



FAQ ???



Oxygen Therapy
Cluster headaches



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HBOTT - NEWS



Wishing you all a very HAPPY CHRISTMAS
and
Best wishes for the NEW YEAR





The **OXYGEN HELPLINE** will not be available on:

28th, 29th, 30th, December 2016

and

3rd, 4th and 5th January 2017

If you have any urgent enquiries during this time, David Downie, Technical Advisor MSNTC, has kindly agreed to be available and our helpline phone 07918163910 will be redirected to his phone which you can also phone directly on 01624- 626 394



The **Oxygen helpline** has been receiving an average of 200 enquiries per month. Mainly by email but also by phone with the month of March being the highest at 234 enquiries in 2016.

The highest number of enquiries (345) was received in February of 2015 after the publicity given to the soldier Ben Parkinson who continues to attend the Rotherham centre.



Does giving more oxygen at increased pressure increase blood pressure?

Although oxygen controls blood flow by constricting blood vessels - which would suggest that BP would rise breathing a higher concentration, it also controls cardiac output which falls with the increased oxygen level.

At 2 ATA breathing 100% oxygen cardiac output falls by 20% and this, of course, applies both to the right and left sides of the circulation - the right ventricle pumping into the lungs and the left everywhere else.

However, because of the increase of oxygen dissolved in plasma - typically from 100 mm Hg breathing air to 1000 mm Hg at 2 ATA breathing 100% oxygen, the gradient for the transfer of oxygen from blood into the tissues is improved - obviously by a factor of 10.

So giving more oxygen is the only way to reduce blood flow and yet improve oxygen delivery because the gradient for oxygen transport to cells increases in direct proportion to the dissolved oxygen concentration.

Apprehension does increase blood pressure - and of course many people are initially afraid of "Going Under Pressure" because they - and this includes doctors - do not realise we live "under pressure" from gravity pulling the gases of the atmosphere on to the surface of the Earth.

Non-MS Conditions

Unfortunately, some centres have misunderstood the advisory note sent by Prof James.

It was advised to treat other conditions only if access to professional help on protocols is available to the centre.

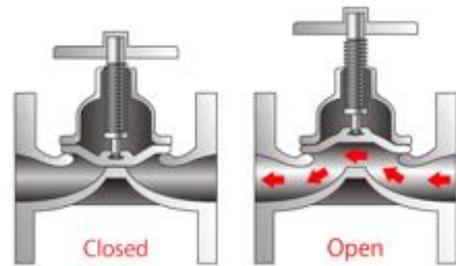
All subscribers to the helpline have access to the necessary assistance!

FAQ ??



Emergency Overpressure Valve

All barochambers are equipped with an overpressure valve which will 'pop' if the pressure goes above 2.1-2.4 ATA. This happened recently in an MS Therapy Centre and one of the members who was being treated for sensorineural hearing loss became very concerned.



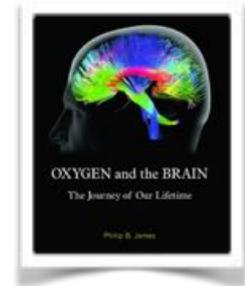
This highlighted a few issues that should be addressed. Operators have to be aware that to the untrained and inexperienced, the operation of this valve would be rather disconcerting extremely loud (much louder if seated inside the chamber) and somewhat worrying. Extra diligence during the compression and decompression phase is required and operators should not be distracted by, for example, completing paper work.

It is important to reassure members that no long-term harm should arise from this experience, the small overpressure is little more than the changes in atmospheric pressure experienced on a very windy day.

Update on the book by Professor Philip James

Oxygen and the Brain - The Journey of Our Lifetime

The American Publisher has agreed for it to be printed by Ingram Publishing in the UK. As soon as we obtain details on when this will be in place and on how to order it we will inform you.



Prof James recently met Dr Wenwu Liu at the Underwater centre in Fort William. Dr Liu is from the Department of Diving and Hyperbaric Medicine in the Second Military Hospital in Shanghai. He confirmed that the number of hyperbaric chambers in China is steadily increasing and is now well over 4500. China exports turn-key hyperbaric facilities to the rest of the world.



They even manufacture and use Pet-Chambers.

OXYGEN THERAPY FOR CLUSTER HEADACHES



Neurologists are now prescribing oxygen therapy for cluster headaches which is classified as a neurological condition.

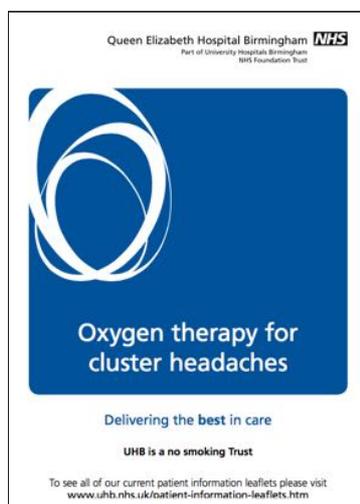
It can be regarded as a major break through that neurologists not only acknowledge the use of oxygen therapy in headache conditions but do **prescribe** it in England and Wales.

In Scotland the patient has to be referred to a secondary clinician (consultant) for prescription of oxygen, using their version of the HOOF form (Home Oxygen Order Form). It is similar in Northern Ireland.

In 2016, the National Institute for Health and Care Excellence – NICE – published guidelines for GPs for diagnosing and prescribing for headache conditions and oxygen is included in those guidelines.

