



SUSSEX  
**MS CENTRE**

*small charity, big impact*

**Membership Pack**



## Sussex MS Centre Membership and Consent Form

Title	
First Name	
Surname	
Date of Birth	
Address	
Postcode	
Home Phone	
Mobile Phone	
Email	
Emergency Contact Name and tel. no.	

Reason for Membership. Please tick below as appropriate:					
A	Multiple Sclerosis		D	Cancer	
B	Carer / Partner		E	Other Neurological (please give details)	
C	Broken Bones/ Wound Healing/ Sports Injury		F	Other (please give details)	

<p>I understand that it is my responsibility to consult with my medical practitioner regarding the suitability of my using any of the therapies, treatments, and classes offered at the Sussex MS Centre.</p> <p>I confirm that I consent to using:</p> <ul style="list-style-type: none"> <li>• Hyperbaric Oxygen Therapy</li> <li>• Therapeutic Treatments (e.g. Shiatsu, Reflexology, Acupuncture, etc.)</li> <li>• Classes (e.g. Keep Fit, Yoga, Pilates, etc.)</li> </ul> <p>I have been given sufficient information about the benefits and risks of these Therapies, Treatments, and activities.</p>
---



The information that you have provided is held confidentially on our database, and stored securely in accordance with General Data Protection Regulations, our Privacy statement, and our Data Protection Policy. We never share your information with third parties.

We would like to send you our newsletters and other information about our own services, by post, telephone, email and SMS. If you agree to being contacted in this way, please tick the relevant boxes.

Post  Phone  Email  SMS

From time to time we take photographs of members and activities in the centre for use on our social media platforms, in our newsletter The Belle, general publicity, our website and in bids and fundraising material. Please indicate if you are happy to consent to photographs of you being used:

Yes  No

Our joining membership fee is £15.00.

Annual Membership subscription is £15.00, and is due January of each year.

Member Signature

Date

**For office use:**

Membership Number: (Please use letter coding at the end of the Membership Number)	
Added to Database	

## Classes and Individual Therapies.

All individual therapies can be booked at reception, and payment is arranged with the therapist.

All classes are drop-in so no need to book! We welcome a donation for our drop-in classes.

<b>Monday</b>	Chiropody– <b>Julia</b>	9.30am-4.15pm ( every 6 Weeks)
	Alexander Technique - <b>Rebecca</b>	10.00am-3.00pm
	Massage– <b>Eva</b>	10.00am-4.00pm
	Drop in Belly Dancing– <b>Galit</b>	11.45am-12.45pm
	Drop in Pilates– <b>Lynne/James</b>	1.15pm-2.15pm
<b>Tuesday</b>	Shiatsu– <b>Al</b>	10.00am-3.00pm
	Massage– <b>Viola</b>	10.00am-3.00pm
	Acupuncture– <b>Evette</b>	10.00am-1.20pm
	Drop in Keep Fit– <b>Lynne</b>	10.15am-11.15am
	Physiotherapy– <b>Diane</b>	11.45am-3.30pm
	Drop in Keep Fit– <b>Lynne</b>	6.15pm-7.15pm
<b>Wednesday</b>	Massage- <b>Eva</b>	9.00am-2.30pm
	Reflexology/Reiki– <b>Julie</b>	10.50am-3.45pm
	Drop in Yoga– <b>Julia</b>	10.30am-12.00pm
	Drop in Tai-Chi– <b>Mo</b>	1.00pm-2.00pm
<b>Thursday</b>	Acupuncture– <b>Evette</b>	10.00am-4.20pm
	Indian Head Massage/ Reflexology– <b>Sonia</b>	10.00am-3.45pm
	Drop in Pilates– <b>Micci</b>	10.30am-11.30am
	Drop in Seated Yoga– <b>Louise</b>	12.00pm-1.00pm
	Drop in Keep Fit– <b>Lynne</b>	2.30pm-3.30pm
<b>Friday</b>	Shiatsu– <b>Amanda</b>	9.30am-1.00pm
	Massage– <b>Viola</b>	9.30am-11.30am
	Beauty/ Holistic Therapies– <b>Sarah</b>	9.30am-2.30pm
	Drop in Voice Works– <b>Rose</b>	11.00am-12.00pm
	Osteopathy– <b>Virginia</b>	12.00pm-2.00pm
	Drop in Physiotherapy Gym– <b>Viola</b>	1.00pm-2.00pm
	Physiotherapy 1:1— <b>Viola</b>	2.15pm-4.15pm

