

The Berkshire MS Therapy Centre

The Berkshire Multiple Sclerosis Therapy Centre is an independent local charity.

The Centre provides a wide range of information, support and therapies, aimed at improving symptom management and quality of life to people with MS and their carers, throughout Berkshire and the surrounding areas.

Our core therapies include:

- Physiotherapy
- Counselling
- Yoga
- Oxygen Therapy

With our purpose built Centre, we also offer a much wider range of complementary therapies such as:

- Massage Therapy
- Spinal Reflexology
- Chiropody
- Acupuncture
- Acupressure
- Reiki
- Reflexology

Berkshire Multiple Sclerosis Therapy Centre

Bradbury House
23a August End
Brock Gardens
Reading
RG30 2JP

T: 0118 901 6000

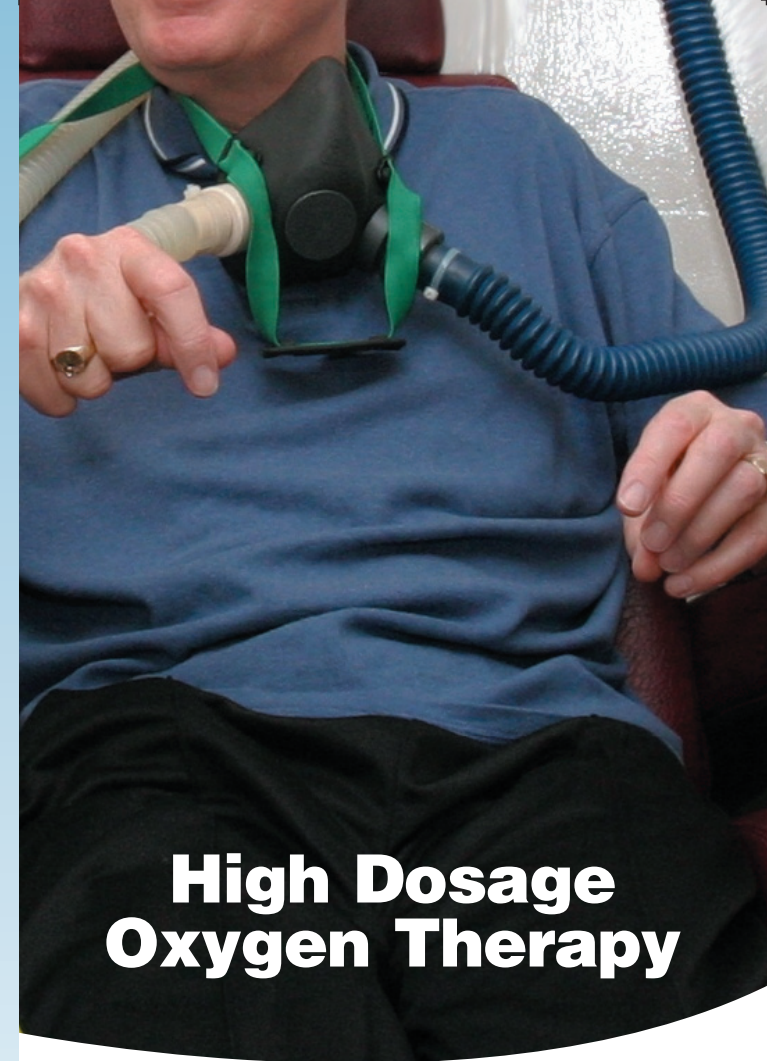
F: 0118 901 6001

E: ms@bmstc.org

www.bmstc.org



Charity No. 800419



High Dosage Oxygen Therapy



High Dosage Oxygen Therapy

High Dosage Oxygen Therapy & MS

Oxygen is essential to every one of the tissues in the body and any tissue injury requires oxygen for healing. Recent research at the University of Dundee has shown that, in the inflammation that is typical of MS, the transport of oxygen is everely limited by tissue swelling.

Oxygen therapy, where the normal amount of oxygen in the air is many times exceeded, is now being widely used in medical practice, notably in the USA, mainland Europe, Japan, Russia and China.

Use in Multiple Sclerosis has been controversial, largely because function and expectations have been widely misunderstood although studies have shown that it is beneficial. Oxygen therapy, where the normal amount of oxygen in the air is many times exceeded, is now being widely used in medical practice, notably in the USA, mainland Europe, Japan, Russia and China.

The process by which damage to the nervous system is caused in MS clearly cannot be prevented by oxygen therapy. However, as the body normally heals itself using oxygen from the air, additional oxygen can extend the body's ability to heal and can limit some of the damage which disease causes.

Breathing oxygen under pressure causes the dilated and leaky blood vessels in MS to constrict back to normal size and reduces the swelling. At the same time, more oxygen is delivered to the bloodstream so increasing the amount available to help undertake repair.

How can HDOT help?

The aim of oxygen treatment in MS is to minimise the amount of damage being caused, promote rapid healing and limit the scar formation which can prevent nerve function being restored.

HDOT treatment is available at the Therapy Centre, and is offered only with the knowledge and approval of the G.P. It is conducted within strict regulations and all operators are comprehensively trained in its use.

The initial course consists of 15 sessions over 3 consecutive weeks, each lasting 1 hour. These are then followed by 'top up' sessions which may vary from once a week to once a month. the chamber at the Therapy Centre allows 6 to 8 people to be treated simultaneously. All sessions are individually monitored as is the patient's progress.

Patients may make a voluntary contribution to the cost of treatments. The most significant benefits are in improved balance, sensory perception and control of incontinence. Other symptoms also show beneficial change in different people.



IF YOU WOULD LIKE TO FIND OUT MORE ABOUT OXYGEN THERAPY AT THE CENTRE CONTACT US ON:

t: 0118 901 6000

f: 0118 901 6001

e: ms@bmstc.org

w: www.bmstc.org

