

Hyperbaric Oxygen Relieves Migraine Headaches

Migraines are a neurological condition that can cause pain, not just in the head, but also other areas of the body. Studies show that hyperbaric oxygen often relieves active headaches and migraines.



How Hyperbarics Helps



Opens blood vessels to increase blood supply



Builds new blood vessels



Decreases inflammation



Increases oxygen carried in blood plasma, enabling more oxygen to reach the brain and body


Studies have shown that hyperbaric oxygen proves useful in relieving active headaches, where oxygen by itself tends to not provide relief.

We know how debilitating migraine headaches can be. Hyperbaric oxygen therapy (HBOT) is a natural treatment for these and other types of headaches, including cluster headaches.

Migraines cripple up to 35 million people in the US, preventing those of us with such headaches from

working, caring for families, cooking, driving and engaging in vital parts of our lives.

Migraines are thought to be a neurological condition that can cause pain, not just in the head, but also other areas of the body, such as the intestines.

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Migraines often come with debilitating symptoms, including severe headache pain, vision disturbances, sensitivity to light, stomach pain, vomiting, loss of appetite, chills, sweating, fatigue, cognitive difficulties, facial pain, difficulty speaking and weakness. Hyperbaric Oxygen Therapy both relieves these symptoms and helps decrease the intensity and frequency of such headaches.

How does hyperbaric oxygen therapy eliminate migraine headaches? Normal room air has 21% oxygen. In our hyperbaric chambers, patients receive 100% oxygen while under increased atmospheric pressure. This combination of high oxygen concentrations and pressure from the hyperbaric chamber causes oxygen to dissolve into the patient's plasma, where it then migrates to areas of the brain and body that are deprived of life-giving oxygen.

In our experience, patients with an acute migraine typically resolve within one treatment. However, there are patients who have additional intervening neurological problems who sometimes need additional interventions to treat stubborn migraines.

Some patients ask if oxygen by itself can help eliminate migraines. Sadly, it does not. Studies show that hyperbaric oxygen does prove effective in eliminating migraine headaches and cluster headaches, whereas oxygen by itself does not provide such relief. HBOT is approved and used by providers throughout California to heal many conditions naturally and painlessly, including migraines. If you are interested in using HBOT, or know of someone we might be able to help, please call us to discuss whether HBOT might be a possible solution to the pain.

Patient Experiences

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

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Plagued with Migraine headaches since her early 50's, Lisa had to take medication on average twice per week to ward off her migraines. Her physician told her that if she did not use her medication, complications, such as blindness, could arise. Often, her migraines required two days to recover, even with medication, during which time they would diminish her ability to focus at work. After hyperbarics for an early childhood concussion (60 treatments at 2.0 ATA), her migraines virtually ceased. She is now down to two episodes per year instead of two per week, and only renews her prescription once per year instead of every two weeks. Lisa points out that nothing changed in her life that could have caused the improvement, other than hyperbarics.

Lisa, 67

Fully recovered from concussion symptoms caused after a surfing accident.





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Jim had migraine headaches on average every six weeks, each of which lasted three to five days and left him unable to work. He had to lie quietly in a dark room, and even medication at times did not work. His physician prescribed hyperbaric oxygen therapy, saying “it can’t hurt, and some patients tell me it helps.” During his treatment protocol of 60 sessions, he did not have any migraines. Moreover, he did not have any migraines for a full year after having stopped. When we checked back two years later, he had been mostly pain free for those two years. Contrast this with losing a week of productive living every six weeks before hyperbarics.

Jim, 58

His Physician recommended Hyperbarics, which eliminated 90% of his migraines.



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Priya was a mother of two, who loved playing with her kids. She was being treated for Fibromyalgia, which hyperbarics helped treat. The nice side-effect was that hyperbaric oxygen therapy eliminated her recurrent headaches throughout her treatment and decreased their occurrence for over a year after treatment. What a nice side-effect!

Priya, 38

Though treated for Fibromyalgia, hyperbarics also eliminated her headaches.

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