

Mothers of Down syndrome children talk about HBOT

Down syndrome is a chromosomal disorder, caused by abnormal division of cells resulting in an extra 21st chromosome.

On the Medical News Today (MNT) website Down syndrome is described as a condition that leads to impairments in both cognitive ability and physical growth that range from mild to moderate developmental disabilities. Even though no research has yet been conducted on effects of HBOT on people with Down syndrome, some are convinced it helps.

One of them is Glen M., who shared her experience on the HYPERBARIC Therapy Center website, where she wrote: *“My name is Glen M. and I have a daughter, Courtney, who is 22. She has Down syndrome and has been treated for depression for the past 3 years. This past March we began taking her up to the chamber. She has gone from a recluse mute, to a girl who will engage with others and communicate verbally once again. She is also on medication, but she has been on medication for 3 years and it was only after a week in the chamber that we noticed a marked improvement in her behavior and willingness to communicate.*

Since Courtney won't get in the chamber alone, my husband or I have had the benefit of experiencing it also. I can say that I sleep better, and my skin has gained some elasticity. Courtney's skin has become much softer and her feet are not as rough and dry like they once were. Also, my little aches and pains have diminished as a result of the chamber. We have been trying to walk with her in the evening in the park for the past year. She was always tired and dragging. After visiting the chamber, Courtney keeps up with my husband, Scott and me pretty well. Her energy level has definitely improved, as has mine. Courtney is doing things again that she hasn't done in years; such as coloring and writing in her notebook, watching videos, looking in magazines and listening to her CDs. Could it be a coincidence? We don't think so. We feel the chamber has been a benefit to both her physical and mental health.”

Lydia's story

Another one is Jane, the mother of a little girl named Lydia, who shared her story on Blogspot: *“We rented a hyperbaric chamber for a month this summer to see if Lydia is a "responder" to this type of treatment. The unit is expensive so most parents rent for a month, determine results, and then decide if its worth it to purchase. The month trial required that Lydia be in the chamber 60-80 hours in one month so that there was no denying if there was a change or not. Our schedule was easy. We put her to bed in the chamber and transferred her to her own bed after 1-2 hours. She was in for another hour in the morning at 6 - and she would go back to sleep.*

Luckily, Lydia is a responder and we have seen the most dramatic increase in her focus, attention, executive function (being able to see and understand the whole picture). So what changed? Her language. She has always been quite verbal, but she can retell a story and include most of the important pieces... again, an "executive function" where you see and understand the whole picture. She transitions characters in a book from school to bus to home, where as before she would just tell you what happened without any context. She gets up, gets dressed, makes her own lunch and snack all in very appropriate time frames. It's the big picture of getting ready for school and moving through each step so that what we would

expect a child of 9 to accomplish in 30 minutes takes 30 minutes - not 90. This has completely changed our lives. No more crabby mornings! And Lydia is really excited about her new found independence and responsibility. She has the same math teacher as last year and the teacher is completely shocked. The focus Lydia has is something they could only dream about last year. She works independently and moves much more quickly through her work than before. I'll have to see what her timed facts tests comes back as. She also can remember and spell words better. Last year it was arduous for her to learn certain sight words. This past week she learned people, because, would, could, should, sometime, and where - although where still trips her up a bit. Her awareness, focus and brain capacity has changed. There is no question.

How did we finally get to the point of renting a unit? Well, I kept pushing my doctors for neurogenesis - how are we going to achieve it? What are your peers saying? If not Prozac, what? Our neurofeedback doctor out of NY is aware of the top neurologists and their work and I'm sure goes to all the conferences trying to figure out how to increase brain connections and brain cells. FINALLY, his nurse called back and said we might want to look at hyperbaric treatment. Dr. Usman had suggested hyperbaric before, but it's expensive. When I had 2 experts saying the same thing, we gave it a try. Dr. Usman also said that because Lydia responds well to mitochondrial support, she is a likely candidate to respond to the hyperbaric.

In case you were wondering, we kept all supplements the same, except increased Vit. C and CoQ 10. God kept me extremely busy at work this summer so unlike other summers where we played school and read, and wrote and did math, and unit studies, Lydia was free to roam the neighborhood like other children. We were lucky if we read a book every other day and I know her amount of TV exceeded the suggested limit.”

AHA Hyperbarics does not provide medical advice, diagnose health conditions or prescribe treatment. The contents of the AHA Hyperbarics site, such as text, graphics, photographs and other materials on the AHA Hyperbarics site are only for informational purposes.

[Read more](#)

References:

[What is down syndrome? What causes down syndrome?](#) Published online on MNT website.

[Testimonial \[Courtney\]](#). Published online on The HYPERBARIC Theray Center website.

[Hyperbaric Oxygen Therapy](#). Published online on Blogspot.com website.