NHS documents from different Healthcare trusts can be found on the internet. General information also on the NHS choices website:

www.nhs.uk



A charity called OUCH provides lots of information on cluster headaches:

<https://ouchuk.org/>



A Clinical guideline on pain relief outlines the use of oxygen. www.nice.org.uk

Clinical Guideline cg150 - Pain relief

Your healthcare professional should offer you oxygen and/or a triptan to help relieve your cluster headache. The oxygen comes in a cylinder and you breathe it in through a mask.



July 2016 - Bedford

A retirement party for Val Woods, centre manager at the **Bedford Centre** for over 30 years took place on 23rd July. Some tears were shed when Val and Tracy MacKenzie the new centre manager gave their presentations and looked back in time.





July 2016 - Leeds

Joanne Goodwin who is the centre manager, fundraiser, operator, counselloretc. welcomed us in their very spacious new facility.





July 2016 - Wolverhampton

The **Wolverhampton MS Therapy Centre** celebrated their 30th anniversary in the presence of the mayor and his wife. Chairman Peter Williams gave a presentation followed by Professor Philip James.

It was a hot summer's day and many members came to the beautiful centre which provided a delicious buffet.





28 yr old female suffered a stroke aged 21 resulting in locked-in syndrome. She was unable to move properly and speak. After 7 oxygen treatment sessions she noticed the following improvements: able to weight bare, write with assistance and take steps with assistance.....”I just marched across my hotel room with no leg assistance”

A lady accompanying her husband for oxygen treatment has also taken treatment just to see how it felt, she has informed me that she hadn't been able to hear out of her right ear for many years (since back in the 80's due to bombs going off back in the Irish troubles) but since taking treatment is now able to hear out of this ear.

A physiotherapist working at one of the MS Therapy Centres has been treating a lady who also suffered from receding gums. She attended for oxygen treatment with great success. So the Physio tried it herself. Next time she went to her dentist they thought that they had the wrong patient notes because her gums were in perfect health.

A 5 yr old girl with epilepsy. The parents report:

We are back home and all the results came back to normal !
 In fact the neurologist was surprised with the EEG. Usually a child with epilepsy is not supposed to get better because sadly, most of the time they do to get worse. So, it's a very good news and we are so happy ! Going forward, he told us to keep a diet low in sugar and to monitor her growth and IQ development.
 We had the feeling that something good had definitely happened with the oxygen therapy. We saw it first when our child had no longer experienced seizures and then when we saw that growth had resumed in April after almost 6 months of stalling. It's now confirmed !

Three MS sufferers under the same Neurologist who have had O2T for 5 to 10 years have been having regular MRI scans. In all three cases they have developed no new spinal cord or brain lesions since starting O2T. In two cases the brain lesions have reduced in size.



70 yr old male, has remitting relapsing MS and was having 25 to 30 relapses every year. He started oxygen treatment in 1995. Since he drives, lives on his own, his main hobby is gardening and is adamant that he has not had any relapses since starting oxygen treatment twenty years ago.

A couple, both have progressive MS and both have had to stop working. Since starting oxygen treatment about 5 yrs ago they have been able to take up competitive rowing and have returned to part time work. He now also organises water sport events for disabled people and she has recently been to New Zealand.

Young lady with a brain tumour who was unable to say her name and unable to sit her GCE's who is now away from home and attending full time university.

Young lady with MS and epilepsy. She has not had an epileptic fit for over 12 months and now instead of being in a wheel chair she walks unaided at home and only has to use a walking frame when she is outside her home to alert others that her balance is poor.

A heartfelt thank you to all of you who work tirelessly to provide help and support for so many people accessing your centres.



The stories above are only a small snapshot and I am sure you can all think of many more people you have met over the years.

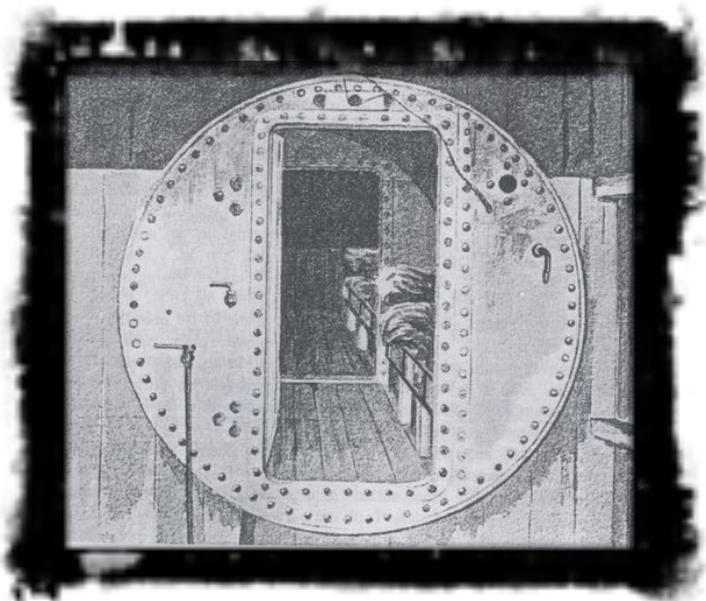
History Page

The English engineer E.W. Moir was the first to operate a medical lock in the treatment of the bends in compressed-air workers in 1885 in New York operating in the Hudson Bridge caissons.

This medical lock operated near Vienna in 1895. Length 3.65m, chamber diameter 2.5m



E.W. Moir laid the scientific foundations for the treatment of Caisson workers in recompression chambers. In 1895 he and the chief medical doctor of the Surveyor's Office, Hugh Snell operated a recompression lock during construction of the Blackwall Tunnel.



State-of-the-art chamber with a large rectangular door, riveted door frame and the instruments were installed directly on the front wall.