

## TINA KIDD



After suffering with constant pain for more than two years, 67 year old Tina Kidd from West Malling was diagnosed with Fibromyalgia in March 2016.

The long-term condition had caused Tina severe pain in her limbs, hands, feet and back, and she was often too tired to participate in the daily activities that many take for granted. Spending time with her grandchildren or going out for the day left her bedbound for two days afterwards and it was difficult for her to undertake simple tasks such as housework, carrying things and even opening bottles and jars. Tina put on more than two stone in weight due to the lack of activity she was able to participate in.

Taking strong painkillers every day and sleeping tablets every night, Tina faced the prospect of being prescribed extremely strong drugs which would require weekly hospital check-ups.

Tina attended The Lupus Clinic at Guys Hospital where she was diagnosed her Fibromyalgia, having previously been wrongly diagnosed with Lupus by a number of consultants. Her GP had heard of The Oxygen Clinic and suggested she attend for hyperbaric oxygen therapy (HBOT) sessions, with the aim of reducing the side effects of her Fibromyalgia.

Tina had never heard of HBOT prior to treatment, but was welcomed by the team at the clinic, who talked her through the process. Tina attended the clinic five times a week for five weeks and felt the benefits of oxygen therapy almost immediately.

She said: “My symptoms are nearly gone. I stopped taking all of the painkillers and sleeping pills after two weeks of treatment and have much more energy than before. My sleeping pattern has nearly returned to normal.

“Hopefully my weight will begin to reduce as I have been able to start exercising and walking more.”

Tina continued: “I would urge anyone plagued with Fibromyalgia to try this treatment and talk to the team at The Oxygen Clinic. No one I know had ever heard of this treatment before but it has made all the difference to my life. When you’re suffering with an invisible illness like Fibromyalgia, you can feel very isolated and it’s tricky to live a normal life.

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I would urge anyone plagued with Fibromyalgia to try this treatment and talk to the team at The Retreat Hyperbaric Clinic. No one I know had ever heard of this treatment before but it has made all the difference to my life. When you’re suffering with an invisible illness like Fibromyalgia, you can feel very isolated and it’s tricky to live a normal life. The Oxygen Clinic has given me a new lease of life.

**Tina Kidd**

JULIETTE GALE



In 2008, after many years of feeling unwell, Juliette Gale from Milstead, Kent, was diagnosed with fibromyalgia.

Fibromyalgia, a long term condition that causes widespread pain throughout the body, has many side effects that can cause severe disruption to a sufferer's life. Juliette experienced several symptoms including irritable bowel syndrome, chronic tiredness and very painful periods, as well as joint and muscle pain. These caused her much discomfort and she spent lots of her time lying on the sofa trying to relax and relieve the pain she felt.

Furthermore, her fibromyalgia stopped her from being able to take part in day-to-day activities, and she began to only leave the house for very short periods of time. As time went on, she started to feel depressed which was hard not only for her but also her family.

Over time, Juliette tried many different treatments to ease her fibromyalgia, including acupuncture, pain killers, exercise, and steroid injections. Although some of these helped her symptoms for short periods of time, nothing helped her to feel completely pain-free.

Commenting on Juliette's treatment, The Retreat Hyperbaric Clinic said: "HBOT helps to boost oxygen supply to the body's tissues which helps muscles and joints to recover. In Juliette's case, this was extremely beneficial as a lot of the pain she was feeling was in her joints. The rapid progress she made was wonderful to see, and I'm glad that she found her treatment so beneficial."

Several months after her first course of HBOT, Juliette is thrilled to be living a much more normal life again. She commented: "Overall, my symptoms are much improved and I can't recommend The Oxygen Clinic enough!"

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The team at The Chelsea Bridge Clinic was very welcoming and helpful, and I booked 10 sessions straight away. After my first session, I noticed that my body felt quite tingly but had no negative side effects. I went back for nine more sessions and noticed after the fifth session that I no longer had any pain at all. This was the first time in many years that my body was completely pain free. I felt elated.

**Juliette Gale**



Ruth was diagnosed with triple negative breast cancer, with at least three abnormal lymph nodes. Doctors recommended she was referred for pre-surgery chemotherapy and radiotherapy treatment.

When Ruth first started her chemotherapy, she began to experience nausea, fatigue and found it difficult to focus or engage in conversation. She also had trouble sleeping due to increased feelings of anxiety, and began taking sleeping pills to help her rest properly.

During days four to eight of her chemotherapy treatment cycle, Ruth reported her thoughts became fractured and her head was extremely foggy and clouded.

