How often will I be treated?

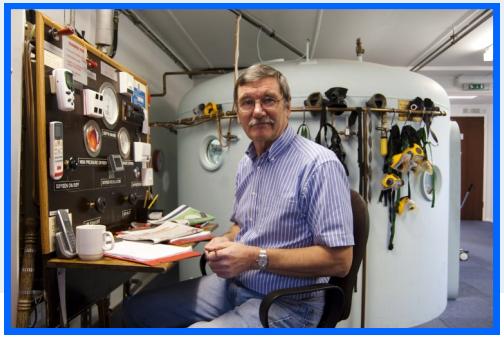
This depends on the condition being treated, but most people start with a block of 15 to 20 treatments within a six week time scale. Discuss the precise treatment protocol with MS Centre staff or, if you have been referred by a physician, consult your doctor. In some cases, in particular MS, regular top-up sessions are advised.

Are there any side-effects?

At the dosage and pressures used at the MS Centre there are no side effects from the oxygen. However, the change in pressure may cause some ear or sinus discomfort.

Where an extended, intensive course of treatment is necessary (e.g. problem wound healing), some people may need glasses or a change in their prescription for glasses. This change is temporary and reverses a few weeks after treatment stops.

In the UK, almost 2 million treatment sessions have been carried out - without a single serious problem!



Times of Treatments

1.5 (16ft)
Monday – 12.00pm
Tuesday – 12.00pm
Wednesday – 10.30am
Thursday – 9.00am & 1.30pm
Friday – 10.30am

1.75 (24ft)
Monday – 9.00am
Tuesday – 9.00 am
Wednesday – 12.00pm & 1.30 pm
Thursday – 12.00pm
Friday – 9.00am & 12.00pm

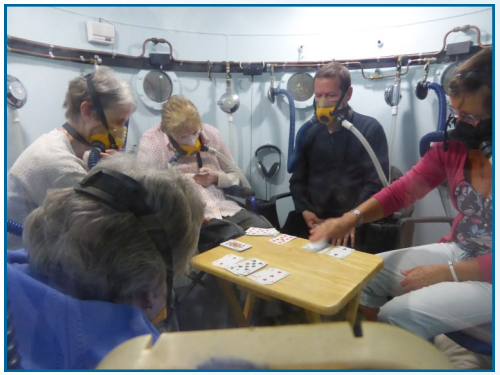
2.0 (33ft)
Monday – 10.30am & 1.30pm
Tuesday – 10.30am, 1.30pm
Wednesday – 9.00am
Thursday – 10.30am
Friday – 1.30pm
Saturday – 10.30am

CHILDREN'S SESSIONS
(1.5 – 16ft)
Tue to Fri – 3pm

Sussex Multiple Sclerosis Treatment Centre
Registered Office:
Southwick Recreation Ground
Croft Avenue
Southwick
West Sussex
BN42 4AB
www.mssussex.com
Charity Number:801075
Company Limited by Guarantee: 2319928

01273 594484

Hyperbaric Oxygen Therapy



The Sussex MS Treatment Centre has been providing Hyperbaric Oxygen Therapy to people in Sussex and the surrounding area for over 27 years.

MSussex Treatment Centre

What is Hyperbaric Oxygen Therapy?

It is increasing the concentration of the oxygen we breathe normally in air.

A hyperbaric chamber is needed to allow the pressure around the body to be increased. We all live under the pressure of the atmosphere and just a little extra pressure is needed for this treatment. The technology is very well established, as all commercial aircraft are hyperbaric chambers equipped with oxygen breathing systems!

High Dosage Oxygen Treatment has a hundred year history, but doctors have only recently recognised that even when the level of oxygen in the blood is normal, there can be a severe deficiency in the tissues.

Now the science is understood, this use of oxygen is expanding rapidly around the world. The treatment involves breathing pure oxygen in a chamber at 1.5 to 2 times normal atmospheric pressure for an hour.

How will breathing more oxygen help?

The air that we breathe usually provides enough oxygen for both normal body metabolism and the repair of tissue damage after injury or illness. However, tissue damage or disease also involves the blood vessels within the tissue and this may reduce blood flow. So, just when more oxygen is needed, the supply is reduced and recovery may be limited or even prevented. By increasing the concentration of oxygen in the blood more can be delivered to damaged tissue to establish normal oxygen values and so allow recovery to take place.

How does it work?

Oxygen is transported dissolved in the blood and also in combination with haemoglobin in the red blood cells. Although haemoglobin carries most of the oxygen, it is only the dissolved oxygen that passes into the tissues. Breathing high levels of oxygen under hyperbaric conditions dissolves more in all of the body's fluids and so more can reach areas where the circulation is diminished or blocked and so improve recovery. The extra oxygen has additional benefits because it greatly enhances the ability of white blood cells to kill bacteria and allows new blood vessels to grow more rapidly into the affected areas.

In Multiple Sclerosis, the focal oedema that characterises lesions inevitably increases the diffusion distance for oxygen and provides a sound rationale for increasing the oxygen concentration of the plasma under hyperbaric conditions.

When natural remission occurs in MS, the critical factor in barrier and tissue repair in the central nervous system is the availability of tissue oxygen.

What are the treatments like?

This is a simple, non-invasive and painless treatment and is in three phases:

Compression: After the door is closed, and as the pressure increases it will get warmer and you will feel a sense of "fullness" in your ears like descending in an aeroplane. You will have been shown how to avoid discomfort by clearing or equalising your ears. If you develop any discomfort inform your chamber operator and the rate of compression will be reduced or halted for a short time. There may be a few unusual noises but they can be ignored.

Treatment: The treatment begins when the pressure reaches the prescribed level. You put on your oxygen mask and sit back and read, listen to music or just relax.

Decompression: The chamber operator will let you know when the treatment is complete and the pressure will be lowered slowly until it is back to normal atmospheric level and the door will open.