

FOR IMMEDIATE RELEASE

Contacts:

Company: Brian Hochheimer
The EMMES Corporation
301-251-1161, ext. 10232
bhochheimer@emmes.com

Media: Karen Vahouny
703-624-2674
kvahouny@gmail.com

Traumatic Brain Injury Research by Emmes Corporation, LDS Hospital, Lovelace Biomedical Environmental Research Institute, and U.S. Army Tests Use of Hyperbaric Oxygen as a Potential Treatment Option

Most comprehensive Department of Defense-sponsored clinical trial on hyperbaric oxygen for mild traumatic brain injury yields promising findings for future research

Rockville, MD, May 9, 2018 – The Emmes Corporation today announced that scientists and health professionals from the company, LDS Hospital in Salt Lake City, Utah, Lovelace Biomedical Environmental Research Institute in Albuquerque, New Mexico, and the U.S. Army Medical and Materiel Development Activity at Fort Detrick, Maryland, have completed a multi-year clinical trial testing hyperbaric oxygen as an intervention for U.S. military service members who have suffered mild traumatic brain injuries with persistent symptoms.

The Department of Defense-sponsored study included both active duty and veterans in the military who suffered from mild traumatic brain injuries.

Eleven researchers, as well as members of the study team, collaborated to write a paper that summarized the findings. The paper was just published in the *Undersea and Hyperbaric Medicine Journal*.

Millions of people in the United States deal with traumatic brain injuries, and combat military personnel have increased risk for persistent post-concussive symptoms. This clinical research

studied military personnel with post-concussive symptoms three months to five years after mild traumatic brain injury. The randomized clinical trial evaluated participants' specific symptoms, as well as a range of other assessments such as quality of life, sleep, cognitive processing, auditory, visual and neuroimaging.

Hyperbaric oxygen produced short-term improvement in self-reported post-concussive and post-traumatic stress disorder (PTSD) symptoms, as well as some cognitive processing speed and sleep measures, in comparison to a control group. These improvements regressed after six months, however. One notable finding was that improvements were most significant in trial participants suffering from both traumatic brain injury and PTSD.

"Results suggest that hyperbaric oxygen may have a favorable effect that merits further study in service members, especially in those with PTSD," said Dr. Lin Weaver, principal investigator and a member of the Hyperbaric Medicine Department of LDS Hospital. "This could be a promising avenue for further research."

Dr. Steffanie Wilson, Emmes biostatistician and principal investigator of Emmes' data analysis and management center for the research team, said, "We are planning to produce more in-depth papers on the findings of this study." She added that additional research could address such issues as dosing, length of treatment and patient selection.

According to Dr. Anne Lindblad, president and chief executive officer of Emmes, "We learned a great deal from this research, from design to outcomes to logistics. This will be extremely helpful in developing more efficient clinical trials in the future and ultimately more effective ways to treat brain injuries and PTSD."

About the Paper

The paper was published in the March/April issue of the [Undersea and Hyperbaric Medicine Journal](#). Non-subscribers can access the paper for a nominal fee.

About the Contract

This material is based upon work supported by the Department of Defense under Contract No. W81XWH-15-D-0039-0003. The views, opinions and/or findings contained in this report are those of the author(s) and should not be construed as an official Department of the Army position, policy or decision unless so designated by other documentation. In the conduct of research where humans are the subjects, the investigator(s) adhered to the policies regarding the protection of human subjects as prescribed by Code of Federal Regulations (CFR) Title 45, Volume 1, Part 46; Title 32, Chapter 1, Part 219; and Title 21, Chapter 1, Part 50 (Protection of Human Subjects).

About Emmes

We collaborate with our clients to produce valued, trusted scientific research. Our team members at Emmes are passionate about making a difference in the quality of human health, and we have supported more than a thousand studies across a diverse range of diseases since our formation in 1977. Our research is contributing to a healthier world. For more information, visit the Emmes website at www.emmes.com.