

HBOT4HEROES 2025 IMPACT REPORT



Restoring Lives Through Hyperbaric Oxygen Therapy



TABLE OF CONTENTS



LETTER FROM LEADERSHIP.....	1
2025 AT A GLANCE.....	2
WHO WE ARE.....	3
IMPACT STORIES.....	4
PROGRAMS & SERVICES.....	5
CLINICAL OUTCOMES & OVERVIEW.....	6
ADVOCACY & AWARENESS.....	7
PARTNERSHIP & COMM. SUPPORT....	8-10
FINANCIAL OVERVIEW.....	11
BOARD & LEADERSHIP.....	12
LOOKING AHEAD TO 2026.....	13
THANK YOU TO OUR SUPPORTERS.....	14



A Mission Fueled by Hope & Proven by Results

Every veteran carries a story. For many, that story includes invisible wounds—traumatic brain injuries, emotional trauma, and challenges that persist long after service ends.

At HBOT4Heroes, we believe those stories can change.

Because of your support, they already are.

In 2025 alone, HBOT4Heroes funded 4,208 Hyperbaric Oxygen Therapy treatments for veterans in need. Yet even as we expanded access, the need continued to grow—with more than 100 veterans still waiting for care.

Since our founding in 2021, we have funded over 10,500 treatments, helping nearly 350 veterans nationwide—including 328 here in North Carolina—access life-changing therapy that was once out of reach.

This year’s outcomes continue to reinforce what we see every day: meaningful improvements in cognitive function, reductions in PTSD symptoms, and measurable decreases in depression, anxiety, and suicidal ideation. These are not just numbers—they are lives restored, families strengthened, and futures reclaimed.

Still, our work is far from finished.

As we look ahead to 2026, our focus remains clear: expand access, reduce wait times, and ensure that no veteran is denied care due to cost, awareness, or system limitations.

Because of you, healing is happening.
Because of you, hope is returning.
Because of you, lives are being restored.

And because of you, we will continue this mission until every veteran who needs care can receive it.

With deep gratitude,

Edward R. di Girolamo, PE Executive Director



Stop Suicide & Restore Lives with Hyperbaric Oxygen

HBOT4Heroes is a 501c3 nonprofit registered in the US under EIN 92-3494632
P.O Box 13887, Durham, NC 27709
919.874.5754 | www.hbot4heroes.org



2025 at a Glance

EXPANDING ACCESS. DELIVERING MEASURABLE OUTCOMES. RESTORING LIVES.

80

VETERANS SERVED

4,208

TREATMENTS FUNDED

58%

RESOLVED SUICIDAL IDEATION

45+

COUNTIES SERVED

\$256K+

FUNDS GENERATED

★ CLINICAL OUTCOMES

↓ 50% POST-CONCUSSION SYMPTOMS

↓ 45-54% DEPRESSION

↓ 50-53% ANXIETY

↓ 26-30% PTSD

★ 2025 HIGHLIGHTS

 Q1: EXPANDING ACCESS

 Q2: PROVING OUTCOMES

 Q3: NATIONAL RECOGNITION

 Q4: INCREASING DEMAND

Outcomes reflect data from veterans participating in HBOT4Heroes-supported treatment programs in 2025. Results are based on standardized pre- and post-treatment assessments among participants completing a Hyperbaric Oxygen Therapy protocol. Percent improvements represent average changes across validated symptom measures. Resolution of suicidal ideation reflects participants who reported ideation at intake & no longer reported ideation at post-treatment. Individual results may vary.



Who We Are

HBOT4Heroes restores lives affected by traumatic brain injury & invisible wounds through access to Hyperbaric Oxygen Therapy.

STOP SUICIDE. RESTORE LIVES.

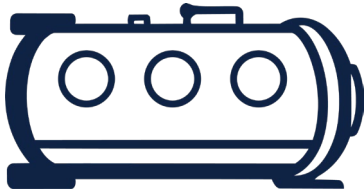
Every day, 44 veterans lose their battle at home. We provide life-saving Hyperbaric Oxygen Therapy to veterans suffering from traumatic brain injury and PTSD — giving them a second chance at life.



WHY HBOT?



Hyperbaric Oxygen Therapy (HBOT) delivers increased oxygen to injured areas of the brain—supporting healing, reducing inflammation, and improving function.



