer a safe harbor for healing in a state-of-the-art Wellness Center, providing extraordinary care, through Hyperbaric Oxygen Therapy and Wound Care. Our primary focus is overall wellbeing and quality of life for our patients and their families.

Visit O2 Oasis