

## CONTRAINDICATIONS TO mHBOT:

- acute asthmatic attack
- high fever
- seizure disorder
- optic neuritis
- pneumothorax
- emphysema
- ear infection or blocked ear canals
- sinus or upper respiratory infection
- aneurysm
- glaucoma
- pregnancy
- severe heart or lung disease
- pacemaker/defibrillator
- congenital spherocytosis
- currently taking any of these medications: Cisplatinum, Disulphiram, or Doxorubicin.

PREGNANCY: MILD HYPERBARIC THERAPY IS NOT ALLOWED DURING THE FIRST TRIMESTER.

### **Take Note:**

OCTIC BAROTRAMA: This is a condition of injury to the eardrum, and is extremely unlikely to occur in the mild hyperbaric chamber. However, severe ear discomfort can be caused if you cannot equalize the pressure in your ears. As the chamber is pressurized (at the beginning of your session), you must be able to equalize the pressure in your ears to acclimate the pressure changes. You do this by “popping” your ears. This is normal, and you can help the “popping” effect by yawning or swallowing. A more effective method is to hold your nose, close your mouth, and blow. Continue to do this each time you feel pressure build up in your ears. When the chamber reaches its full pressure, you will not have this concern. When the chamber is near completion of depressurization, you will again have no concern.

If one or both of your ears do not acclimate normally (by the “popping”), you will begin to experience discomfort in your ear canals. This can be caused by ear and/or throat congestion, or by prior trauma to the ears. You should not endure any ear discomfort during your session. Alert one of the About Your Health staff and they will bring the pressure back to a level of comfort for you, and slowly try again to see at what level of pressure you are able to equalize the pressure in your ears. If you are unable to equalize the pressure in your ears, the session will have to be discontinued.

PAIN FROM SINUS, HEAD COLDS OR VIRUS: You should not use the chamber if you are suffering from any of these conditions. Discomfort from these conditions is less frequent, but may occur in people with chronic or acute sinus infections or allergic rhinitis. If you experience discomfort from any of those conditions during pressurization, the session must be terminated.

**PULMONARY HYPEREXPANSION:** This condition is very rare under mild hyperbaric treatments. However, to be overly cautious, holding your breath during decompression must be avoided as it could lead to expansion of the air in your lungs and damage to the lung tissues. In the highly unlikely event of an unexpected rapid decompression, it is critical that you exhale immediately.

**Die-Off Reaction:** Mild HBOT may assist the body to detoxify digestive flora. An individual may experience some discomfort in as little as 1-36 hours after the session. Symptoms may include: flu-like symptoms, loss of appetite, stomach-ache, constipation, diarrhea, headache, behavioral issues. This is a natural process and continuing the sessions may be of benefit to more rapidly accomplish a positive result. If symptoms persist, individual must consult a physician for evaluation.

**Insulin-Dependent Diabetes:** Insulin dependency may result in a blood sugar drop while in the chamber. It is critical that you immediately communicate to the staff if you experience or anticipate an episode. The session will be terminated. You are required to take your blood sugar reading prior to your session (if <150, you must snack prior to session) and again after your session (if <150, you must snack prior to leaving).

**Other rare, but possible side-effects:** headache or nausea, drowsiness, hyperactivity, dizziness, claustrophobia, vision-blur.