TREATMENT

Restoring brain health



ACCESS

Removing financial barriers



ADVOCACY

Expanding awareness & access

Through structured treatment protocols & standardized outcome tracking, HBOT4Heroes is demonstrating the real-world impact of HBOT for veterans nationwide.



SERVING VETERANS ACROSS NORTH CAROLINA AND EXPANDING ACCESS TO CARE NATIONWIDE

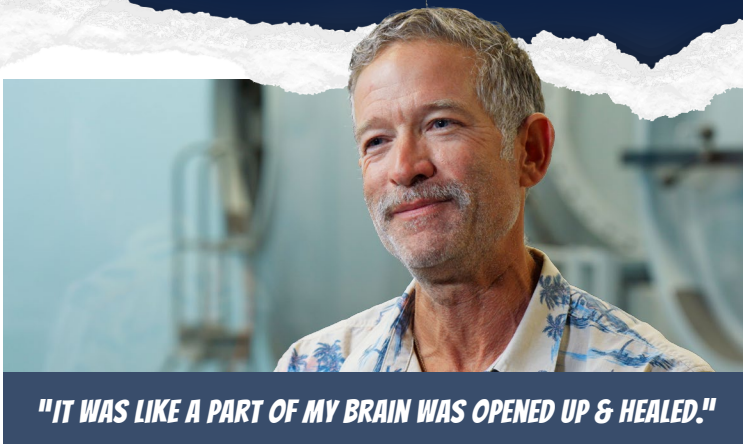


Major Jim Capers

Major Capers has lived for decades with the physical and emotional effects of combat—multiple injuries, chronic pain, and the lasting impact of PTSD.

Through Hyperbaric Oxygen Therapy, he began experiencing measurable changes. He reported improved mobility, reduced pain, and increased mental clarity. Even after a lifetime of injuries, he describes feeling better—physically and emotionally—than he had in years.

"...FOR THE MOST PART I FEEL LIKE TARZAN SOMETIMES, YOU KNOW?"



Chief Graham Horne

After years of service, Graham struggled with cognitive issues, memory loss, and mental fatigue. During HBOT, he began to notice a shift—clearer thinking, improved recall, and renewed mental sharpness.

What stood out most was how quickly those changes began, allowing him to regain abilities he thought were permanently lost.



Sergeant Major Mike Merzke

After years of dedicated service and ongoing physical and mental challenges, Mike entered the program. Through the course of treatment, he reported improvements in both physical function and mental clarity.

He describes feeling stronger, more capable, and better able to manage the lasting effects of his experiences.



TREATMENT

At the heart of HBOT4Heroes is direct, life-changing treatment.

Participants receive structured Hyperbaric Oxygen Therapy in a safe, controlled environment designed to support recovery from TBI, PTSD, and other neurological conditions. Each treatment plan emphasizes consistency, progress tracking, and real results.



FOCUS AREAS

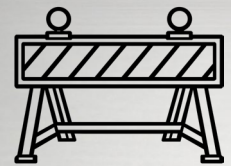
- SUICIDE PREVENTION
- COGNITIVE AND EMOTIONAL RESTORATION
- PTSD SYMPTOM RELIEF
- TBI RECOVERY



ACCESS

Healing should be within reach—no matter the circumstance.

HBOT4Heroes eliminates the financial and logistical barriers that often prevent veterans and first responders from receiving treatment. Through partnerships and direct support, we make access possible for those who need it most.



BARRIERS WE REMOVE

- COST OF TREATMENT
- TRAVEL DISTANCE
- LIMITED PROVIDER AVAILABILITY



EDUCATION

Knowledge drives access—and access changes lives.

HBOT4Heroes is committed to raising awareness about Hyperbaric Oxygen Therapy and its potential to treat invisible injuries. Through education, we empower individuals, families, and providers to make informed decisions about care.



