

Why Oxygen Therapy is 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 that 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.

The Technical Bit: A review in a top scientific journal 'Nature' entitled 'Oxygen and inflammation' (Carl Nathan, Weill Medical College, Cornell University) 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 protein, 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 30 genes, so giving a high level of oxygen even has genetic consequences and it is little wonder that regular oxygen treatment in a pressure chamber can have lasting benefit.

All those of us who have used oxygen treatment for their MS for many years demonstrate that this is an effective tool in combating progression and symptoms, and it is time for all neurologists, General Practitioners and other professionals involved with MS to listen to their expert patients.

Information source Emeritus Professor Philip James, University of Dundee.

Written by Christopher Fox Walker

Oxygen Therapy at the Centre

In over 25 years of providing HDOT for people with MS, we have seen how effective this treatment can be. We know from experience that it does not suit everyone, but for many it is a very useful tool for combating some symptoms. Users report that some effects can be subtle, some more dramatic but many report noticeable improvement in various symptoms, such as fatigue, bladder control, lessening of pain and speeding recovery after illness.

We help some children with autism, and many parents report improvements in aspects such as sleep pattern and social skills. We also know that recovery rate from physical injury, such as broken limbs, is measurably quicker when a course of oxygen treatment is taken.

Our aim here is to improve the health and wellbeing of those who live with MS, and HDOT remains an important tool for some to lessen the impact of living with this life changing condition.