

# Hyperbaric Oxygen Has Been Proven Clinically to Reverse Biological Aging

Hyperbaric oxygen therapy (HBOT) has been shown to increase telomere length and clear senescent (or defunct) cells in aging populations, both of which effectively reverse age-related decline. HBOT has been shown to help patients think faster, feel greater vitality and less pain.



## How Hyperbarics Helps



Builds new collagen, skin and tissues



Improves brain tissue oxygenation and regeneration



Regrows new blood vessels and improves blood flow



Speeds recovery and rehabilitation time



Increases stem cell mobilization



Up-regulates growth hormones



Reduces pain and swelling



Kills bacteria and infections and makes antibiotics more effective



## What the Research Says

At the cellular level, two hallmarks of aging include the shortening of telomere length and cellular senescence (cell death). Hyperbaric oxygen therapy has been clinically proven to increase telomere length and clear senescent cells in the aging populations.

In addition, hyperbaric oxygen therapy helps produce more collagen to repair skin, grow new blood vessels to feed more oxygen to muscles, joints, bones and nerves, decrease the expression of inflammatory genes, and stimulates healthy genes and stem cells to reproduce more rapidly.

Hyperbaric oxygen therapy also helps patients think faster, feel greater vitality, and to have less pain. A significant body of research, including MRIs, videos, imaging and photos, show the progressive effect of hyperbarics on aging.

At Bay Area Hyperbarics, we have been treating people for age-related issues for over 24 years. Some see us just to reduce pain, and others see us to experience the long-term benefits of hyperbaric oxygen therapy. HBOT has helped many mothers, husbands, grandmothers, fathers and friends.

## Research Studies

[National Library of Medicine](#)

### A prospective clinical trial

The study indicates, for the first time in humans, that HBOT can significantly modulate the pathophysiology of the skin aging in a healthy aging population. The demonstrated mechanisms include angiogenesis and senescent cell clearance.

[Research Paper on Aging](#)

### A prospective clinical trial

In this study, for the first time in humans, it was found that repeated daily HBOT sessions can increase PBMC telomere length by more than 20% in an aging population, with B cells having the most striking change.

[National Library of Medicine](#)

### From mechanisms to therapeutics

The noninvasive nature, favorable safety profile, and common clinical application of HBOT make it a competitive candidate for several new indications, one of them being aging and age-related diseases.

# Patient Experiences

Thousands of patients use hyperbaric oxygen therapy each year to help reverse the effects of aging. Here are a few examples.



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Helen was the mother of a dear friend of Lisa St John, the clinic founder and director, and in her mid 80's, started to decline precipitously. She barely left her bed and had significant cognitive decline. After a series of HBOT sessions, she returned to her active lifestyle, where she traveled and hiked for another 15 years. She continued HBOT until she was 99 years old and claimed it was her fountain of youth.

## Helen, 94

Helen claimed that hyperbaric oxygen therapy made her feel 20 years younger, and kept her healthy well past her siblings.



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Walter had spent his life working as a CPA and continued to work until he was 67. Only two years later, he and his wife started noticing that he could not maintain his balance, walk easily up steps, and that his word recall and memory of people and places was decreasing precipitously. After 60 hyperbaric treatments, Walter said he felt more than 20 years younger. His wife and he agreed that his cognition had returned, and he had grown healthy muscle mass, which is critical in older patients.

## Walter, 69

Walter was experiencing physical and cognitive decline and couldn't maintain the activities he so loved until he found Bay Area Hyperbarics. Today, he is vibrant, healthy, and appreciating his newfound ability to travel and enjoy retirement!

# 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