

Medical information can be obtained from:

Honorary Medical Advisor
Dr Philip James
Emeritus Professor of Medicine
University of Dundee,
England

Or via email or phone to:

Dr Petra Kliempt, Hon NHS Specialist Trainer
in Hyperbaric Medicine
Email: pkliempt@btconnect.com
Phone: 0044 844 888 7990

Further information can be accessed from
the Hyperbaric Oxygen Treatment Trust at
www.hyperbaricoxygentherapy.org.uk



Total contra-indications to treatment are prescription of the following medications:

- Doxorubicin (Adriamycin) – a chemotherapeutic drug
- Disulfiram (Antabuse) – use in the treatment of alcoholism
- Cis-platinum – a cancer drug
- Mafenide Acetate (Sulfamylon) – suppresses bacterial infections in burn wounds

Contact Details:

MS North West Therapy Centre
Ballytivnan
Sligo

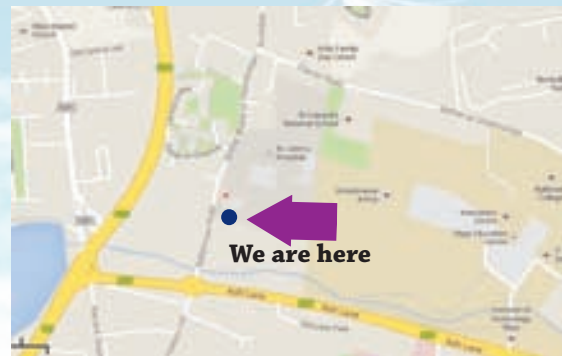
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Charitable Reg No. 10323 N

Company No 188472



MS North West Therapy Centre Sligo

Providing essential services to people with
Multiple Sclerosis, related neurological conditions,
and their families

Hyperbaric Oxygen Therapy

Information Leaflet

What is hyperbaric Oxygen Therapy?

Hyperbaric Oxygen Treatment (HBOT) involves breathing pure oxygen at higher than atmospheric pressures in an enclosed chamber. This increased flow of oxygen stimulates and assists repair of damaged cells throughout the body. It can be very beneficial for people with MS in overcoming fatigue, improved balance and sight, as well as improved bladder control and general well-being. It is also found to be useful in healing soft tissue injuries, sprains and bruising, leg ulcers and circulatory problems.



Please explain the treatment?

This is a simple, non-invasive and painless treatment which most patients find pleasurable and relaxing. You will be treated in a comfortable purpose-built chamber which has place for 6 patients. You will be fitted with a mask which goes over your mouth and nose and is connected to the oxygen supply. The HBO Technician will meet with each client to explain the treatment process.

The treatment session is in three phases:

Compression: After the door is closed, there will be some noise as the pressure increases. It will get warmer and you will feel 'fullness' in your ears similar to descending in an aeroplane. You will have been taught how to avoid discomfort by clearing or 'equalising' your ears. If you develop any discomfort, inform the attendant and the rate of compression will be reduced.

Treatment: The treatment begins when the pressure reaches the prescribed level. You may then rest, read or listen to the radio while breathing through your mouth.



Decompression: The attendant will let you know through the PA system when the treatment is complete and the pressure will be lowered slowly, again at a rate comfortable to your ears.

How long do treatments last and how many sessions are recommended?

Your doctor's permission is always required before commencing Hyperbaric Oxygen Therapy. The sessions last just over an hour and are usually repeated on a weekly basis for a specified number of weeks and within the capacity of the Centre, as recommended by a HBO specialist.



Are there any side-effects?

At the dosage used in this treatment there are no side-effects. However, the change in pressure may cause some ear or sinus discomfort. It is not recommended to proceed with treatment if you have an upper respiratory tract infection or have a raised temperature. Patients who are diabetic must follow their doctor's advice before commencing treatment.

How do I access the treatment?

You will be given a referral form to fill in and a letter for your GP to sign stating that you are not suffering from any contra-indications for this treatment. Please give this brochure to your GP.