

Hyperbaric Oxygen Can Help with Depression

Many patients who come to us with depression have a history of concussion or brain injury, which can be treated with hyperbarics.



How Hyperbarics Helps



Heals physical disorders that cause depression



Oxygenates damaged brain tissue



Repairs damaged brain tissue and idling neurons



Stimulates stem cells to reproduce



Up-regulates growth hormones that heal



Reduces inflammation in the brain

Depression caused by a physical cause can often produce significant healing with Hyperbaric Oxygen

At Bay Area Hyperbarics, we have treated numerous patients with depression. It turns out that most of the patients with depression who come to us have history that includes anoxic brain injuries, including concussions, mild traumatic brain injury (mTBI), post concussive syndrome radiation damage or other injuries.

Many patients with depression who have been referred to us also present other conditions. They often have a history of head injuries, most often from car accidents, but also sports injuries, falls, and multiple surgeries with anesthesia. Numerous studies show that even a whiplash can shake the brain in the skull and cause trauma.

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The anoxic brain injury causing such depression can be treated with hyperbaric oxygen therapy. At times, other symptoms appear in combination with the depression, including anxiety, headaches, cognitive challenges, psychosocial disability or psychiatric symptoms. When depression occurs with these other symptoms, some physicians consider the depression a result of physical disorders, rather than mental disorders. The depression often resolves significantly or completely when treated with a head injury protocol that includes hyperbaric oxygen therapy. Patients who are medicated should also be closely supervised. Medications often need to be reduced or discontinued as patients' brains heal. When patients with depression who have experienced anoxic brain injury receive brain scans showing their brains before and after hyperbaric oxygen

therapy, the contrast is striking. In the "before" images, patients' brains show dark areas, meaning that the neurons are not firing. After patients receive their hyperbaric treatments (40 to 60 treatments, depending on a recommendation from a physician), these areas that were previously dark appear in color, which means that the neurons in these areas are again firing. While hyperbaric oxygen therapy cannot cure all forms of depression, those that have a physical cause can often produce significant healing. If you or a loved-one experienced brain trauma or anoxic brain injury, whether as a result of sports such as soccer or football, from an auto accident, or any other cause, please give us a call, so we can get you on the road to feeling like your old self. We know how debilitating such injuries can be and we want to help you get on the road to recovery.

Patient Experiences

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

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Until recently, Shawn held the world record for the largest wave ever ridden. One day while surfing, Shawn had a major accident on the rocks. He broke his neck in four places and experienced significant traumatic brain injury (TBI). As Shawn said "I had suffered major brain damage." His neurologists had no more answers on how to help him return to normal. As he said "before hyperbaric Oxygen therapy, I was a mess. I wasn't myself, and was desperate to find a solution to the pain, the headaches, and the brain fatigue." After only his first treatment, he felt an improvement; the effects were immediate. Shawn said, "I could feel my old self coming back. I was aware that I was going to get better, finally." In the end, Shawn attributes his full recovery from concussion symptoms to Bay Area Hyperbarics. He is surfing once again and continues to ride the big waves.

Shawn Dollar, 34

Fully recovered from concussion symptoms caused after a surfing accident.





Kevin had suffered several concussions while playing football. Previously a very good student, he found himself unable to attend High School classes. Instead, he lay most days on his bed in his darkened room depressed, unable to read, talk, or hang out with his friends. His parents were frantic. Kevin had tried prescription drugs and therapy which helped some with his systems. However, they did not eliminate the headaches, fatigue or improve his mood. They did not get him up and back to school. After HBOT, Kevin could attend school again and interact with his friends. HBOT made a major impact on bringing back Kevin's cognitive and emotional health and well-being.

Kevin, 18

Improved functionality was hampered due to injury caused while playing football.



Mara had severe brain trauma at birth, so at 3 months old, her mom brought her into HBOT. She had a severely misshapen head, a tube in her stomach to feed her, and a tube to help her breath. Tragically, Mara's mother was told her baby would never recover nor respond like a normal child. She had already returned to the hospital twice for complications with her conditions. Mara's mother brought her in 5 days a week for treatment with HBOT. When Mara finished hyperbarics, her tubes had been removed. She could breathe on her own. She was able to eat and swallow food like a normal child. And Mara was strong enough to sit up and wave bye bye when encouraged. The nurse in the Pediatrician's office burst into tears of joy, when she saw the improvements in Mara's conditions.

Mara, 3 months old

Gained the ability to sit up, which she was unable to do because of severe brain trauma at birth.

Patients: Get Started with Hyperbarics

Its easy to get started with Hyperbarics. Just follow these simple steps.

1 Give us a call

Did a physician refer you? If so, they can download and fax us back a patient referral form. If not, our medical staff will discuss whether hyperbarics is right for you.

2 We talk with your insurance

Our medical staff contacts Medicare or private insurance to receive authorization and create a plan with you.

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.



Physicians: 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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Reach out to us

We're here to help.

Contact us today to learn more about how hyperbaric oxygen therapy can help you.



Call Us: (408) 356-7438

FOR PATIENTS



Scan for free
consultation

FOR PHYSICIANS



Scan for Patient
Referral Form