The chemotherapy also damaged the veins in Ruth's right arm and she began struggling to use it. During her fourth cycle of chemotherapy, doctors changed the drugs Ruth was taking. The new medication made her fingers begin to throb and feel stiff. She found putting any pressure on her fingertips painful, meaning simple tasks like doing up buttons and using a knife were extremely difficult for her.

Ruth initially looked into hyperbaric oxygen therapy (HBOT) to help oxygenize her body and reduce inflammation caused by her chemotherapy. She is a patient of The The Retreat Oxygen Clinic and ever since her first HBOT session, she has started to experience a number of positive changes:

- HBOT helps her to relax and clears her head, meaning she has more energy and focus throughout the day and she no longer has to take sleeping pills. The therapy sessions help to calm her and she now regularly sleeps through the night.
- Prior to HBOT, Ruth's periods had stopped entirely due to her chemotherapy but when she began HBOT, her periods returned to her usual five day show.
- The pain Ruth had felt in her arm improved after just one session. She began to use it without thinking and her movement has continued to improve to the point where it is no longer an issue to her. Similarly, after just one therapy session, Ruth felt less pain in her fingers and has started to use them like normal again.

Ruth has seen a great overall improvement in the side effects of her chemotherapy since she began HBOT.

Ruth said: "On the whole I cannot express my gratitude to the clinic for helping me at this challenging time. Without HBOT I would be finding this experience far more distressing.







Caleb Swinney, a 21 year old professional BBC cameraman and budding guitarist, suffered a complex posterior elbow dislocation and fracture of the radial head. This required corrective surgery to secure the break and re-attach loose ligaments. The injury left him unable to work during his rehabilitation and threatened future movement of his elbow.

Caleb contacted The Retreat Oxygen Clinic in the hope that they could help speed up his recovery time, as his father had previously been treated at the clinic. The Oxygen Clinic advised Caleb that he should have three hyperbaric oxygen therapy (HBOT) sessions over two weeks, each lasting between one and two hours.

After the first HBOT session, Caleb began to notice a significant increase in the movement of his elbow which continued to improve throughout his treatment.

By the end of his third session, Caleb could move his elbow much more freely. He saw a vast improvement in his extension, flexion, pronation and supination, and the incision in his arm from surgery had healed incredibly quickly.

At his post-surgery assessment, Caleb's surgeon was surprised with how well the injury was healing and impressed with the range of movement and strength of his elbow. Typical radial head fractures heal in 6-8 weeks but the surgeon was happy for Caleb to return to work much sooner than he had first predicted.

My thanks to Dr Rob Pender for his skill and knowledge getting me back in action so quickly.





Irene Brooks, from Hoo near Rochester, experienced her first symptoms of Labyrinthitis in December 2015 and was told by her specialist that she'd "never get any better".

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### **Irene Brooks**

Labyrinthitis is an inner ear infection that causes the labyrinth, a delicate structure deep inside the ear, to become inflamed. With a variety of symptoms ranging from dizziness and loss of hearing to nausea and changes in vision, Labyrinthitis can cause sufferers to have a significant decrease in quality of life.

For Irene, her symptoms were so severe that she went from being a very active person, attending a variety of aerobics classes and going on lots of long walks, to staggering around with the aid of a walking stick. She was also unable to drive for two months, which had a significant negative impact on her daily life.

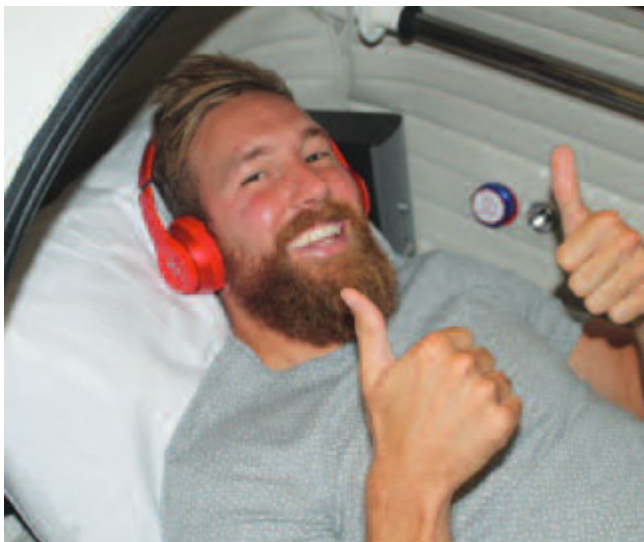
Irene originally approached Dr Pender with a back problem which, after suffering from severe pain for most of her adult life, The Oxygen Clinic successfully treated with three sessions of Shockwave Therapy. Her husband also attended the clinic following an operation, and found HBOT incredibly helpful in speeding up his recovery. Irene spoke to The Oxygen Clinic about her Labyrinthitis to see whether HBOT could help to improve her condition.

