

WHAT IS HYPERBARIC OXYGEN THERAPY?

Hyperbaric oxygen therapy raises the level of oxygen in the blood by placing the patient in a pressurized chamber and having them breathe 100% oxygen (the air we breathe normally contains 21% oxygen). This 'hyperbaric' (high-pressure) dose of oxygen provides distinct therapeutic benefits for certain medical conditions, such as:

LIFESAVING:

- occurrence of air bubbles in the circulatory system (air or gas embolisms)
- scuba diving related injury (decompression sickness)
- smoke or gas inhalation (carbon monoxide poisoning)

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LIMB SAVING:

- non-healing wounds at risk of limb loss
- traumatic crush injuries
- wounds compromised by lack of oxygen

2

TISSUE SAVING:

- chronic radiation tissue damage
- circulation concerns regarding flaps or skin grafts
- flesh eating disease (necrotizing soft tissue infections)
- serious thermal burns

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It may be the primary treatment for some conditions, but it is often used as a part of a combined program involving other treatments such as antibiotics, wound care, or surgery.

ARE THERE ANY SIDE EFFECTS?

Generally, patients experience few side effects from hyperbaric oxygen therapy. But, like any medical treatment, there are some risks. These risks are quite small and will be discussed with you in more detail before you sign your consent form for therapy.

Most commonly patients report...

...a "crackling" or pressure in their ears.

This can be relieved the same way you clear your ears on an airplane or diving.

...being lightheaded after therapy.

This sensation may be brief and will pass after a few minutes of rest.

Infrequently patients report...

...experiencing claustrophobia.

Should you be feeling anxious about being in the chamber, please discuss this with the hyperbaric physician.

... a blurring of vision (refraction).

This is temporary and studies have demonstrated that vision should return to normal in 6 to 8 weeks after the end of treatment.

...oxygen toxicity.

The hyperbaric physician will minimize this risk by administering regular "air breaks" during your therapy.

If you have any questions or concerns, please feel free to discuss these further with one of our physicians.

FREQUENTLY ASKED QUESTIONS

Is hyperbaric oxygen therapy covered by Alberta Health Care Insurance Plan?

Yes; all services rendered at HBOT Clinics are covered by AHCIIP. There is no charge to the patient.

How do I get treated at HBOT Clinics?

Your physician, podiatrist, or dentist must refer you to the clinic, after which you will be carefully assessed by one of our hyperbaric physicians. If it's determined that you should have hyperbaric oxygen therapy, an application for funding is made to Alberta Health Services.

How many treatments will be required?

This depends on the reason for your treatments and the hyperbaric physicians will determine this during your assessment. Typically, patients require between 30 to 40 treatments.

How long do the treatments last?

Treatments last approximately 2 hours and are conducted five days a week.

Are there any special preparations that are needed before starting treatments?

The hyperbaric physician will inform you of these at your assessment. Generally, we ask that you refrain from smoking during the course of your treatments, inform us of any medications you are taking, and notify us if you are feeling ill.

Are change rooms available, and where can I park?

Yes; we have change rooms available, as well as hourly parking onsite. The building can accommodate patient transport units, including ambulance and Handi-Bus.

WELCOME TO HBOT CLINICS.

HBOT Clinics Inc. has been caring for patients since 1999 as southern Alberta's only accredited medical facility specializing in hyperbaric oxygen therapy.

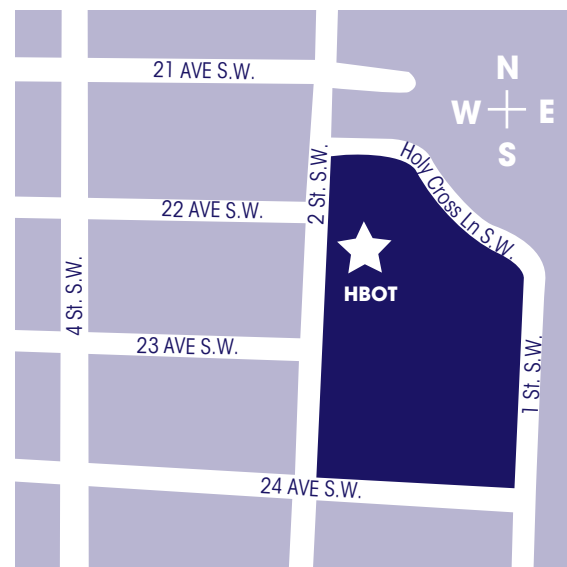
Our team of hyperbaric physicians works with patients and their referring physicians at treating specific ailments approved by Alberta Health and Wellness for insurance coverage.

This guide has been written for you, the patient. If you're a physician, or you would like information for your physician, please contact HBOT Clinics to obtain a copy of our Physician Guide.

In this Patient Guide you will find information on hyperbaric oxygen therapy and answers the most common questions about receiving treatment at HBOT Clinics.

HBOT CLINICS INC.

**#100G - 2204 2nd Street S.W.
Calgary, Alberta T2S 3C2**



† 403.509.4740

f 403.509.4744

info@hbotclinics.com

www.hbotclinics.com

Hyperbaric Oxygen Therapy

PATIENT GUIDE

For more information please visit
www.hbotclinics.com