WHAT WE SHARE

- CLINICAL RESEARCH
- SUCCESS STORIES
- CLEAR & ACCESSIBLE RESOURCES

North Carolina Oct. 2024 - Dec. 2025 HBOT Programs

ANAM Negative Mood Scores for 80 patients

● Pre-HBOT ● Post HBOT

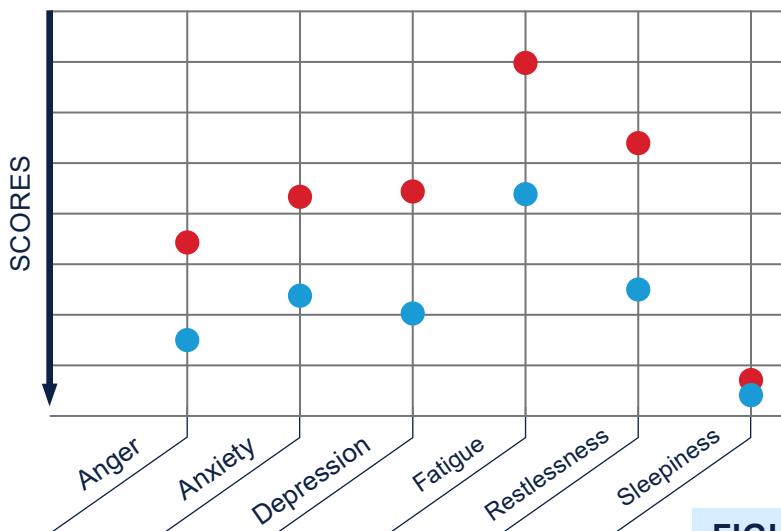


FIGURE 1

North Carolina Oct. 2024 - Dec. 2025 HBOT Programs

ANAM Positive Mood Scores for 80 patients

● Pre-HBOT ● Post HBOT

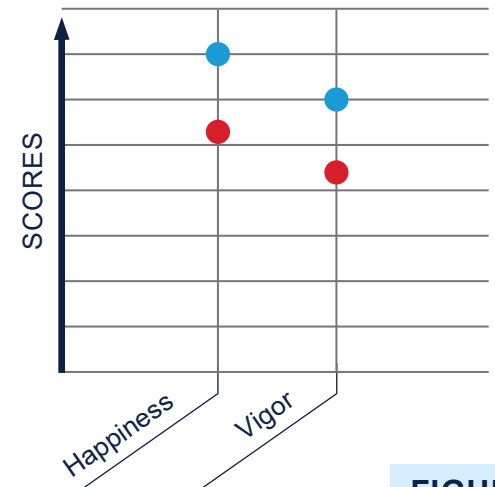


FIGURE 2

LEARN MORE

VIEW THE FULL REPORTS ONLINE:



BY THE NUMBERS

All 80 veterans experienced a decrease in negative mood indicators shown in Figure 1.

This outcome, taken together with an increase in positive mood shown in Figure 2 below, is correlated with reduced suicidality.

WHAT IMPROVES?

- MENTAL CLARITY & FOCUS
- EMOTIONAL STABILITY
- SLEEP QUALITY
- ENERGY AND RESILIENCE

These changes often translate into increased independence, stronger relationships, and a renewed sense of purpose.



HOW WE MEASURE IMPACT:

Every participant's journey is tracked to ensure progress is visible and meaningful.

- 1 PRE- & POST-TREATMENT ASSESSMENTS
- 2 STANDARDIZED SYMPTOM TRACKING
- 3 ONGOING PROGRESS EVALUATIONS

LOOKING AHEAD

Through trusted partnerships, we are implementing enhanced follow-up procedures and data tracking to measure the program's long-term success. In doing so, we aim to better demonstrate sustained outcomes in suicide prevention.

Expanding awareness, building impactful partnerships, and elevating the national conversation around veteran brain health to create lasting change and quality of life improvements.

NARRATED BY
JOE MANTEGNA

FEATURED IN NATIONAL DOCUMENTARY

HBOT4Heroes was featured in the documentary “PTSD: The Invisible Enemy,” a national project highlighting the lasting impact of post-traumatic stress on veterans and the urgent need for effective treatment options. The documentary earned 5 Telly Awards, including Gold in Editing, Narration, and Documentary.



FEATURED MOMENTS

ABC11 WTVD

Featured story on veterans finding hope through HBOT, including Mike Merzke’s treatment journey.

NEWSMAX

Ambassador Bob Burton featured in national interviews on both Veterans Day and Memorial Day, highlighting veteran recovery and HBOT awareness.

CAROLINA HURRICANES & CHARLOTTE HORNETS

Recognized during Military Appreciation Night and Hoops for Troops, honoring veterans and raising awareness for HBOT4Heroes.

