

HBOT Testimony

During a recent 2009 deployment to Afghanistan, I was exposed to multiple concussive (explosive) events. My symptoms following the deployment were consistent with symptoms of mild TBI. I was having trouble sleeping (4 hours a night at best), short-term memory issues, easily distracted, unable to continue a conversation once interrupted (I'd forget what I was talking about), and irritability. The only medical or mental health help I was receiving was regular visits with a psychiatrist for a deployment related general anxiety disorder. After some discussions with my medical team the idea was brought up to send me to Dr. Zant's team for hyperbaric oxygen treatment.

I started my treatment in October 2010 with the usual tests. The scores were well off my baseline established before the deployment. Testing conducted at the midway point of 20 dives showed significant improvement. Testing conducted after the final dive showed even more improvement. In addition to the obvious improvements on the testing, I began to feel much clearer in the head. I started sleeping through the night again, averaging 7-8 hours of sleep a night. I wake up feeling more rested than confused. My short-term memory has gotten much better and I am able to continue a conversation if I'm interrupted. I'm not distracted as easily as I was before treatment. In addition to these gains, I've seen improvements in the general anxiety disorder. My paranoia, irritability, and level of aggressiveness are way down.

Finally, but definitely not least, Doc Zant and his staff are phenomenal people. They are caring, compassionate, and professional people who go out of their way to ensure the comfort of their patients. Words cannot express the level of gratitude I feel for Doc Zant and his staff. They are all great patriots and I would highly recommend them and the treatment to anyone.

JH