## Oxygen Therapy

*This helpful guide to Oxygen Therapy has been provided by the MS National Therapy Centres Website [www.msntc.org.uk](http://www.msntc.org.uk).*

Anyone wishing to access oxygen treatment should be prepared to commit to an **initial intensive course of treatment**, usually 3 - 5 treatments per week, for 15-20 treatments. If this is not possible (either due to personal circumstances or centre capacity), the closer together the first 15-20 sessions can be attended, the greater the potential effectiveness of the treatment. We will always try to work with users to implement a workable schedule but, given the limited capacity of the centre, this may not always be possible.

### What is Oxygen Therapy?

The oxygen in the air we breathe is constantly treating the day to day damage we sustain - repairing and renewing our cells. When tissues are damaged the capillaries they contain are also damaged. This reduces the flow of blood that transports oxygen, which may limit or even prevent recovery.

Being a gas, the concentration of oxygen in blood is actually determined by the air pressure surrounding us. To significantly increase the oxygen concentration in blood to improve healing a higher dose is needed - 100% oxygen delivered by a mask and the use of a sealed room, known as a “barochamber” to allow an increase in pressure.

### How does it help people with MS?

The disease that results in the scarring – the sclerosis – in multiple sclerosis (MS) is associated with damage to blood vessels in the nervous system. This is not blockage but leakage which leads to inflammation and *hypoxia* - which simply means lack of oxygen. A high level of oxygen reduces the hypoxia and the latest research has shown that it down regulates the genes that programme inflammation.(1) In other words oxygen induces remission. Healing is impossible without sufficient oxygen being present.(2)

### Does everyone benefit?

The sclerosis, that is scarring, is healing just as a scar heals a cut in the skin. The objective of oxygen treatment is to help tissues heal and be able to function before the damage leads to scarring. Damage in MS patients occurs over time so the latest areas affected will be the most likely to recover. Trials have shown that patients may experience reduced levels of fatigue, improvements in balance and walking and also bladder function.(3,4)

### Is it Safe?

Being in a pressure chamber is actually safer than being outside, e.g. it is not possible to be hit by a bus, nor will patients have either a heart attack or a stroke breathing a high level of oxygen. With over 3 million sessions completed without a serious incident, MS Therapy



Centres were deregulated by an Act of Parliament in 2008. Minor problems such as ear and sinus discomfort similar to that encountered in flying may occur, but, in contrast to aircraft, they can be dealt with by adjusting the pressure.

## What happens during a session?

Oxygen treatment sessions at the Sussex MS Centre are simple, non-invasive and painless. Once they have become accustomed to the procedure most users find the sessions pleasurable and relaxing. Each session lasts around 90 minutes (you should allow for 2 hours at the centre, particularly for your first few sessions) and consists of three phases:

### 1. Pressurisation

Our centre has a barochamber which can accommodate a maximum of 5 people at a time. Once everyone is inside, the operator will close the door and begin pressurisation. This is where the air pressure increases slowly - users may experience slight ear discomfort similar to that experienced when flying in a commercial aircraft. The rate of pressurisation can be controlled to ensure all chamber users are comfortable.

### 2. Treatment

The treatment begins when the pressure reaches the prescribed level. This is between 1.5 atmospheres absolute (ATA) and 2.0 ATA. Users may then rest, read, listen to music or watch something on a tablet/phone/laptop. A general rule is that courtesy should be shown to other chamber users (headphones used, discussions kept to a minimum etc.).

### 3. Depressurisation

The operator advises users when the treatment is complete and reduces the pressure slowly, until it is the same as the ambient atmosphere. At this point, the barochamber door can be opened and the session ends.

