

Can HBOT aid with hypertension?

Hyperbaric oxygen therapy can aid in many health conditions and injuries. What about hypertension?

Mayo Clinic staff writes on their website that “high blood pressure is a common condition in which the force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.”

High blood pressure or hypertension can be present for years without the affected noticing any symptoms. But even without the symptoms the blood vessels and heart are still being damaged and this damage can be detected. “Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. High blood pressure generally develops over many years, and it affects nearly everyone eventually,” according to Mayo Clinic staff. The good thing is that this condition can easily be detected and once someone knows they have it, it can be controlled with the help of their doctor.

Worsened by lower levels of oxygen

Also oxygen levels are important with high blood pressure. Lower than average oxygen levels may cause pulmonary blood vessels to constrict, which often leads to worse hypertension. Jen Foreacre writes on eHow that: “Ideally you should maintain an oxygen saturation level of at least 90% whenever possible. If you are unable to maintain the 90% minimum, hyperbaric oxygen therapy may be recommended.

The concentration of pure oxygen provides your body with a higher oxygen saturation level, which keeps your pulmonary blood vessels open and oxygen circulating freely throughout your body. In addition to providing your organs with vital oxygen and nutrients, the administering of hyperbaric oxygen therapy keeps your blood vessels open, which improves your hypertension.”

Testimonial

A proof of that is also Richard D., who shared his experience with HBOT on the hyperbaric therapy USA website:

“Standing for long periods of time without moving, during my long career as a retail pharmacist, resulted in an unfortunate consequence for me – insufficient blood circulation in my lower extremities. For many years I have been treated for hypertension and poor peripheral circulation and even with medication and the use of support stockings, I experienced tired legs and my condition did not improve. I decided to give Hyperbaric Oxygen Therapy a try.

My results were dramatic. I refer to it as “synergism” or “one plus one equals three”. The addition of HBOT to my treatment protocol, along with my usual medications, helped to decrease my blood pressure and my tired legs felt rejuvenated. Overall, my feelings of general

well-being were greatly improved and I am able to enjoy golf again. The addition of HBOT to my treatment regime added up to a correct answer to my problems.”

Find out more on HBOT and hypertension by following the links under references.

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References:

[High Blood Pressure \(hypertension\)](#). Published online on Mayo Clinic website.

Foreacre, Jenn. [Hyperbaric Oxygen Therapy for Arterial Hypertension](#). Published online on eHow.

D., Richard. [Peripheral Neuropathy – Testimonial](#). Published online on hyperbaric therapy USA website.