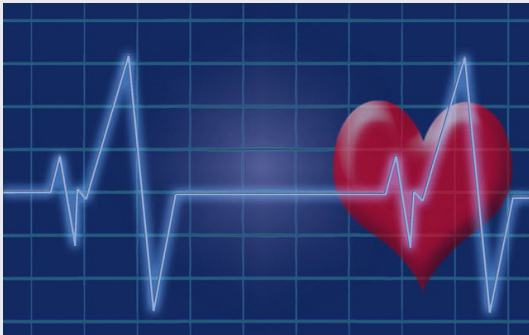




The "Oasis" Newsletter



February is Heart Month. Learn how Hyperbaric Oxygen Therapy can benefit your heart, especially if you're part of the aging population.

HBOT can improve cardiac function in healthy, aging



According to a study by the Sagol Center for Hyperbaric Medicine and Research at Shamir Medical Center in Be'er Ya'acov, it was concluded that repetitive HBOT protocols have a sustained effect on heart function.

In this study, director of the Sagol Center for Hyperbaric Medicine and Research at Shamir Medical Center Prof. Shai Efrati and Dr. Marina Leitman, head of the Echocardiography Unit and Noninvasive Cardiology Service at Shamir Medical Center, turned their attention to HBOT's impact on cardiac function.

Healthy patients receiving HBOT to improve cognitive function underwent a 60-session treatment course using the Sagol Center's regenerative HBOT protocols. Using a high-resolution echocardiography, 31 patients were evaluated before HBOT was administered and three weeks after treatment concluded to identify the sustained effect of the treatment.

"In recent years, there is growing evidence on the regenerative effects of HBOT," he said. "We have now realized that the combined action of both hyperoxia (an excess of oxygen in the body) and hyperbaric pressure, leads to significant improvement in tissue oxygenation while targeting both oxygen and pressure sensitive genes, resulting in improved mitochondrial metabolism with anti-apoptotic (anti-cell death) and anti-inflammatory effects." [Click here for the full story.](#)

[Read the abstract here](#)

If you have questions about HBOT and how it could benefit your heart, please [contact us](#).

~ Daily tips toward a healthy heart! ~

28 Days Towards a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#ourhearts
are healthier together

Day 1
Grab a friend and join the #OurHearts movement.

Day 2
Make a heart healthy snack with a friend or your family.

Day 3
Schedule your annual physical. Ask your doctor for your heart health goals.

Day 4
Squat it out. Do 1 minute of squats.

Day 5
Visit Smokefree.gov to take the first step to quitting smoking.

Day 6
Make today a salt-free day. Use herbs for flavor instead of salt.

Day 7
Sport red today for National Wear Red Day.

Day 8
Get your blood pressure checked.

Day 9
Walk an extra 15 minutes today.

Day 10
Aim for 30 minutes of physical activity today.

Day 11
Plan your menu for the week with [heart healthy recipes](#).

Day 12
Reduce stress using relaxation techniques.

Day 13
Give the elevator a day off and take the stairs.

Day 14
Protect your sweetheart's heart: Plan a heart healthy date.

Day 15
Swap the sweets for a piece of fruit for dessert.

Day 16
Stress less. Practice mindful meditation for 10 minutes.

Day 17
Head to bed with enough time to get a full 8 hours of sleep.

Day 18
Add a stretch break to your calendar to increase your flexibility.

Day 19
Eat vegetarian for a day.

Day 20
Share a funny video or joke that makes you laugh.

Day 21
Dance for 15 minutes to your favorite music.

Day 22
Call a relative and ask about your family health history.

Day 23
March in place during commercial breaks to get your heart going.

Day 24
Get a tape measure and find out the size of your waist.

Day 25
Phone a friend or neighbor and go for a walk.

Day 26
Fill half of your lunch and dinner plates with vegetables.

Day 27
See how many push-ups you can do in 1 minute.

Day 28
Pay it forward and tell a friend about [The Heart Truth](#).

nhlbi.nih.gov/heartmonth

NIH National Heart, Lung, and Blood Institute

ICYMI: Oxygen Oasis featured on American Health Front!





Oxygen Oasis Hyperbaric Wellness Center was showcased on the American Health Front - Philadelphia Edition on Fox 29 WTXF-TV. Medical Director Dr. Ben Lam discusses Hyperbaric Oxygen Therapy (HBOT) for conditions such as Diabetic Foot Wounds of the Lower Extremities, Concussions/Traumatic Brain Injury, Stroke, Autism and other neurological conditions.

Recently Published...



Our very own Medical Director, [Dr. Ben Lam](#), had his case study published in Medical Gas Research; the premier publication for hyperbaric oxygen therapy. Read the entire case report, "***Revisiting the expanded use of hyperbaric oxygen therapy for treatment of resistant migraines***".

[Read the Case Study](#)

Got migraines? Check out the video testimonial featuring the woman who was the focus of the Medical Gas Research Study referenced above, and learn how HBOT can help with consistent migraines.



If you, or someone you know suffers from migraines, please [contact us](#) to learn more about how hyperbaric oxygen therapy can help.

[Case Study Testimonial](#)



~ **The Oxygen Oasis Mission** ~

To offer a safe harbor for healing in a state-of-the-art Wellness Center, providing extraordinary care, through Hyperbaric Oxygen Therapy and Wound Care. Our primary focus is overall wellbeing and quality of life for our patients and their families.

[Visit O2 Oasis](#)



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