

How pressurized oxygen can help your heart

All heart problems are associated with the lack of oxygen because of an obstruction or a narrowing of arteries bringing oxygen to the heart. What is the first thing an emergency physician administers to a patient suffering from chest pains or infarct?

After a thorough consideration, if your answer is a mask supplying the patient with oxygen, you are correct. The reason for that is that throughout the ages research has shown that this life-giving gas is principal in helping the heart function and recover.

13 reasons

Dr. Steenblock compiled 13 beneficial effects or reasons, why hyperbaric oxygen is so important when the heart is not functioning properly. They are:

1. *“Hyperbaric oxygen therapy applied to the heart during critical loss of oxygen exerts a remarkable defibrillating effect so that tremulous, rapid, ineffectual contractions are prevented; total death of the heart muscle cells is avoided; and abnormal dilation of the blood vessels with subsequent complications is controlled.*
2. *Using HBOT in conjunction with various drugs enhances the effectiveness of both the oxygen and the drugs.*
3. *Combining HBOT with drugs completely arrests or considerably reduces angina attacks in patients otherwise resistant to prolonged drug treatment.*
4. *Patients with cardiac pain from ischemic heart disease experience total relief, along with disappearance of dyspnea (difficulty breathing), when they receive HBOT.*
5. *Administering HBOT lowered elevated blood cholesterol in all 220 patients cited in a study conducted by the Russian internist Dr. S.A. Borukhov and her colleagues.*
6. *HBOT normalized electrocardiograms in all patients in that same Soviet study.*
7. *For diminished muscular power of the heart, HBO exerts long-term normalizing effects for circulating blood through the body.*
8. *HBOT exerts antiarrhythmic action on the heart.*
9. *HBOT increases heart patients' tolerance to hard work and taking on physical loads.*
10. *HBO taken at three atmospheres of pressure (a pressure rarely used in the United States) protects any individual's heart from damages due to lack of oxygen.*
11. *One's entire heart conduction system functions better from receiving HBO treatment (even when prophylactically administered).*
12. *Without taking drugs of any kind, breathing oxygen under pressure stabilizes impaired fat metabolism and improves liver function for someone with ischemic heart disease.*
13. *Due to its characteristic of mollifying stress and distress, HBO has long-term and short-term protective effects for a person with a heart problem.”*

Read more about how hyperbaric oxygen can help the heart [here](#) or by following the linked title under References.

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References:

Walker, Morton. [Hyperbaric Oxygen and Your Heart](#). Explore. 9(1). Published online on HBOTT website.