

Conditions which may benefit

There is evidence to support the treatment and management of a wide range of short-term and long-term conditions. These include:

Multiple Sclerosis	syndrome
Fibromyalgia	Thermal Burns
Diabetic Leg Ulcers	Inflamed Tissue
Cancer	Stroke
Migraine	Crohn's
Pancreatitis	Ulcerative Colitis
Sports Injuries/ wounds	Radionecrosis
Rheumatoid arthritis	Asthma
Scleroderma	Eczema
Peptic Ulcer	Arthritis
Torn Ligament	ME/CFS
Restless legs	

Cost

The Centre operates a contribution based system, therefore we suggest **an appropriate contribution of £13.00 per session**. As a charity, we rely on contributions and fundraising activities to meet our £250,000 yearly running costs.

***Your support is appreciated—
Thank You***

Opening Times

MONDAY	09.15 – 17.30
TUESDAY	09.15 – 20.30
WEDNESDAY	09.15 – 19.30
THURSDAY	09.00 - 16.30
FRIDAY	09.00 – 16.30
SATURDAY	10.00 - 14.00

Get in touch

Our staff team will be more than happy to show you around the Centre and answer any questions you may have.

Please call **0131 554 5384** or e-mail **gareth@mstc-lothian.org.uk** to arrange a suitable time.

**40C Swanfield,
Bonnington Road,
Edinburgh,
EH6 5RX**

Further information is available at:

www.mstc-lothian.org.uk
Registered Charity: SC014991
Company Limited by Guarantee:
SC122837

MS Therapy Centre is member of:



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre

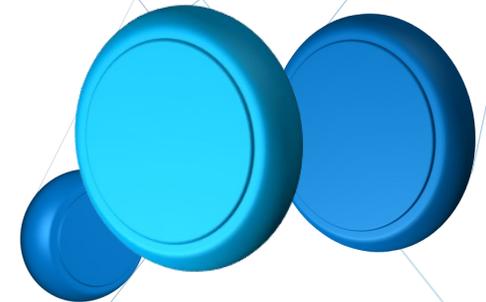


Hyperbaric Oxygen Therapy

(HBOT)

'Giving more oxygen is not alternative medicine, it is sound science and common sense. There is no substitute for Oxygen.'

Professor Phillip James, MB ChB, PhD, DIH, FFOM



What is HBOT?

HBOT is a treatment during which 100% oxygen is breathed through a mask in a pressurised chamber, which is pressurised to be greater than normal atmospheric pressure.

The hyperbaric oxygen environment changes the relative pressures of oxygen, nitrogen, and other gases in the blood, organs, and tissues. Normally oxygen is carried by haemoglobin on red blood cells. Under higher pressures, oxygen dissolves in the blood plasma, as well. So breathing pure oxygen in a hyperbaric chamber increases the oxygen-carrying capacity of blood.

When you are in a HBOT chamber:

- ◆ Oxygen molecules are dissolved into the plasma.
- ◆ The bloodstream can carry as much as 6 times more oxygen than while breathing normal air outside of the chamber.
- ◆ Stimulation of growth of capillaries in tissue to improve wound healing.
- ◆ High levels of oxygen help eliminate anaerobic bacteria.

How does it Work?

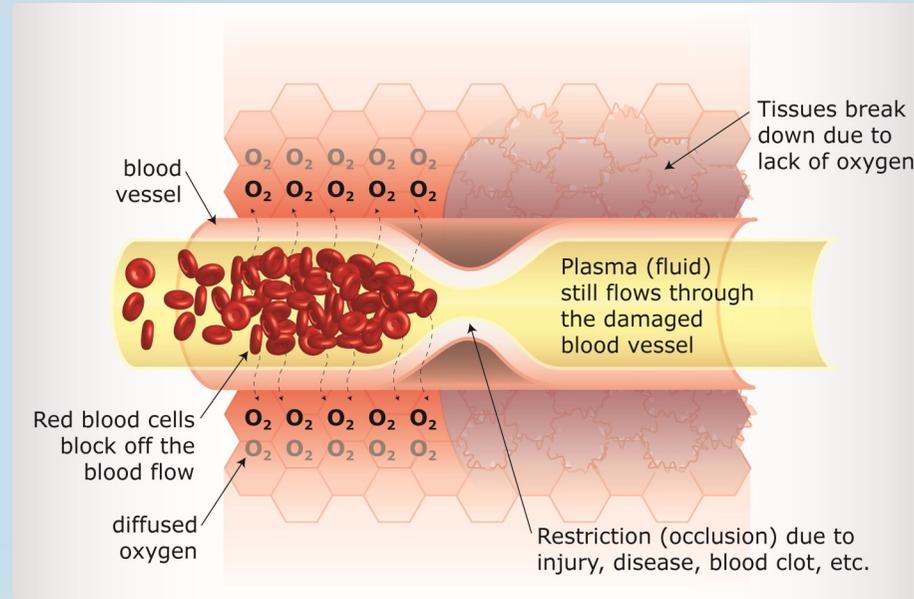


Diagram showing restricted blood flow through tissue.

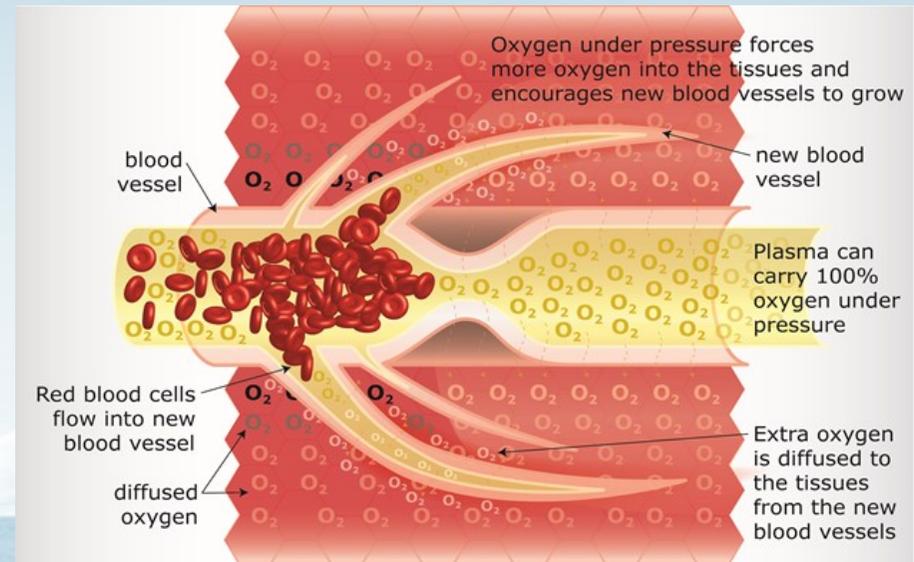


Diagram showing improved oxygen diffusion.

Images kindly supplied by www.dtastudio.com.au

Is it safe?

The MS Therapy Centre Lothian ensures a very high level of safety for our clients.

Oxygen Therapy sessions are delivered by fully trained operators and attendants, and overseen by the centre staff. All clients are assessed individually prior to participating in hyperbaric oxygen therapy. We assess any health issues and prescribed and supplementary medications to minimise any risk. This is to ensure it is safe to begin treatment. Hyperbaric oxygen is not suitable for everyone, Staff are able to provide advice and information.

Benefits

High levels of oxygen can help with the repair of cellular function.

It stimulates the production of new bone cells in fractures.

It stimulates the immune system. It decreases inflammation and reduces oedema.

It increases stem cell production which may help in tissue regeneration.