

Hyperbaric oxygen aids people suffering from fibromyalgia

Fibromyalgia is characterized by long-term pain in more areas, fatigue and migraines.

An abstract, published on PubMed website, states that there are several treatment methods but none has been specifically approved for this application. Turkish researchers conducted a randomized controlled study to evaluate the effect of hyperbaric oxygen (HBO) therapy in this condition (HBO group: n = 26; control group: n = 24). Tender points and pain threshold were assessed before, and after the first and fifteenth sessions of therapy. Pain was also scored on a visual analogue scale (VAS). There was a significant reduction in tender points and VAS scores and a significant increase in pain threshold of the HBO group after the first and fifteenth therapy sessions. There was also a significant difference between the HBO and control groups for all parameters except the VAS scores after the first session. They conclude that HBO therapy has an important role in managing FMS.

Hard to find an effective treatment

On Fibromyalgia Symptoms website one can read that many fibromyalgia sufferers have difficulty finding a treatment that is genuinely effective for their symptoms. It can be especially hard to find treatments that help alleviate the wide number of symptoms associated with fibromyalgia, such as fatigue and migraine headaches. Recently, a new treatment has become available for fibromyalgia sufferers.

Known as hyperbaric oxygen therapy or HBOT, this treatment could be the answer to one's fibromyalgia pains. It uses pressurized oxygen in order to treat painful side effects of certain medical conditions. Delivered in an oxygen chamber, HBOT has been used for centuries. In fact, the first sealed hyperbaric oxygen chamber was created in Britain in 1662. Long associated with diving, hyperbaric oxygen therapy is now being used in a number of large medical facilities and hospitals throughout the United States in order to treat over 60 different medical conditions.

Can Hyperbaric Oxygen Therapy Help Fibromyalgia Patients?

Hyperbaric oxygen therapy is a relatively new treatment for fibromyalgia. However, initial studies seem to illustrate that HBOT has a positive effect on the symptoms of fibromyalgia, including muscle pain and tender points, according to the site, which also mentions the above described Turkish study.

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References:

[Hyperbaric Oxygen Therapy](#). Published online on Fibromyalgia Symptoms website.
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