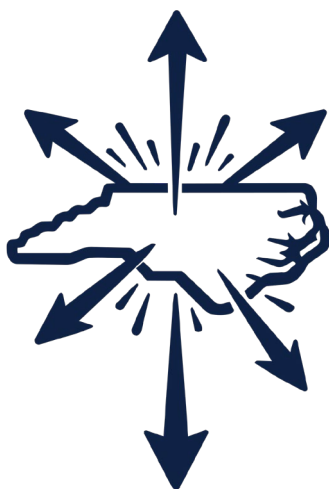
94.7 QDR AND CURTIS MEDIA GROUP

Exclusive media partner for Suicide Prevention Week events, amplifying awareness across North Carolina.



GROWING REACH & AWARENESS

- Featured on WRAL, WWAY, WECT, and The Center Square
- Live broadcast from the North Carolina General Assembly
- Podcast features including Stuff That Matters, American Grit, and Hyperbaric Oxygen Therapy Podcast
- Featured in Why Not HBOT by Kevin Hensley
- 20,000+ new social media followers in 2025



BUILDING MOMENTUM NATIONWIDE

14 states have enacted or funded HBOT access for veterans.

HBOT4Heroes continued direct engagement with lawmakers in North Carolina while supporting growing legislative momentum across the country.

Additional states are actively considering legislation to expand access in 2026.



Partnership & Community Support

HBOT4Heroes is built on the strength of its partnerships. By working alongside foundations, nonprofits, and community organizations, we expand access to care, amplify awareness, and create a more complete support system for those we serve.

VOICES FROM OUR COMMUNITY:

DONOVAN & BANK FOUNDATION

The mission of the Donovan and Bank Foundation is to help special operations service members who are retiring or otherwise leaving military service, “Bring closure to their warrior story and transition to a life of peace, contentment, and balance.”

To that end, over the past year we have referred numerous North Carolina veterans to HBOT4Heroes for what literally amounts to life-changing treatment and lasting healing. It is hard to convey the emotional impact of someone saying: “I finally feel like my old self again,” “I feel like I have my life back,” or, “Thank you for giving me my husband back.”

The Donovan and Bank Foundation is grateful to play a small role in making these things happen, none of which would be possible without the great people at HBOT4Heroes. They make it all happen, and the value they provide in terms of lives changed, and in some cases, lives saved, is almost impossible to quantify.

– **Colonel (Retired) Stu Farris**

Director of Special Operations Events

GRUNT STYLE FOUNDATION

The Grunt Style Foundation is proud to stand alongside HBOT4Heroes in a partnership rooted in one shared belief: veterans deserve more options, better tools, and real alternatives when it comes to their mental and physical health.

Both of our organizations recognize a hard truth too often overlooked - inflammation is a key driver in the veteran health crisis. Chronic inflammation fuels pain. Pain too often leads to dependency. Dependency can spiral into isolation, despair, and, tragically, suicide. Hyperbaric Oxygen Therapy (HBOT) represents another tool - not a cure-all, but a critical option - in breaking that cycle. By addressing inflammation at its source, HBOT has the potential to reduce pain, support neurological recovery, and give veterans alternatives to pharmaceutical-heavy pain management strategies.

This partnership is about expanding choices. It's about meeting veterans where they are and offering paths forward that prioritize healing over numbing, agency over dependency, and hope over resignation. We believe that when veterans are given real options, they make real progress. HBOT is one more way to interrupt destructive patterns and replace them with opportunity, clarity, and renewed control over their own health journey.

Together, Grunt Style Foundation and HBOT4Heroes are committed to pushing that mission forward - relentlessly, responsibly, and always in service of those who have already given enough.

– **Tim Jensen, Co-Owner Grunt Style LLC**

President, Board of Directors

I LOVE EVERYONE FOUNDATION

The I Love Everyone Foundation was proud to partner with HBOT4Heroes in 2025 because their work directly reflects our mission: restoring hope to individuals living with chronic injury or illness who are too often forgotten. Hyperbaric Oxygen Therapy is a critical thread in that mission. Through this partnership, we helped elevate awareness and access to HBOT as a life-restoring option, not only for veterans and first responders, but also for civilians. HBOT4Heroes also showed tangible community support by bringing participants to our golf fundraiser, including an individual who honored our mission by performing the national anthem, an expression of shared values and commitment beyond the clinical setting.

One powerful example of the “possibilities” we seek to create is reflected in a man who suffered a catastrophic 40-foot fall resulting in a traumatic brain injury. For years, his recovery felt uncertain, and his sense of purpose diminished. Through access to Hyperbaric Oxygen Therapy, made possible by our partnership with HBOT4Heroes, he describes feeling as though he is getting his life back, regaining clarity, confidence, and momentum he once believed was lost.

