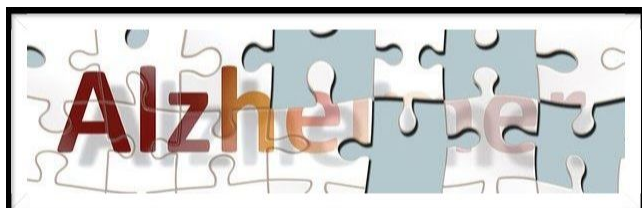




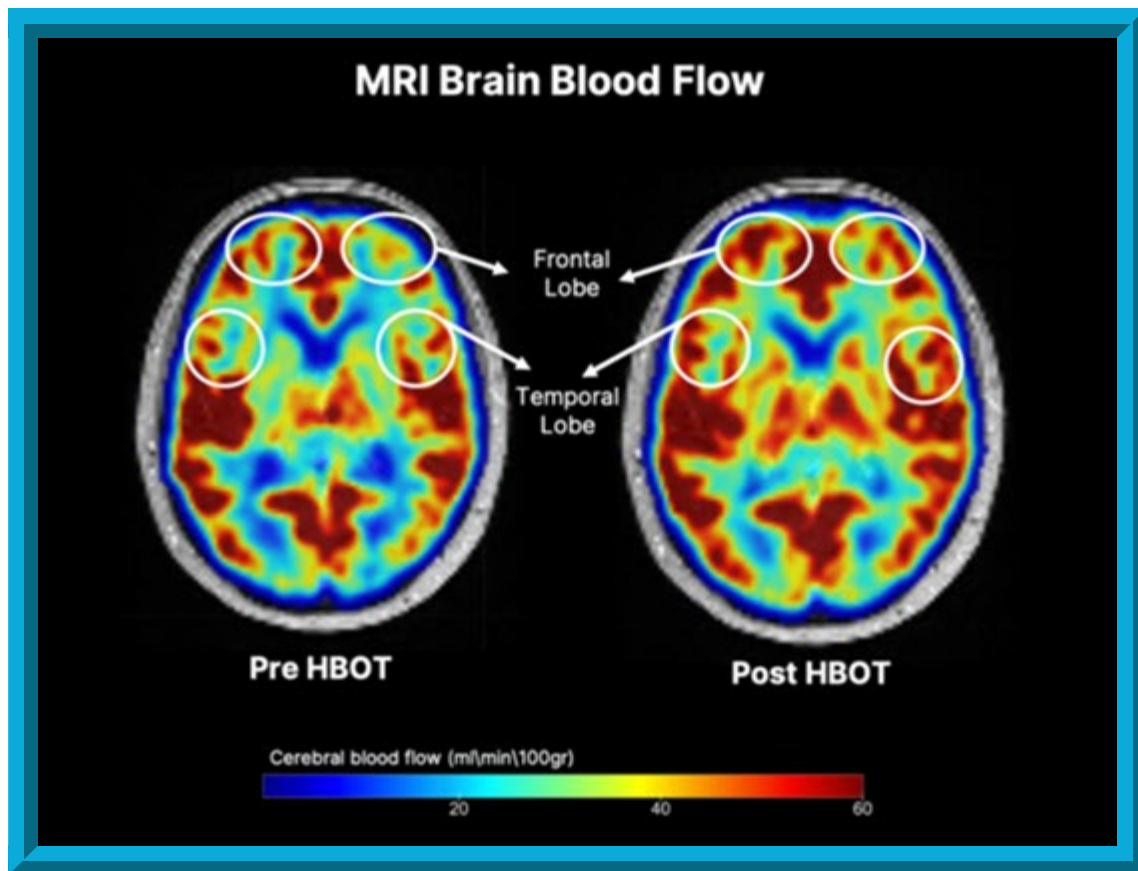
The "Oasis" Newsletter



September Is World Alzheimer's Month

Its purpose is to raise awareness and challenge the stigma that surrounds dementia. [How you can get involved.](#)

New Hyperbaric Therapy Could Limit and Perhaps Reverse Cognitive Decline



Life expectancy is expanding. In 1920, Americans lived until about 55, on average. One hundred years later, the life expectancy in the U.S. is around 79. But with life extension, we also see corresponding deterioration, both physical and cognitive.


Longevity, the proverbial fountain of youth, is a common focus of both physicians and entrepreneurs today. But just adding years to a life span is only part of the equation. What if we could couple longevity with preserving, or even improving cognitive function? What if a person's age did not automatically have us question their acuity? This wouldn't just be life extension, but life expansion, enhancing the quality and vigor we have in our youth – the sharpness of mind – into our golden years.

Of course, scientists have been exploring non-pharmacological and pharmacological interventions to keep people sharp as they reach into their later 40s, 50s, and up. Lifestyle-based interventions like exercise, diet, and cognitive training with platforms have had some impact in this area. [Click here for the full story.](#)

To read more about HBOT and Alzheimer's/Dementia, please [click here.](#)


Suicide Statistics

Every 16.2 minutes a person dies by suicide in the US



Suicide is the 3rd leading cause of death in young adults ages 15-24

Men are 4x more likely to commit suicide than females




50 % of suicides by firearms





The highest suicide rate is men 85+

1/3 of all suicides occur under the influence of alcohol



For Suicide Prevention resources:
National Suicide Prevention Hotline (1.800.273.TALK)



~Ongoing HBOT Research to Help Veterans Suffering with TBI/PTSD



Further progress being made in effort to make Hyperbaric Oxygen Therapy (HBOT) available to Veterans. The Commander John Scott Hannon Veterans Mental Health Care Improvement Act of 2019 provides legislation to expand the VA's research into the effectiveness of this alternative treatment option in partnership with private organizations. [Click here to read more](#)

For many, returning from military service means coping with PTSD. Hyperbaric Oxygen Therapy (HBOT) is being studied in the treatment of mild TBI, Post-Concussion Syndrome and PTSD. [Learn more](#)

Check Out this video....



Evidence continues to show Hyperbaric Oxygen Therapy is effective when incorporated into the treatment of COVID-19 patients. Many thanks to the International Board of Undersea Medicine for producing this very informative video.

Addiction/Substance Recovery Testimonial

The COVID-19 pandemic presents unique challenges for people with substance use disorders and in recovery. Check out this testimonial of a dear friend who found help with Hyperbaric Oxygen Therapy.



My name is Jane Brown Sparks. I am from Newfound Lake which is located in Bristol NH. My dear friend since childhood offered me the opportunity to use HBOT for the past 3 years. As much as I wanted to do the treatments, the fear of the commitment and the unknown variables kept me away until my life and health was at “crisis level” mid February this year.

I am a Woman in long term Recovery, which means that I have not found it necessary to use alcohol or mind altering drugs since February 5, 2009. My Recovery from Substance Misuse has been extremely gratifying on many levels, however challenging at times as well. Recovery has been progressive with the use of many pathways, including 12 step meetings, prayer, meditation, yoga etc. However, approaching my 9 year anniversary this year it was evident that I was still suffering from many symptoms from my overall abuse to my body over a lifetime. [Read more about Jane's successful HBOT journey.](#)

If you, or someone you know is currently struggling with alcohol or drug addiction, or the lingering effects, please [contact us](#) to learn more about how hyperbaric oxygen therapy can help.

In order to help others learn about the benefits of Hyperbaric Oxygen Therapy, please share this email with your friends and family.

Newsletter

~ The Oxygen Oasis Mission ~



Vicky Bliss, President & CEO

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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