The **Help Our Wounded (HOW) Foundation of South Florida** is a nonprofit 501c3 organization continuously working to help people suffering from concussions (mTBI), traumatic brain injuries (TBI), and post-traumatic stress (PTS) through hyperbaric oxygen therapy (HBOT). HOW is located near the campus of Delray Medical Center in Florida, and is currently enrolling high school and college athletic departments in their "**Concussed Student Athlete Program** (CSAP)."

At present, HOW has been granted funds to treat 18 acutely-concussed student athletes in Florida within the first week of sustaining a head injury. HBOT is 100% medical-grade oxygen, administered by clinicians in independent medical facilities and has been proven to be effective helping wounds recover in both the body and brain. Integral to HOW Foundation's CSAP is the education component. HOW and their Sports Ambassador Team will be offering informative sessions on "The Benefits of Sports and the Importance of Concussion Awareness" to reinforce the benefits of students reporting injuries. This narrative replaces the dangerous, old-fashioned sports culture of "toughing out" and "shaking off" head injuries. In fact, ignoring even minor head injuries can result in serious consequences; most have heard sad stories of former college or even high school-athletes committing suicide as a result of suffering ongoing concussion symptoms.

HOW Foundation wants to help prevent this from ever happening again and to enable students to play their favorite sports and to succeed in both academics and life for many, many years by making sure student athletes are aware of head injuries, actively engage in their own wellbeing by reporting head injuries, and are able to access HBOT to effectively bolster the brain's recovery system. HOW Foundation boasts a 95% successful recovery rate from the concussions we have seen since our inception in 2014. This success makes us confident we can help our South Florida concussed student athletes.

Please see Dr. Daphne Denham's interview on acute concussions as well as a link to a former D1 athlete we helped who was treated successfully for chronic concussions with HBOT:

https://www.youtube.com/watch?v=XwCjE_ZpFbA&t=12s



Testimonial from former D1 Softball athlete – Briana's Journey:



https://bit.ly/HBOTandAthletes

There are plans for a few chronically concussed student athletes to be part of the program, although CSAP mainly focusses on Dr. Daphne Denham's protocol for treating concussions within 1 week with an average of 3 sessions of HBOT. Her study of 350 high school athletes in Fargo, North Dakota had completely successful outcomes in all but two of the students who were not able to finish their treatments.

To learn about how to participate, please contact **Ms. Hilary C. Loftus**, *Healthcare Education Director* for HOW Foundation at hilary@howfoundationsf.org or call the office at (561) 450-6213. **HOW in Instagram**.