The I Love Everyone Foundation chose to support HBOT4Heroes precisely because this work transforms hope into action. This “possibility” reflects our core belief: every life is intrinsically valuable, regardless of injury, diagnosis, or level of independence; and every person deserves access to pathways that help them move forward with dignity and purpose. Together, this collaboration demonstrated how aligned organizations can turn compassion into action, strengthen community ties, and deliver meaningful, measurable hope.

– **Karee White**

Director & Secretary, Board of Directors



THE JOEL FUND

Looking back at 2025, our partnership with HBOT4Heroes has been a true highlight for The Joel Fund. Whether we were setting up tables at community outreach events, brainstorming ways to reach more veterans, or sharing information during our VMFA panel discussions, their dedication to veteran wellness has been inspiring to witness. Seeing the impact of their Hyperbaric Oxygen Therapy first-hand reminds us that healing comes in many forms, and we are incredibly proud to work alongside a team so committed to providing veterans with innovative paths to recovery from TBI and PTSD.

This collaboration is important, because we know that no single organization can provide everything a veteran needs. While The Joel Fund focuses on healing through community and the arts, HBOT4Heroes addresses the vital physiological aspects of recovery. By showing up together, we create a more comprehensive support system, making it easier for veterans to find the specific tools they need to thrive. 2025 showed us that when we combine our voices and resources, we don't just reach more people - we build a stronger, more connected community for those who served.

– **Brooke Dickhart**

Executive Director



Partnership & Community Support

NORTH CAROLINA VETERANS BUSINESS ASSOCIATION

NCVETBIZ is honored to partner with HBOT4Heroes, working together to bring valuable resources to our veterans and veteran families. The life-saving work and treatments they provide to our military and veteran families is truly remarkable. However, it doesn't end there. The HBOT4Heroes family has attended and enhanced our events over the past few years, setting up tents at our Annual Golf Tournament, and tables at many of our major events throughout NC. Their support and attendance at our annual golf tournament has become a favorite stop for all our players and members. We often see 5 and 6 foursomes backing up at hole # 17 as our supporters stop and visit with the HBOT family. This is the foundation of our working together!

I'd like to think, when we work together to support our veterans and military spouse families, our message is stronger. The strong support of our partnerships is the foundation in the message we bring to our members. To work with an organization where their primary "Mission" is to save lives, is truly a blessing.

As we develop our programs for 2026 and beyond, we are so fortunate to have HBOT4Heroes working together with us. We are truly grateful for the work they do, and thankful for the friendships we enjoy.

– **George Copeland**

Member, Board of Directors

MISSION ROLL CALL

We are grateful for the work HBOT4Heroes is doing to expand awareness of Hyperbaric Oxygen Therapy and to give Veterans clear, accessible information about emerging treatment options.

Our collaboration around the MRC University segment allowed us to help Veterans better understand what HBOT is, how it is used, and where it may fit within the broader landscape of TBI and PTSD care. HBOT4Heroes' subject-matter expertise and willingness to educate our team ensured that we could represent this information accurately in both our educational content and our legislative discussions.

HBOT4Heroes is a mission-driven organization committed to improving the lives of Veterans and their families. We appreciate their professionalism and their dedication to advancing conversations that matter to the Veteran community. We look forward to continuing to work together as we elevate Veteran voices and expand awareness of innovative care options.

– **Valerie Bridgham**

Operations Manager

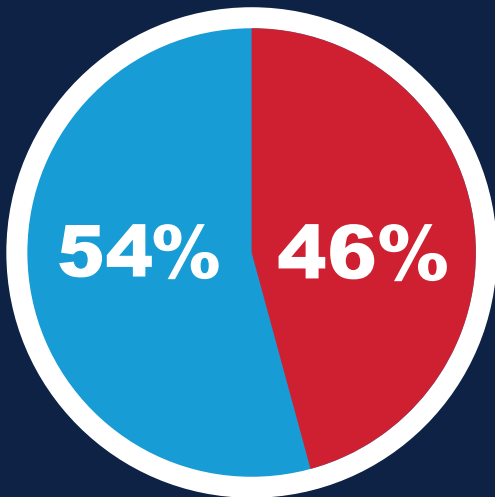


THE FUTURE OF OUR PARTNERSHIPS

As we move forward, partnerships will continue to be at the core of our growth. Together, we are building something bigger than any one organization — a community dedicated to healing.

