



The "Oasis" Newsletter

Healing Insights: Medical Director Dr. Ben Lam Reveals the Science Behind Hyperbaric Oxygen Therapy



Dive into the depths of knowledge as we demystify the wonders of Hyperbaric Oxygen Therapy (HBOT) in this educational video. Medical Director Dr. Ben Lam will guide you through the science behind HBOT, its therapeutic applications, and the remarkable healing potential it offers for various medical conditions. Discover how oxygen can be a catalyst for rejuvenation and recovery in this enlightening

Hyperbaric Oxygen Therapy Improves Heart Function in Patients with Long-Covid



Approximately 10–20% of patients develop long-covid symptoms (also known as post-covid syndrome) which include shortness of breath, fatigue, cough, chest pain, rapid or irregular heartbeats, body aches, rashes, loss of taste or smell, nausea, vomiting, diarrhea, headache, dizziness, insomnia, brain fog, depression, and anxiety. Additionally, patients with long-covid may suffer from cardiac dysfunction and are at risk of cardiovascular disorders. In a recent study from the scientific congress of the European Society of Cardiology, patients with long-covid symptoms found that hyperbaric oxygen therapy helped restore the heart's ability to contract properly. Professor Marina Leitman of the Sackler School of Medicine at the Tel Aviv University concluded the study by stating that “Hyperbaric oxygen therapy can be beneficial in patients with long-covid and the findings suggest that HBOT promotes recovery of cardiac function in patients with post-covid syndrome.”

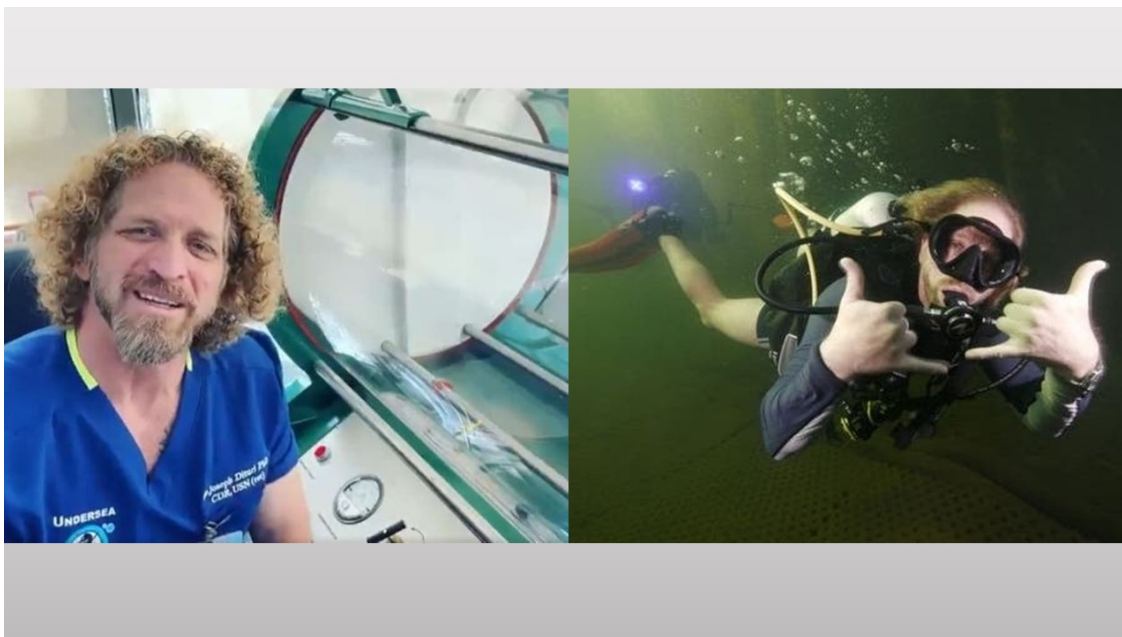
[Click here to read the study](#)



Safety Director, Jason Friel, talks about the benefits of hyperbaric oxygen therapy for long COVID which include improving brain functioning and performance, improving brain repair and recovery, and increasing regeneration of the nervous system.

[Click here to read more reviews and studies about the benefits of HBOT for Long-Covid Symptoms](#)

World Record For Living Underwater Broken By Florida Professor



"After retiring in 2012 as a commander, Dituri enrolled at USF to earn his doctoral degree in biomedical engineering with a focus on traumatic brain injuries. Since then, he's become a well-known hyperbaric medicine researcher and educator."

He said, "hyperbaric oxygen helps the body heal naturally and has proven to be beneficial not only for brain injuries but for decompression sickness, crush injuries, severe anemia, burn injuries and radiation injuries."

[Read the full article here](#)

April is Parkinson's Disease Awareness Month



An estimated 1 million people in the U.S. live with Parkinson's disease, and more than 10 million people worldwide. According to the American Parkinson's Disease Association, Parkinson's disease is a type of movement disorder that can affect the ability to perform everyday daily activities. It is characterized by its most common motor symptom, tremors (a form of rhythmic shaking), muscle stiffness or rigidity, and slow movement. Up to 40-60% of patients with Parkinson's Disease often experience symptoms of anxiety and depression as well, which can worsen the neuromotor symptoms of Parkinson's Disease. Hyperbaric Oxygen Therapy decreases inflammation, oxygenates the entire body, stimulates the growth of new healthy blood vessels, and dramatically increases stem cell activity. Research suggests that HBOT can improve neurological outcomes by increasing enzymes in the body that protect cells and prevents neuronal damage. It has also been

shown to decrease depression, anxiety, and tremors in patients with Parkinson's Disease.

