

### **HBOT helps alleviate Crohn's Disease**

Crohn's Disease is an autoimmune disorder, characteristic of which is inflammation of the gastrointestinal lining. HBOT helps lengthen the time the disease is in remission and alleviates symptoms.

Crohn's disease causes abdominal pain, vomiting, diarrhea and other gastrointestinal discomforts, but it can also lead to arthritis, inflammation of the eye and skin rash. There is no cure for this disease, which is why treatment is focused on managing the symptoms with medications and changing lifestyle (diet and health habits). Pilot scientific studies into this disorder and hyperbaric oxygen therapy have shown that HBOT can help reduce symptoms during a Chron's disease flare-up, which may be due to it alternating immune system, especially as regards inflammation.

### **Lower inflammation markers**

According to Rashmi Gulati, MD, “hyperbaric oxygen therapy limits the amount of inflammation in the bowels, and lowers levels of C-reactive protein and tumor necrosis factor alpha, markers of inflammation in the body. Pain has been alleviated, the patient's weight improved, and bowel movements returned almost to normal. Although the mechanism is not clearly understood, hyperbaric oxygen therapy warrants consideration in treatment of Crohn's disease not responding to conventional treatments.

In a study published in the *Proceedings of the Tenth International Congress on Hyperbaric Medicine*, the remission in patients treated with HBOT was prolonged four to five years in 49% of cases, and improvement was noted in 37%. A follow-up indicated that none of the patients treated with hyperbaric oxygen therapy needed operative intervention, as compared with the patients treated only with drugs. The considerable improvement induced by hyperbaric oxygen therapy treatments allowed some patients to receive lower doses of drugs and, in most cases, to cease the hormonal therapy they were on.”

### **Promising studies**

On PubMed website we found a report of two cases of pediatric patients, whose Crohn's disease aggravated, both were symptomatic and even prolonged medical therapy did not improve their conditions. After hyperbaric oxygen treatment inflammatory lesions of both young patients resolved and their condition improved. This allowed them to lower drug therapy. The authors conclude: “Although the mechanisms by which hyperbaric oxygen reduce inflammation in Crohn's disease is poorly defined, this therapy seems to offer a safe adjunct in the treatment of refractory exacerbations.”

Another example of effective treatment with hyperbaric oxygen therapy is also Meg, who shared her experience on the HBOT Alberta website. A part of it reads: “After hours of search engine research I collected several abstracts and medical journal articles on hyperbaric oxygen treatment (HBOT) trials for Crohn's/colitis patients indicating beneficial results. The side effects are nil and many pro athletes are now using HBO for performance enhancement. I had experienced side effects from conventional drug therapies that were worse than the Crohn's in my opinion and wanted a healthier, more natural approach to treatment. The

possibility that this could help heal Crohn's seemed plausible; a wound is a wound and HBOT is proven to heal wounds. Crohn's has been described as lesions or ulcers in the intestinal lining so it made sense that HBOT might work. In addition, some research suggests that harmful bacteria in the intestines could contribute to Crohn's and HBOT is effective at killing anaerobic bacteria. I am happy that I underwent HBOT and I saw improvements after the third treatment."

Find out what the improvements were [here](#) or by following the link under References.

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References:

Gulati, Rashmi. [Hyperbaric Oxygen Therapy and Crohn's Disease](#). Published online on Patients Medical Website.

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[Testimonial for treating Crohn's Disease with HBOT](#). HBOT Alberta. Jan 4, 2013. Published online on Wordpress.com.