

Hyperbaric Oxygen Can Improve Rheumatoid Arthritis

Hyperbaric Oxygen Therapy (HBOT) is emerging as a potential adjunctive treatment for Rheumatoid Arthritis (RA), leveraging its anti-inflammatory and tissue regenerative properties. By administering 100% oxygen at elevated pressures, HBOT significantly enhances oxygen delivery to hypoxic tissues, reducing inflammation and oxidative stress within the joints. This increased oxygenation helps modulate the immune response, decreasing pro-inflammatory cytokine levels and promoting anti-inflammatory cytokines, which can alleviate joint pain and swelling. Additionally, HBOT stimulates fibroblast activity and angiogenesis, supporting tissue repair and cartilage maintenance. While further clinical trials are needed to fully establish its efficacy and safety, HBOT holds promise as a complementary therapy for RA patients, particularly those unresponsive to conventional treatments.



How Hyperbarics Helps



Increases oxygen in the bloodstream 1,200% above normal



Dramatically decreases inflammation



Stimulates stem cell reproduction and mobilization



Relieves pain



What Research Says

Hyperbaric Oxygen Therapy (HBOT) is being explored as a potential adjunctive treatment for Rheumatoid Arthritis (RA), a chronic inflammatory disorder characterized by joint pain, swelling, and eventual joint destruction. HBOT involves administering 100% oxygen at increased atmospheric pressures, which enhances oxygen delivery to tissues throughout the body. This increased oxygenation can help reduce hypoxia in inflamed joint tissues, potentially alleviating pain and promoting healing. By improving oxygen levels in these tissues, HBOT may help mitigate some of the pathological processes associated with RA, such as chronic inflammation and oxidative stress.

One of the significant benefits of HBOT in the context of RA is its anti-inflammatory effects. Inflammatory cytokines, which play a critical role in RA pathogenesis, can be modulated by the increased oxygen levels provided by HBOT. Research has shown that HBOT can reduce the production of pro-inflammatory cytokines and enhance the levels of anti-inflammatory cytokines, thereby helping to rebalance the immune response. This modulation of the inflammatory process can lead to a reduction in joint swelling and pain, improving the overall quality of life for RA patients.

HBOT also promotes tissue repair and regeneration, which are crucial for managing the damage caused

by RA. The therapy enhances the function of fibroblasts, cells that are vital for collagen production and wound healing. By stimulating fibroblast activity, HBOT can aid in the repair of damaged joint tissues and the maintenance of cartilage integrity. Additionally, the increased oxygen levels can enhance angiogenesis, the formation of new blood vessels, which is essential for delivering nutrients and oxygen to healing tissues. These regenerative effects can help slow the progression of joint damage and support the recovery of joint function.

While the potential benefits of HBOT for RA are promising, it is essential to recognize that this application is still under investigation. Clinical trials are necessary to establish standardized treatment protocols, determine the long-term efficacy, and identify any potential risks or side effects associated with HBOT in RA patients. However, the current evidence suggests that HBOT could serve as a valuable complementary therapy for RA, especially for patients who do not respond adequately to conventional treatments. As research continues, HBOT may become an integral part of the therapeutic regimen for managing RA, providing hope for improved symptom control and better quality of life for patients.

Research Studies

National Library of Medicine

This case series pilot study assessed the effects of hyperbaric oxygen therapy (HBO2) for treating rheumatoid arthritis (RA).

Hyperbaric oxygen therapy is effective for joint pain in patients with RA based on data from multiple, validated clinical measures. Further research with more subjects and the use of a control group is necessary.

The Effects of Hyperbaric Oxygen on Rheumatoid Arthritis

Hyperbaric oxygen therapy is effective for joint pain in patients with RA based on data from multiple, validated clinical measures.

Patient Experiences

Listen to what real patients have to say about their experiences.



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Ruth was a retired school teacher, who loved volunteering as a docent at museums. However, her rheumatoid arthritis made simple tasks, such as picking up a piece of paper or writing, extremely painful and difficult. After 40 hyperbaric treatments, Ruth was virtually pain free and actually wept for joy at how she felt thirty years younger and was able to hike and return to her volunteer work!

Ruth, 68

Hyperbaric oxygen therapy significantly reduced Ruth's pain for the three years we stayed in contact.



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Sam loved working as a Runner for a contractor, and handling small jobs. It kept him feeling young and engaged. However, his arthritis made his hands look—as he said—like hooks, rather than hands. After two sets of 20 treatments, Sam was able to go back to work and feel like a productive member of society! It gave him his life back.

Sam, 76

Hyperbaric oxygen therapy allowed Sam to continue to keep active by working as long as he wanted.

Refer a Patient

Refer a patient in three easy steps.

1 You submit patient's information

As a provider, your office fills out and faxes back the Patient Referral Form. Have questions? Call us!

2 We get authorizations

We make sure the patient understands treatment and then follow the prescribed protocol to get the patient on the road to recovery!

3 Patient starts HBOT

Our medical staff meets with the patient to ensure that HBOT is appropriate, and contacts Medicare or private insurance to receive authorization.

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