

Hyperbaric Oxygen Therapy in Chronic Pain Management

Senol Yildiz, MD, Gunalp Uzun, MD, M. Zeki Kinalp, MD

Corresponding author:

Senol Yildiz, MD
Department of Undersea and Hyperbaric Medicine, Golkane Military Medical Academy Haydarpaşa Training Hospital, 34668 Kadıkoy, Istanbul, Turkey.
E-mail: senoyildiz@yahoo.com
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Chronic pain is one of the frequently encountered clinical problems that is difficult to cure. Hyperbaric oxygen (HBO) therapy has been reported in chronic pain syndromes with promising results. In this review, we focus on the effectiveness of HBO in fibromyalgia syndrome, complex regional pain syndrome, myofascial pain syndrome, migraine, and cluster headaches. HBO may be beneficial if appropriate patients are selected. HBO is a reliable method of treatment. However, physicians performing HBO must be aware of oxygen toxicity. Another problem regarding HBO is the scarcity of centers administering it. Further research is required focusing on the optimal treatment protocol, the cost/benefit ratio, and the safety of HBO in chronic pain management.

Introduction

Pain is the most frequent symptom that causes patients to visit health institutions. Pain is a normal sensation that warns the nervous system, as the result of a chemical, thermal, or mechanical stimulus, that it needs to protect itself against a probable danger. In addition to this physiologic pain, patients also complain of pathologic pain. There are two kinds of pathologic pain: acute and chronic. Acute pain occurs immediately after illness or injury and resolves after healing. Conversely, chronic pain persists beyond the usual course of the disease and may cause intermittent or continuous pain for months to many years. Chronic pain can occur after a disease or without a known reason. The treatment of chronic pain calls for an extraordinary effort from all physicians, but satisfying results cannot be obtained in most cases. For that reason, the efficacy of several pharmacologic and nonpharmacologic methods for the treatment of chronic pain is being investigated. Many

studies have been published examining the use of hyperbaric oxygen (HBO) therapy, used as an adjunct therapy in the treatment of chronic pain in recent times [1–20,3–8,9,10–15]. The aim of this review is to investigate the role and effectiveness of HBO treatment as an adjunct in chronic pain management.

Principles of Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy is defined as the intermittent inhalation of 100% oxygen in a hyperbaric chamber at a pressure higher than 1 absolute atmosphere (1 ATA = 760 mmHg, the normal atmospheric pressure at sea level) [16]. HBO therapy usually is administered at 1 to 3 ATA. Typically, the duration of HBO therapy varies from 30 to 120 minutes. The frequency and total number of HBO sessions are not standard among hyperbaric medicine centers. HBO therapy is administered using monoplace or multiplace chambers. In the former, a single patient is treated and internal pressure is raised with oxygen. Multiplace chambers permit patients to be in the pressure chamber together with health personnel. In multiplace chambers, pressure is raised with compressed air and patients breathe oxygen through masks.

Hyperbaric oxygen therapy causes mechanic and physiologic effects. The mechanic effects are linked to Boyle's law, which states that there is an inverse relationship between pressure and volume. Use is made of the mechanic effects of HBO in the treatment of decompression sickness and arterial gas embolism. Gas bubbles that form in the vein shrink with increasing pressure and, as a result, are eliminated by collapse or expulsion from the lungs. At the same time, oxygen accelerates the dissolution of bubbles by replacing the inert gasses within them. The physiologic effects of HBO are linked to the hypoxia it gives rise to in the tissues. At one atmosphere, 97% of oxygen in the arterial blood is transported with hemoglobin in erythrocytes. The remaining oxygen is transported in dissolved form in plasma. In addition to fully saturating hemoglobin with oxygen, HBO leads to a favorable increase in the amount of oxygen dissolved in plasma. HBO at 3 ATA increases the level of oxygen dissolved in plasma from 0.3 ml/dL to 6 ml/dL [17]. At rest and with good perfusion, tissues require 5 to 6 ml/dL of oxygen. In other words, with HBO at 3

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