

Hyperbaric oxygen + standard Tx benefits sudden hearing loss

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(HealthDay)—Hyperbaric oxygen therapy (HBOT) added to standard

medical therapy (MT) seems beneficial for sudden sensorineural hearing loss (SSNHL), according to a review published online Sept. 27 in *JAMA Otolaryngology-Head & Neck Surgery*.

Tae-Min Rhee, M.D., from the National Maritime Medical Research Center in Changwon, Korea, and colleagues conducted a systematic review and meta-analysis to compare HBOT + MT with MT alone for [patients](#) with SSNHL. Data were included from three [randomized clinical trials](#) and 16 nonrandomized studies, comparing outcomes in 2,401 patients with SSNHL.

The researchers found that compared with the MT alone group, the HBOT + MT group had significantly higher pooled odds ratios for complete hearing recovery and any hearing recovery (odds ratios, 1.61 and 1.43, respectively). There was also a significantly greater absolute hearing gain in the HBOT + MT group versus the MT alone group. The benefit of HBOT was greater in groups with severe to profound [hearing](#) loss at baseline, HBOT as a salvage treatment, and a total HBOT duration of at least 1,200 minutes.

"Optimal criteria for patient selection and a standardized regimen for HBOT should be applied in routine practice, with future trials to investigate maximal treatment benefit," the authors write.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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