In 2025, HBOT4Heroes continued to grow as a young nonprofit, operating without North Carolina state funding. Despite this lack of state funding, we remained committed to pulling out all the stops to keep veterans moving through our program. Through the dedication of our team, partners, and supporters, we successfully generated the resources necessary to expand access to Hyperbaric Oxygen Therapy.

This program continues to experience demand that exceeds available funding sources, resulting in a waitlist that has consistently exceeded 100 veterans throughout the year.



2025 FUNDING BREAKDOWN

FUNDRAISING EVENTS (GROSS):
\$138,000

CONTRIBUTIONS, GRANTS & DONATIONS:
\$118,000

TOTAL FUNDS GENERATED:
\$256,000

- FUNDRAISING EVENTS (GROSS)**
- CONTRIBUTIONS, GRANTS & DONATIONS**



A YEAR OF GROWTH

As a nonprofit in its early stages, 2025 was defined by determination and momentum. Without state funding, every dollar raised was the result of community support, partnerships, and unwavering effort.

These funds allowed us to move veterans in crisis into care, expand program capacity, and lay the groundwork for future growth.

HBOT4Heroes is built on the strength of its partnerships. By working alongside foundations, nonprofits, and community organizations, we expand access to care, amplify awareness, and create a more complete support system for those we serve.



Edward R. di Girolamo, P.E.
Chairman

Founder and CEO of multiple companies, including The Steel Network, Edward brings decades of leadership in engineering, innovation, and Hyperbaric Oxygen Therapy advancement. A U.S. Navy veteran, his work is driven by a deep commitment to improving the lives of veterans.



Dr. Xavier A. Figueroa, Ph.D.
Vice Chairman

With a background in neurobiology and research, Dr. Figueroa provides scientific and clinical insight that helps guide HBOT4Heroes' approach to treatment and outcomes.



Dr. Edward Fogarty, M.D.
Treasurer

A leader in radiology and neuroimaging, Dr. Fogarty has advanced clinical innovation and medical education throughout his career. His work in hyperbaric medicine research has helped validate treatment protocols for neurological recovery and chronic brain injury.



Christy Thalheimer, M. Ed.
Secretary

With a background in nonprofit leadership and education, Christy brings a strong focus on community advocacy and access to care. Her personal connection to HBOT and experience supporting military families drive her commitment to expanding its impact.

Dr. Paul G. Harch, M.D.

Pioneer in hyperbaric medicine, advancing HBOT research for TBI and neurological conditions.

Dr. Daphne W. Denham, M.D.

Trauma surgeon expanding access to HBOT through clinical practice and treatment centers.

Dr. Kent J. Maclaughlin, Ph.D.

Researcher studying the physiological effects of HBOT on brain injury and recovery.

Additional Board Members: Christian Bogner, M.D. and Michael Pierce, DC

EVENTS THAT DRIVE IMPACT AND SUPPORT OUR MISSION

Our events play a critical role in building awareness, strengthening community, and funding treatment.



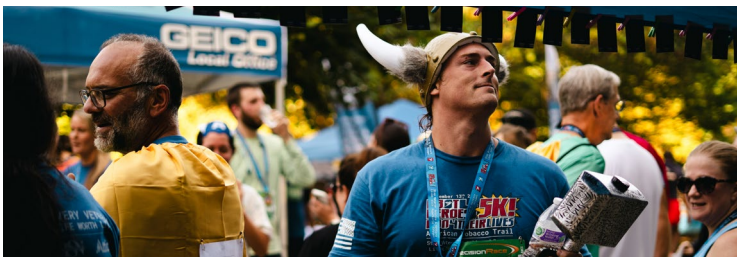
Ride4TheirLives with Raging Bull Harley-Davidson *Spring 2026*

A motorcycle ride bringing the community together in support of veterans and first responders, raising awareness and critical funding for life-changing HBOT treatment programs.



An Evening of Bravery *Fall 2026*

Bringing together supporters, partners, and community leaders for a powerful night of storytelling and impact, raising vital funds to expand access to life-changing Hyperbaric Oxygen Therapy.



Run4TheirLives *Fall 2026*

A purpose-driven 5K event that raises awareness and essential funds to support veterans and first responders on their journey toward healing through Hyperbaric Oxygen Therapy.

