

Healing Fibromyalgia with Hyperbaric Oxygen

Most fibromyalgia patients have brain lesions that show up in scans. Hyperbarics has been proven to heal these lesions, improving brain function, decreasing fatigue, and greatly reducing pain.



How Hyperbarics Helps



Reduces pain



Heals brain lesions and fissures



Decreases psychological distress



Stimulate neuroplasticity and rectifies abnormal brain activity in pain-related areas of FMS patients



Decreases FMS symptoms



Improves quality of life indices for FMS patients



Decreases anxiety



Hyperbarics heals lesions, improving brain function and greatly reducing pain

Fibromyalgia is a painful and devastating disease. It causes damage to the lives of the person suffering with the disease as well as suffering for their families. The pain, weakness, fatigue, sleep problems and brain impairments are crippling. Many fibromyalgia patients have lesions in their brains that show up on brain scans. In December 2018, a study of fibromyalgia patients showed that hyperbaric oxygen therapy heals these lesions, leading patient brain function to improve dramatically.

Patients' brain scans were taken prior to hyperbaric oxygen treatments (HBOT), then again after 60 hyperbaric oxygen treatments, using two types of brain imaging. The study showed there was often a reduction in, and in some cases the complete resolution of, the lesions found in patients with

fibromyalgia. The researchers found that 70% of the patients in the study also showed dramatic improvement in their symptoms. In fact, many of the patients no longer met the medical criteria of fibromyalgia. In addition, these patients' brain functions improved dramatically, and their brain imaging showed significant improvement. This study gives hope to those of us who have, or who know someone who has, fibromyalgia!

It is true that hyperbaric oxygen therapy requires time and commitment. However, patients have told us it was the one thing that gave them their lives back, and that they felt deeply grateful that we were here and could help them. We have been proudly healing patients with fibromyalgia, among other conditions, at Bay Area Hyperbarics for over 24 years. Let us help you.

Research Studies

[Front Psychol. 2018 Dec 1, Hadanny A, et al](#)

HBOT can Induce Neuroplasticity and Significant Clinical Improvement - Randomized Controlled Trial.

Fibromyalgia Syndrome (FMS) is a persistent and debilitating disorder estimated to impair the quality of life of 2-4% of the population, with a 9:1 female to male incidence ratio. The defining symptoms of FMS include chronic widespread pain, intense pain in response to tactile pressure, prolonged muscle spasms, weakness in the limbs, nerve pain, muscle twitching and extreme fatigue.

PlosOne, May, 2015, Shai Efrati, et al

Hyperbaric Oxygen Therapy Can Diminish Fibromyalgia Syndrome – Prospective Clinical Trial

The study provides evidence that HBOT can improve the symptoms and life quality of FMS patients. Moreover, it shows that HBOT can induce neuroplasticity and significantly rectify abnormal brain activity in pain related areas of FMS patients.

Clinical and experimental rheumatology, Feb, 2019

Hyperbaric oxygen treatment of fibromyalgia: a prospective observational clinical study

Fibromyalgia syndrome (FMS), a condition considered to represent a prototype of central sensitization syndrome, can be induced by different triggers including childhood sexual abuse (CSA). Current treatment options are only partially effective, but hyperbaric oxygen therapy (HBOT) seems to be capable of relieving some of the symptoms. The aim of this study was to evaluate the efficacy and safety of HBOT after fewer sessions than generally used, chosen on the basis of pre-clinical and clinical data showing its rapid and sustained antinociceptive effect.

Patient Experiences

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



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An articulate 27 year-old woman, Brandi experienced extreme fatigue, generalized nerve pain through her body, and neurocognitive challenges. It took two years for her physicians to diagnose her condition as fibromyalgia. Sadly, her illness became so acute that she could no longer maintain a regular work schedule. As a result, she had to move in with her parents. Fortunately, Brandi found Bay Area Hyperbarics. Though treatments took time to improve her health, she stuck with it. After 40 treatments, her fatigue, her ability to sleep a whole night through, her sensitivity to touch and her ability to concentrate improved significantly. By the time she finished, she was able to return to work, had restarted her social life, and was pursuing a new romantic interest.

Brandi, 27

After losing work and relationships due to fibromyalgia, hyperbarics gave her life back.



As a mother of two, Priya loved playing with her kids. She had ongoing migraine headaches as well as Fibromyalgia. Fortunately, hyperbarics helped eliminate the migraine headaches, and healed the nerve pain, fatigue and brain fog that accompanied her fibromyalgia. After treatment, she was again able to play with her kids.

Priya, 38

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

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.



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