



Patients Medical

## Hyperbaric Oxygen Therapy and Asthma and Allergies

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Common allergy signs and symptoms include asthma, congestion, coughing, depression, digestive problems, fatigue, frequent colds, and hay fever. Other symptoms include headaches, respiratory tract inflammation, itching, muscle spasm, skin rashes, hives, sneezing, sore throat, and swelling. Bacteria, constipation, grass, mold, parasites, pathogens, pets, pollen, processed food, synthetic chemicals, yeast, viral infections, and genetic predisposition are among the many antecedents and causes of allergy-related reactions.

Hyperbaric oxygen therapy has several physiological effects that make it an appealing treatment for asthma and allergies. Not only does hyperbaric oxygen reduce swelling and inflammation, it can relieve the modest levels of hypoxia that can occur due to allergy-related sinus pressure. Preliminary studies have also shown that levels of IgE, the antibody that mediates the immune response, are decreased by HBOT, which may potentially reduce the magnitude of the allergic response. Although more studies are necessary, early data suggest that hyperbaric oxygen therapy can be therapeutic for those suffering from allergies and asthma.

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