EXPANSION INTO JACKSONVILLE, NC

Extivita is expanding with a new clinic in Jacksonville, North Carolina, increasing access to Hyperbaric Oxygen Therapy for veterans and first responders in the region. Located near a large military population, this facility will reduce travel barriers and wait times. In partnership with HBOT4Heroes, the clinic will serve as a critical access point, helping more individuals begin their journey toward recovery and improved quality of life.





Thank You to Our Supporters

**BECAUSE OF OUR
SUPPORTERS,
HEALING IS POSSIBLE**

Every life changed through HBOT4Heroes is made possible by the generosity, support, and belief of our community. We are deeply grateful to our donors, partners, volunteers, and advocates who stand with us in this mission.

- 94.7 QDR
- American Legion #284
- American Legion #545
- Angus Barn
- Applied Science International
- Atticus, LLC
- Basnight & Son
- Benjamin Coolbaugh
- Best Immune Support
- BHawk
- Buffalo Trace Distillery
- Burt Family Foundation
- Butler Family Chiropractic
- Camrett Logistics
- Carolina Hurricanes
- Celestial Rex
- Century 21 - Hancock Properties
- Crumbl Cookies Brier Creek and Chapel Hill
- Dunphy Family
- Dunson Pools & Spa
- EmergeOrtho Charitable Fund
- Extivita - RTP, LLC
- Fleet Reserve Association - Del Herrmann Branch 299
- Fogarty Family
- Food Lion
- Forty & Eight
- Four Families Roofing, LLC
- FRA Del Hermann Branch #299
- Game Day Men's Health - Cary

- Geico Cary - Cameron Martin
- Geico Garner - Charity Sexton
- Geico Military
- Geico Raleigh - Frank Fortunato
- Grunt Style Foundation
- HBOT News Network
- Heroux Family
- I Love Everyone Foundation
- IBX Media
- iExpress Genes
- Infuse Wellness
- JMC - Jason Michael Carroll
- Jill Wilson
- Johnson Lexus of Durham
- Johnson Lexus of Raleigh
- Just Call CJ Handyman Services
- LifeSpan Homes
- Lowe's Food
- Marine Federal Credit Union
- Merzke Custom Solutions
- Michael Dorris
- Mintz Inc Commercial Interiors
- Mission BBQ
- Mission Roll Call
- Murphy, Gregory M.D.
- NC Veterans Business Association
- Ohlins
- Orange County Veterans Memorial

- Raging Bull Harley-Davidson
- Rand Coca-Cola Beverages Inc
- Residents of Creekside at BethPage
- Rice Family
- Sarver Pools
- Sella Family
- Skyline Strategies
- State Farm - Jana Lake
- State Farm - Mary Wilson
- TeamLogic IT
- Texas Roadhouse - Wake Forest
- The Burt Family Foundation
- The Community Foundation of NC East
- The Leberz Family Foundation
- The Steel Network, Inc
- The Wawa Foundation
- Tito's Vodka
- Tobacco Wood Brewing Company
- Total Wine & More
- Triangle Shooting Academy
- TSN Off-Road
- UNC Athletics
- Velvet Rodeo
- Veterans Contracting, LLC
- Viking Bags
- Wales Family
- Walking Marine - Terry Sharpe
- Wise Insurance Services



VISIT US
ONLINE

“STOP SUICIDE.
RESTORE LIVES.”

WWW.HBOT4HEROES.COM



A HERO'S STORY: THE LASTING IMPACT OF HBOT

My experience with the HBOT 4Heroes program at Extivita in May 2024 marked a turning point in my life. After sustaining a traumatic brain injury during my service in the U.S. Marines in 2009, I experienced progressively worsening cognitive decline over the years. Especially severe memory lapses that interfered with daily functioning. At my lowest point, I struggled to recall basic personal information, including my own date of birth, and found myself unable to perform in situations like job interviews. These

symptoms were accompanied by chronic insomnia and depressive episodes, creating a compounding effect that impacted every aspect of my life.

Following completion of the 40-dive HBOT protocol. I experienced a profound restoration of cognitive function. My memory returned, my mental clarity stabilized, and the insomnia and depression tied to my TBI subsided. Nearly two years later, these improvements have not only been sustained but have allowed me to operate with a level of sharpness and consistency I had not experienced since before my injury. This program did not simply provide temporary relief, it restored a sense of normalcy, capability, and long-term resilience that fundamentally changed my trajectory.

David Miller, April 2026