#### References

1. Eltzschig HK, Carmeliet P. Hypoxia and inflammation. *N Engl J Med* 2011;**364**:656-65.
2. Semenza GL. Oxygen sensing homeostasis and disease. *N Engl J Med* 2011;**365**:537-47.
3. Fisher BH, Marks M, Reich T. Hyperbaric-oxygen treatment of multiple sclerosis. A randomised placebo controlled trial. *N Engl J Med* 1983;**308**:180-86.
4. Perrins DJD, James PB. Long-term hyperbaric oxygenation retards progression in multiple sclerosis patients. *IJNN*2005;**2**:45-48.

## Why is Oxygen Therapy Effective?

### Oxygen, Inflammation and Hypoxia Inducible Factor Protein

It has been known for many years that breathing more oxygen causes blood vessels to constrict reducing blood flow. Oxygen controls blood flow by involving another gas which has been thought for many years to be just a poison - nitric oxide. But there is even more than this to the oxygen story and it is of direct relevance to the disease underlying 'MS'.



Even those doctors who are convinced that the auto immune theory is correct admit that the affected areas of the brain and spinal cord in MS are inflamed.

A review in a top scientific journal 'Nature' entitled 'Oxygen and inflammation' (Carl Nathan, Weill Medical College, Cornell University, USA) gives the detailed information. Inflammation causes the level of oxygen in the tissues to fall and this, in turn, activates a protein system – the Hypoxia Inducible Factor proteins (HIF). One of these proteins, HIF 1 alpha, not only controls the migration of white blood cells into the tissues to control infection, it is also responsible for the growth of new capillaries in wounds. This master protein regulates over 8,000 genes. So giving a high level of oxygen even has genetic consequences and it is little wonder that one hour of oxygen in a chamber has effects that last.

All those of us who have used oxygen as a treatment for their MS for many years are shown to be correct and it is time for all neurologists, General Practitioners and all the MS Societies to listen to their expert patients and members.

Oxygen Therapy does not repair existing damage but tests have shown on MRI pictures how long-term regular sessions can help to slow down the progression of symptoms and so the earlier one starts following the confirmation of MS the better.

Christopher Fox-Walker has used Oxygen Therapy weekly for almost 35 years at the Sussex MS Treatment Centre. (Information source Emeritus Professor Philip James, University of Dundee.)

## Information for People Considering Oxygen Therapy

### Contra-indications for Oxygen Therapy (April 2018)

Oxygen Therapy can interact with other drugs and either alter or reduce their effects. Please note the information below regarding conditions and medication is **not exhaustive** and we therefore **strongly recommend** you consult with your medical professional before signing the attached consent form and commencing Oxygen Therapy

<b>ABSOLUTE</b>	Untreated Tension Pneumothorax
<b>RELATIVE</b>	
Upper Respiratory Infections	These predispose to otobarotrauma and sinus squeeze.
Emphysema with CO2 retention	Patients with this problem may develop pneumothorax due to rupture of an emphysematous bulla.
Asymptomatic Pulmonary Lesions on chest X-ray	Oxygen Therapy should not be carried out if chest X-ray reveals such lesions.
History of thoracic or ear surgery	The patient should be thoroughly evaluated before Oxygen Therapy

	is considered.
Uncontrolled high fever	Fever predisposes to seizures. The temperature should be lowered before Oxygen Therapy is commenced.
Pregnancy	There is animal experimental evidence that exposure to Oxygen Therapy during early pregnancy increases the risk of congenital malformations.
Claustrophobia / panic attacks	Oxygen Therapy in our centre is carried out in a small multi-place chamber.
Seizure disorders	Seizures are rare during Oxygen sessions for neurological indications where pressures do not exceed 1.5 atmospheres. If the disorder is due to focal cerebral circulatory disorder or hypoxia, oxygen sessions should help reduce the tendency towards seizures.

**Source: K.K.Jain "Textbook of Hyperbaric Medicine"**

Oxygen Therapy can interact with other drugs and either potentiate or reduce the effects of other drugs.