On her treatment at The Clinic, Irene said: "I had two sessions of HBOT. To be honest, I felt better after only one session and I was amazed by the immediate benefits of the therapy. I

wish I had gone to Dr Pender's Clinic when I was first taken ill, and if I'd have known how beneficial HBOT can be I definitely would have attended the clinic sooner.

"I am now living life to the full, doing all my exercise classes and going for long walks again which I'm really enjoying. I was feeling so unlike my usual self that it's great to feel normal again.

Commenting on Irene's treatment, Dr Pender said: "Boosting oxygen supply to the body's tissues, HBOT has a number of benefits for a variety of conditions. The increased oxygen supply in Irene's body would have helped to reduce the inflammation in her ear, immediately putting her on the path to recovery.



Gillingham FC's Scott Wagstaff was referred to Dr Pender for Hyperbaric Oxygen Therapy (HBOT) by the club's physiotherapist, Adam Roche, after rupturing his right Achilles tendon.

The 26 year old midfielder joined Gillingham on a two year deal on 7th July 2016, and was devastated to suffer an injury only 13 days later, seven minutes into a pre-season friendly against Billericay. Wagstaff felt his right Achilles 'pop' as he tried to push off. He was told

he would be out of action until the injury had healed, which his physiotherapist and specialists agreed could take up to 12 weeks.

When Adam Roche suggested he might try HBOT to speed up the recovery time, Wagstaff was more than happy to take part, particularly as he'd previously heard about big name players such as David Beckham, Wayne Rooney and Cristiano Ronaldo using it to speed their recovery from injury.

Wagstaff was booked in for six HBOT sessions per week, with the view to speeding up the recovery of his injury. After just four HBOT appointments, the pain in his heel started to ease and the power in his Achilles began to return.

Commenting on his time at the clinic, Wagstaff said: "Damaging the Achilles is something that many footballers dread, as it has a huge impact on your ability to push off and limits the strength you have to kick a ball to a professional standard. I was devastated to suffer this injury before the season even started.

"I was so shocked with the speed of the recovery, particularly as I was told that it could take up to 12 long weeks of sitting on the bench before I would be able to play again. My specialist was totally surprised at my recovery as well! Undergoing HBOT and Smartwave Therapy alongside my physio has enabled me to come on leaps and bounds.

"I hope to get back on the pitch and play another 40 games, scoring as many goals as possible for my team. If I do well in this season, who knows what could be in store for me next?"

Commenting on Scott's treatment, Dr Pender said: "We are absolutely thrilled with the progress that Scott has made since beginning his treatment at the clinic. The strength in his Achilles is very encouraging after such a short period of time, and we were delighted that he was able to start jogging and return to training just five weeks after suffering the injury.



HBOT has had a significant impact on my recovery time, allowing me to return to multi-day marathons and events feeling 100%, compared to the usual fatigue I felt without HBOT. It really has had a unique effect on my ability to continue with long distance running.

I would not have been able to achieve what I have so far without HBOT to aid my recovery; it's an essential treatment to ensure I stay injury free.

Dr Pender and his team are unsung heroes for bringing such a valuable treatment to London

**Ellan Iaquaniello**

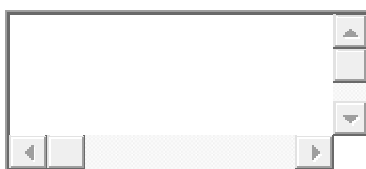
**Ellan Iaquaniello, a 43 year old long-distance runner from Ditton, turned to The Oxygen Clinic in the hope that Hyperbaric Oxygen Treatment (HBOT) would help her recovery following intense running sessions and long-distance events.**

Ellan has taken part in more than 100 marathons in the last four years, including the Brathay 10in10 (which challenges runners to run 10 marathons in as many days), long-distance events and cross country runs. She heard about Dr Pender through her running group, Larkfield Athletics Club and contacted the Clinic to see what the treatment could do for her.

Following a consultation with The Dr Pender, Ellan started using HBOT in May 2015, having one session a week for three months. Although she didn't have a specific injury, she started treatment to see if it would speed up recovery time and boost her ability to continue participating in multi-day events.

Ellan began to feel the benefits of oxygen therapy after just a few sessions. Indeed, HBOT helped her to feel 'topped up' and 're-energized'. The positive changes she felt in her body have led her to view it as an ongoing treatment that will continue to help her improve her recovery time.

Commenting on Ellan's treatment, Dr Pender said: "Ellan is a great example of the dramatic benefits HBOT can deliver in improving recovery and resilience to injury after strenuous exercise such as marathons and triathlons. Her recovery time was reduced by 70% as a result of using HBOT."



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