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## **MILD HYPERBARIC OXYGEN THERAPY INFORMED CONSENT**

Mild Hyperbaric Oxygen Therapy (mHBOT) is the use of oxygen at higher-than-normal atmospheric pressure as a treatment. It is the method used to increase the amount of oxygen supplied to the body by increasing both the atmospheric pressure and the concentration of oxygen. The increased pressure allows the oxygen gas to dissolve more easily into the surrounding liquids, such as blood plasma and cerebrospinal fluids. The increased oxygenation allows for many health benefits, such as cell growth and regeneration, detoxification, immune support, new capillary growth, and improved neurological functioning.

SIDE EFFECTS of mild HBOT include:

- **Otic Barotrauma:** This is a condition of injury to the eardrum, and is unlikely to occur in mHBOT. However, severe ear discomfort can be caused if you cannot equalize the pressure in your ears. As the chamber is pressurized, you must equalize the pressure in your ears to acclimatize the pressure changes. This is done by “popping” your ears, either 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. If your ears do not acclimate normally (by the “popping”), you will experience discomfort in your ear canals. IT IS IMPORTANT THAT YOU COMMUNICATE ANY DISCOMFORT IMMEDIATELY TO THE ATTENDANT. The Attendant will adjust the pressure to alleviate the discomfort. If unable to equalize the pressure in your ears, the session will have to be discontinued and a visit to your physician must be completed before another session.
- **Pulmonary Hyperexpansion:** This condition is rare under mHBOT. 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 Side-Effects: headache or nausea, drowsiness, hyperactivity, dizziness, claustrophobia, vision-blur.

CONTRAINDICATIONS TO mHBOT:

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

Hyperbaric Oxygen Therapy is considered off-label treatment for certain conditions. These conditions include Autism, Traumatic Brain Injury, stroke, Multiple Sclerosis, Chronic Fatigue Syndrome, Fibromyalgia, chronic viral infections, Chronic Lyme, wound-healing, Diabetes, seizures, and headaches. Although it has been reported to be beneficial for a wide range of conditions, it is not meant as a cure for any condition or disease, and no therapeutic outcomes are guaranteed.

Acknowledging the above, I give consent to Advance Biomedical Treatment Center to administer mild Hyperbaric Oxygen Therapy to me. I assume full liability for any adverse effects that may result from the treatment and will not hold responsible Dr. Eileen C. Comia, Advance Biomedical Treatment Center, LLC, or any of the center’s staff for any complications that may arise as a result of the treatment in the mild Hyperbaric Oxygen chamber.

By signing below, I have read, understood, and agree with the information presented in this consent form, have had ample opportunities to raise concerns or ask questions, and give my permission to proceed with the mild hyperbaric oxygen treatment.

\_\_\_\_\_  
Printed Name of Patient

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Signature of Patient

\_\_\_\_\_  
Date

*If a minor, a parent/guardian must sign and date below.  
If parents are divorced, please provide proof of legal child custody.*

\_\_\_\_\_  
Signature of Parent / Guardian

\_\_\_\_\_  
Date