Please note information below:

Doxorubicin (chemotherapy drug)	Must be <b>stopped</b> 3 days before Oxygen Therapy can commence.
Cis – platinum (chemotherapy drug)	<b>Cannot</b> be taken by Oxygen Therapy users.
Bleomycin (antibiotic)	<b>Cannot</b> be taken by Oxygen Therapy users.

Patients with undiagnosed anaemia undergoing a course of Oxygen Therapy for another condition may not display symptoms of the anaemia until the course of Oxygen Therapy ends.

## Could you become a Monthly Giver?

This Centre is a very special place.

We rely on your generosity to keep going.

By donating a small regular amount every month, you will help us to keep the doors open, every day of the week.

Just fill in the form overleaf, and either send it back to us or drop it in to your bank.

A regular gift from you **will** make a difference.

Thank you.



STANDING ORDER

To The Manager

Name of Bank:.....

Address of Bank .....

.....

Account Name(s).....

Account Number.....

Please pay to

Lloyds TSB

Sort Code: 30-98-74

Credit Account: Sussex MS Centre

Account Number 01813557

The sum of £.....

Amount in words.....

On the (date of first payment).....

And on the following date .....monthly/annually

Until cancelled by me in writing

Signature(s) of account holder(s)

.....

.....



## Charity Gift Aid declaration

Charity Name: Sussex MS Centre

*giftaid it*

Registered Charity Number: 801075

**Boost your donation by 25p of Gift Aid for every £1 you donate**

Gift Aid is reclaimed by the charity named above from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer

In order to GIFT AID YOUR DONATION please fill in the form below:

### MY DETAILS TO CLAIM GIFT AID

TITLE \_\_\_\_\_ FIRST NAME/INITIAL \_\_\_\_\_ SURNAME \_\_\_\_\_

HOUSE NAME OR NUMBER \_\_\_\_\_ POSTCODE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

### Please notify us if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

**THANK YOU**

# The Belle essentials - starting Oxygen Therapy

## Before you start Oxygen Therapy:

- It starts with signing the safety disclaimer. Nothing considered dangerous in an oxygen rich environment is allowed into the chamber.
- You can leave your valuables in a locker.

## The “Belle” itself:

- A pressure chamber housing the oxygen delivery system, which seats up to 5 people. It is entered via a narrow door which opens inwards to the chamber. This makes the inside pressure work towards sealing the chamber.
- There are a number of viewing portholes, to help the operator see what is happening inside and to allow occupants to see/communicate out.
- It is controlled externally by the trained & certified chamber operator.
- The chamber is pressurised to 1.5, 1.75 or 2.0 atmospheres, equivalent to 5, 7.5, and 10 metres depth underwater (16, 24, and 33 feet).

## Once inside:

- After you take your seat you should try your mask on and adjust the straps as necessary.
- Until you reach the bottom you should clear pressure in your ears, by pinching your nose and blowing down it, swallowing, or waggling your jaw (talking doesn't really count in this regard, but it's a good time to catch up with others). Whatever works for you!
- The operator will advise you via the intercom that you've reached the prescribed pressure & also to put your mask on fully.

## The mask:

- Has two couplings: one for oxygen, the other for exhaled air. There are a few different styles of mask, allowing you to get a best fit with your own face shape. All types have the same coupling. These will usually be fitted in advance by the operator.
- The strap is adjustable, and is fitted with one part around the back of the neck and the other at the upper back of your head, in a V shape, as viewed from the left hand side.
- Masks should be uncoupled after the dive, and communal ones handed to the operator on exit (you may wish to purchase your own mask)
- Communal masks are washed after each dive for hygiene purposes with anti-bacterial soap.