[Click here to read studies and reviews on how HBOT can help relieve Parkinson's Disease symptoms](#)

How can Hyperbaric Oxygen Therapy help 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. Persons who may benefit from hyperbaric oxygen therapy (HBOT) are those whose migraines have more of a vascular origin (induced either by imbalance of chemicals or abnormal blood flow to a particular brain area) or those who have side effects or contraindications to standard drug therapy.



Migraine patient, Mackenzie, describes hyperbaric oxygen therapy as a miracle for her migraine headaches.

[Click here to read more studies and reviews](#)

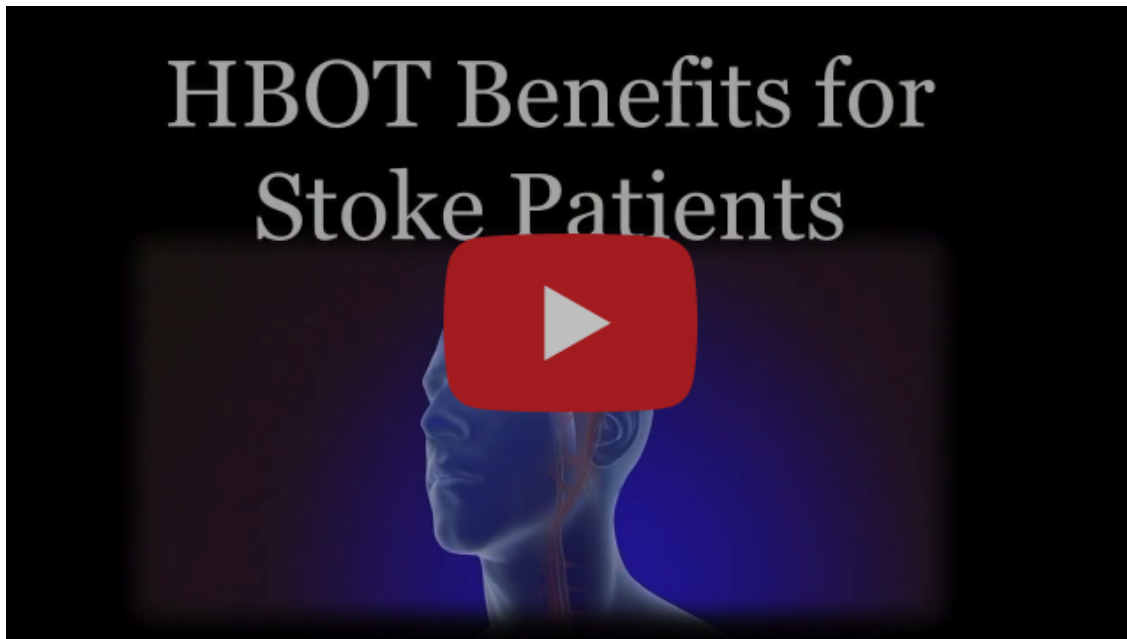
May is Stroke Awareness Month



Hyperbaric Oxygen Therapy has many benefits for stroke recovery and stroke prevention. Strokes can cause significant impairment in language, cognition, and motor skills. According to the Centers for Disease Control

and Prevention, strokes affect about 795,000 people in the US each year. Studies have shown that HBOT treatment can drastically improve brain function, reverse paralysis, increase sensation, and renewed use of language. During HBOT treatment, the tenfold increase in oxygen levels supply the energy for rebuilding neuronal connections in damaged regions and stimulate inactive neurons to facilitate healing.

[Click here to read stroke studies and reviews](#)



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

June is PTSD Awareness Month

PTSD
A W A R E N E S S
— MONTH —



Hyperbaric oxygen therapy has been shown to reduce symptoms of PTSD and increase brain activity and connectivity. The increase of oxygen through HBOT helps heal damaged brain tissue, improve blood flow, promote growth of new tissue and blood vessels, and reduce inflammation. Researchers at Tel Aviv University's Shamir Medical center share their study showing that symptoms of PTSD could be relieved in combat veterans using hyperbaric oxygen therapy.

[Read the study here](#)

[Click here for further studies on HBOT for PTSD](#)

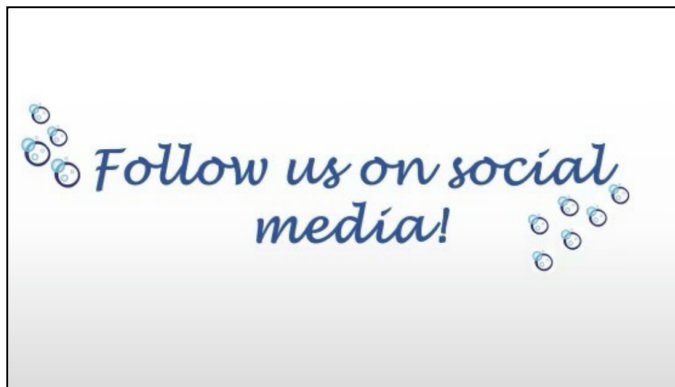
**Unveiling the Oasis of Care: A Virtual Walkthrough of
Our Center**



Experience a virtual tour of our state-of-the-art Hyperbaric Oxygen Therapy Center. Explore our modern, spacious chambers designed for maximum comfort and safety, witness our expert medical staff in action, and discover how this treatment transforms lives through the healing power of oxygen. Step inside and embark on a journey of healing.

*Our business continues to
grow through your referrals.*

*Thank you for
recommending us!*



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

Newsletter

~ 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.

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