WOMEN'S HEALTH & HYPERBARICS

International Hyperbarics Association
www.ihausa.org

While both men and women can develop various adverse health conditions, many health concerns affect women differently and more commonly. Until recently, medical research has largely ignored many health issues important to women, and women have long been under-represented in research. Their experience of health and disease differ from those of men, due to unique biological, social and behavioral conditions. These biological differences vary from phenotypes to cellular biology and develop unique risks for the development of disease states.

When it comes to female reproductive health, many women know the basics – estrogen and progesterone work together to create a 28-day menstrual cycle every month until menopause. However, those two hormones are a small portion of the balance when it comes to female health. Hormones are also produced by your adrenals, hypothalamus, pancreas, parathyroid, pineal gland, pituitary, and thyroid.

Hormones are your body's messengers. They regulate the reproduction, growth and development, metabolism and energy, nutrient and electrolyte balance in the blood, and your stress response. The goal of your endocrine system is to maintain balance, which means female hormonal health is more than reproductive health, it is whole body health.

Hyperbaric oxygen therapy (HBOT) provides the brain and body with increased levels of oxygen to decrease inflammation, increase progenitor stem cell production, improve cognitive functioning, and synergistically enhance the effects of other therapies.

HBOT is an effective therapy for various women's health concerns and as research in women's health grows, HBOT will continue to play an essential role in overall health & wellness.

MENTAL HEALTH & WELLNESS

- Enhances Memory and Mental Performance
- Develops & Regains Cognitive/Motor Functions
- Stimulates Neuroplasticity
- Enhances Executive Function
- Improves Brain Blood Flow
- Lowers Chronic Cortisol Levels
- Supports a More Balanced & Healthy Stress Response

WEIGHT MANAGEMENT

- Improves Insulin Sensitivity
- Decreases Inflammation & Increases Metabolism
- Enhances Glucose & Lipid Metabolism in Skeletal Muscles
- Increases Overall Energy Levels

FERTILITY

- Enhances Arterial & Venous Blood Flow
- Provides Adequate Vascularization to the Endometrium
- Thickens the Endometrium
- Stimulates Cell Division of Basal Endometrium

POLYCYSTIC OVARY SYNDROME

- Decrease Androgen Receptor Expression
- Reduces Overall Oxidative Stress
- Increase in Atretic Follicles

ENDOMETRIOSIS

- Decreases Inflammation Caused by Endometrial Lesions
- Reduction in Overall Histopathological Scores
- Decreases Inflammation on the Nuclear Factor Kappa B Pathway