## Oxygen flow:

- Is via a one-way system. 100% oxygen in via the blue pipe, and exhaled air out through the clear pipe.
- There are membranes to prevent the flow going the wrong way. One is on the oxygen regulator, which lets oxygen in and shuts over to prevent exhaled air flowing that way, and the other is in the facemask itself, which stops exhaled air being re-inhaled, whilst allowing the exhaled air out. Think of it like doors: You are in a corridor between two (very light) doors which open in the same direction. When you inhale the oxygen door is pulled open towards you and the other is pulled shut towards you, and this reverses on breathing out.
- The result should be 100% oxygen in and only exhaled air out

- If you don't feel you are getting a proper air flow this will most likely be due to the facemask membrane being folded, thus allowing you to breathe in exhaled air. There is usually a spare mask available in the chamber. Just switch over masks.

### Time:

- It takes 5 – 10 minutes to pressurise to get to the desired pressure. The deeper the Oxygen Therapy the longer it takes.
- A session then lasts 55 minutes at the prescribed pressure breathing the good stuff!
- Followed by 5-10 minutes depressurising. The operator will advise you when to remove your mask.
- Leaving 90 minutes for a dive is good and you should always arrive in plenty of time before hand so you have the time to get prepared by visiting the toilet (you're in a chamber for at least an hour and can't leave!), getting a good book to read or whatever etc

### Noises:

- There are a few different noises, most of them loud:
  - The roar of air as the chamber is pressurised.
  - The roar the opposite way as the chamber is depressurised.
  - The noise of breathing via the masks and the supply system.
  - Occasionally there is a rushing noise during the session. This is when there's a need to vent excess oxygen or 'flush'. This is usually due to there being some leakage from a mask. The operator aims to have an oxygen level of no more than 25% in the area of the chamber (VS 20% in normal air). A warning system is in place to help the operator with this, but you won't hear that.
  - There may be a clanging noise at the door. This is caused by the door lock being disengaged. It's engaged at the start of the dive, to keep the chamber sealed, and releases once the pressure rise holds the door firmly closed.

### Breathing:

- This is purely a matter of choice, as regards the way you breathe. It's not optional as an activity:
  - Some people breathe normally, as they would outside the chamber.
  - Some inhale and exhale deeply using their full lung capacity in a Yoga type style.
- **Just be aware that it can be surprisingly tiring actively breathing for an hour.**

### Activities:

- This is also a matter of choice:
  - Some people play cards, most read books or magazines.
  - There are sets of headphones for listening to the radio, or (less often) cassette tapes. If you have a preference for a particular radio station just ask before you go in. The headphones have individual volume controls.
  - There is also a set of ear defenders for those seeking silent contemplation.
  - One major activity, for some/most people, is checking the time left before depressurisation – there is a clock viewable on the porthole opposite the door.
  - The one thing you can't do is hold a conversation whilst you have your mask on, but that doesn't stop us trying!

## Comfort:

- It can be uncomfortable to spend over an hour in the same seated position, so some gentle stretching and/or other seated exercise may help.
- There are two fans in the chamber either side of the door. These can only be switched on from outside. You can have one or both on. They have a slide switch which selects the swing or static modes. It can get hot just after reaching the bottom, particularly if there are 5 bodies generating heat.
- If you're only a bit hot you can press your back or hands onto the metal of the chamber. It's a convenient heat sink, and always feels cold.
- It can also get cold in winter, although the operators try their best to warm it up with a fan heater between dives. There are blankets inside (under chairs) if required.

## Safety:

- There is an intercom which is always on and listened to by the chamber operator. If you have any difficulties (ears getting sore, too hot, or anything else), just let him/her know and action will be taken to help you.
- If there are others in the chamber they will be looking out for you, as you should do for them.
- There is a warning system monitoring the oxygen content of the non-mask environment, and a procedure to flush the chamber of excess oxygen.
- There are the viewing portholes to aid communication.
- Non-verbal communication follows diving convention. The diving OK sign is when you have index finger and thumb make a circle whilst your other fingers point up. Note: thumbs up should mean "take me to the surface", but if you are smiling at the same time it'll be taken as an OK.
- There is a sprinkler system, which will come on in the unlikely event of any of us needing a good wash, or the even more unlikely event of fire.

**NOTE: The chamber has been on the go for 25 years, incident free.**

After all that, you get let out and can get on with the rest of your life, until the next time...

\\LS-WXL70A\share\HDOT\The Belle essentials.doc