

One RSD's patient's view on hyperbaric oxygen treatment.

My story is really no different from the many I have studied and searched out over the last few years. A minor injury occurs, (I broke a couple of fingers and injured my left elbow while moving a table) then months that would eventually turn into years of treatments including therapy, nerve shots to deaden the area, pain pills, and depression. Once diagnosed with RSD, there is a rush of emotions spilling forth from you. Of course, to have a name for this awful thing was enlightening: that would mean the medical profession knew about it, because dreadfully, others must have been diagnosed also.

The medical doctors began to hand out a handful of different medications to help with the pain, which really don't help. Along with pain pills, anti-depressants, muscle relaxants, sleep aids, etc., the next step to deal with this pain was to begin having a series of stellate ganglion blocks in my neck. Nothing, no pain relief after these and now the hope that had been raised, only began to fade away again. It seemed my once active life had been taken away little by little. My family life had become something that I was suffering through because of the pain: there was not a lot of quality time I could offer. My work was too much to handle, physically and mentally, so that slipped away. Concentration was a thing of the past. Relationships suffered. Sleeping had become almost non-existent, and the almost constant comatose state of life seemed to be becoming more and more a daily exhaustive pattern I was beginning to think would be my burden in life to carry. My life had dwindled to days running into each other like wax running off a candle. The candle of life was burning (as well as my body) out of me and landing in a heap. A day-to-day existence never knowing from one day to the next if I would be able to get out of bed to do anything. Exhausting.

Along the medical rollercoaster which has taken 2 years of rides, and many ups and downs, I came to a point of extreme elation to discover, myself on the Internet, the mere 'possibility' of feeling better. I found out about hyperbaric oxygen treatments on the Internet. Mostly in Europe and Canada. Reading the testimonies gave hope. I began to search for information in the United States on these treatment places. I was astonished and gladly surprised. There was a center close to me. My husband called and was told to bring me in that day for a consultation and evaluation.

We decided I would start treatment. This treatment is not covered by insurance with the diagnosis of RSD and the treatments are not cheap. But, as we thought about this treatment and the hope it had, the others being helped by it, the possibility of life again -- if you think about it, is there really any price you can put on the quality of life? After being in bed the last part of 2 years and watching my life melt away from me, I believe the answer has to be no. I began treatment. I had 20 treatments to start and continued with 20 more. With the first treatment, the fog (I really did not realize I had) was lifted. Gradually, through a total of 40 treatments, I was having good days.

It has been 8 months since my treatments at ProHBO. My daily pill consumption which had gotten to be about 31 pills a day, is really non-existent. I still battle with pain when the barometric pressure drops, but even that is getting better. I am in remission.

I would highly recommend ProHBO. Chris, the owner and the technicians (thanks for your humor, Alan), are well informed, educated, and a bright light that give hope to the seemingly hopeless situation. I really feel the name "Pro" HBO is very suitable for this team of 'Pro'fessionals. As they continue to 'check in on me', I am thrilled to tell of my progress. Thank you, ProHBO, for your sincerity and going through this and hoping with me.

This is just another story of someone diagnosed with a disease that usually goes unheard of, until you are diagnosed, or someone you love is. I would like to tell you there is hope. It takes realizing you do have a life and although it may have been sidelined right now, it does not have to stay that way. You can and will be active again and have your life back. Call ProHBO.

Sharleen from Kennesaw, GA

"I was at a point in my life with the RSD and pain that I was ready to try anything, or I was ready to die, because I could not take the pain anymore.

"After the first few days I could feel the difference," she says. "I was feeling better, the pain was less, and I was taking less pain medication.

"After four weeks, I was pain free for the first time in eight or nine years. I slowly quit taking Oxycontin, Loratab, and Zanax. About two weeks later - six weeks after I began therapy - I was pain free and drug free. I could not believe it!

"I wanted to go back to nursing so badly that I think I went back too soon. As soon as I was off my medications I went back to work without getting my body back into shape and strong. After a month at work, my pain started to come back. After three months, I had to quit my job because of my pain. I had to start taking Laratab again too."

Eten says she goes for HBOT treatments every five or six months and it still helps. She is unable to work, but she is able to go out with her husband sometimes and see friends.

"Even though I am not cured of RSD, I feel like I got some of my old life back. I recommend HBOT for RSD. My doctor told me when you have chronic pain, it takes a lot of different modalities to keep the pain at a manageable level and I believe that."

Connie Waltz, director of nursing at the Robert M. Lombard Medical Center in Columbia, Pa., where Eduardo Pace is being treated (See: Beyond Pain: Some hope for healing), has treated a number of individuals with RSD.

"Absolutely, I would recommend Hyperbaric