

Hope ND Naturopathic Medicine

11 Powers St., Milford, NH 03055

DrDBonfanti@gmail.com 603-554-1880

www.HopeNDNH.com

Hyperbaric Oxygen Therapy Treatment Informed Consent

Hyperbaric oxygen therapy (HBOT) utilizes oxygen at a higher than normal atmospheric pressure (hyperbaric) in order to increase the percentage of oxygen in body tissues. We are limited by the amount of oxygen we can get into our tissues by what our red blood cells can carry. At any given time, blood is being shunted to the tissues that have the highest immediate need for survival. When our tissues need to repair, we simply do not have the extra oxygen needed to do this effectively. HBOT bypasses this factor. It is based upon gas laws. Gas dissolves into fluid under pressure and floods the plasma (portion of blood without the red blood cells) with oxygen. Under normal atmospheric breathing, this does not happen. When we come out of pressure, all of the oxygen being gathered during treatment, then floods the tissues with oxygen. This is how it nourishes the tissue, mitochondria, and helps us to heal.

Oxygen is one of the most important nutrients for the completion of mitochondrial energy production. This is how our body produces energy in every cell of the body (aside from red blood cells, which only function is to carry oxygen to other tissues).

There are two absolute contraindications to hyperbaric oxygen therapy: pneumothorax (collapsed lung) and inability to equalize pressure in the ears. We will work with you to make sure that you are able to equalize the pressure in your ears, or adjust the pressure accordingly. We also will not use this therapy in pregnancy.

HBOT does not hurt. It is very safe and well-tolerated. We ask that if you have any pain in your ears, you tell us, and we will adjust the pressure and help you to clear your ears. At times, it can feel like your ears need to "pop" for a couple hours to days after treatment, and this is normal and safe.

We use in patients with HBOT for ADD/ADHD, Chronic Fatigue, Lyme Disease and other infections, Retinitis Pigmentosa, ALS, Chronic Inflammatory Disease, TBI/concussion/brain fog, Macular Degeneration, Rheumatoid Arthritis, Alzheimers Disease, Crohns and Ulcerative Colitis, Meniere's Disease, Anoxic Brain Injury, Migraines, Autism, Diabetes, Mitochondrial Disorders, Spinal Cord Injury, Fibromyalgia, Multiple Sclerosis, Bell's Palsy, Cancer, Infections, Raynaud's Syndrome, Trigeminal

Neuralgia, Cerebral Palsy, Immune Dysfunction/autoimmunity, Mold toxicity, hormone balance, Anxiety/PTSD/Depression/Mental health, Reflex Sympathetic Dystrophy Vascular Disease, and many other things.

The mechanism by which this works is vast: it increases oxygen to the brain. The pressure we set is determined by what we are treating. The body will adapt by increasing or decreasing oxygen to the brain, depending upon what the goal is. Many conditions that see improvement with HBOT rely on increased oxygen to tissue. In 75% of those with autism, there is hypoperfusion (decreased oxygen) to the brain. In TBI, migraines, brain fog, MS, Parkinsons, Dementia, the increased oxygen to the brain allows for balancing of neurotransmitters and healing of tissue.

In injury and arthritis, damaged capillary beds inhibit the supply of oxygen to the tissue. HBOT bypasses this and is able to bring oxygen to the damaged tissue, regardless. This is why HBOT is the designated treatment for non-healing ulcers and wounds.

Studies have shown that using HBOT at specified levels increased adult stem cell activity. HBOT increases our own antioxidant activity, collagen repair, angiogenesis (new blood flow), immune balance, and many other mechanisms by which it helps us to heal.

HBOT can enhance the effects of certain antibiotics, increasing white blood cell activity to fight infection and enhance immune response.

Please let us know if any of the following apply:

- Sinus congestion
- Pacemaker or other embedded device
- Medical pump (insulin, baclofen, etc)
- If you have a medical pump, you must check with the manufacturer and make sure it has been pressure tested. If you have a pump or medical device not pressure tested, it can inject too much medication and this can be VERY dangerous!
- If you have an ostomy bag or urine drainage bag, you MUST completely empty it prior to entering into the chamber

Although, patients often experience some improvement after a single session, we never recommend only doing one session. The effects of HBOT have been shown in research to require a series of

treatment in order to have effect. We will cater your treatment protocol to your specific condition and needs.

Please arrive to your appointment without hard contact lenses, dentures, hearing aids, excess hair spray, hair gel, cologne, or perfume. If you smoke, avoid smoking for at least 2 hours before and 2 hours after treatment. Absolutely no ignition sources are allowed into the chamber, and we will require you to empty your pockets beforehand. Leave any valuables at home. No lighters, matches, firearms, or lithium batteries are allowed inside the chamber. Wear clothing free of sharp objects.

With your signature below, you understand that you have complied with and agree to the above terms.

Patient Name (print): _____

Name of Parent/Guardian (If Under 18)

(Print) _____

Signature of Patient *OR* Parent/Guardian (If Under 18)

Sign _____ Date _____