

## **HBOT in chronic fatigue syndrome**

The cause of chronic fatigue syndrome remains unknown. However, research has shown that HBOT can help improve the quality of life for people suffering from this syndrome.

Chronic fatigue syndrome, as defined on the [Mayo Clinic](#) website, is a complicated disorder characterized by extreme fatigue that can't be explained by any underlying medical condition. The fatigue may worsen with physical or mental activity, but doesn't improve with rest. The cause of chronic fatigue syndrome is unknown, although there are many theories — ranging from viral infections to psychological stress. Some experts believe chronic fatigue syndrome might be triggered by a combination of factors.

## **Can HBOT help?**

In an article in the Journal of Chronic Fatigue Syndrome, authors described their study in which they tried to determine, if hyperbaric oxygen treatment (HBOT) could be used as adjunctive therapy in chronic fatigue syndrome (CFS) and if it “could increase the quality of life in such a way that the functional status would improve in patients with an infection”. They conducted a randomized, controlled trial on 15 CFS patients, infected with Mycoplasma and 14 CFS patients without the infection.

In the abstract they write that no statistical differences were found by use of univariate repeated measures although bodily pain seems to decrease after hyperbaric therapy. The general perceived fatigue seemed to decrease after hyperbaric therapy. Directly after one week of hyperbaric therapy general fatigue improved, but there was a reduction of activity and general perceived health. One month later the physical role increased.

They conclude that “although more data is required to make firm conclusions, trends were found. Reduced fatigue, increased levels of activity and an improved reaction time improved significantly their quality of life and therefore, enhanced also their functional status and thus could be used as an adjunctive therapy.”

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## References:

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[Chronic fatigue syndrome](#). Published online on the Mayo Clinic website.