

## “Hydrogen water intake via tube-feeding for patients with pressure ulcer...” (2013)

**The big question was:** Could hydrogen water help wounds heal faster and support skin repair?

**First – what is a pressure ulcer?** Pressure ulcers (bed sores) happen when: Skin and tissue become damaged from long periods of pressure, poor circulation, and inflammation.

These wounds can be: ❌ slow to heal ❌ painful ❌ prone to infection.

These are difficult wounds that can take months to heal.

**What did researchers do?** Researchers studied: 22 elderly hospitalized patients with pressure ulcers. All patients received: ✅ standard wound care ✅ nutrition support

**But they also added:** 💧 Hydrogen water through tube feeding (about 600 mL per day).

Researchers then tracked: 📏 wound size ⏳ healing time 🏥 hospital stay length.

**They also tested hydrogen on:** 🧬 human skin cells in the lab to see what might be happening biologically. What happened? Wounds became smaller

**Researchers found:** Wound size reduced significantly in patients after hydrogen water intake.

In the group that responded best: **Wound size improved by about 91%.**

**Simple English:** Many wounds got noticeably smaller over time. Healing appeared faster

Patients in the better-response group had: **Shorter hospital stays (about 28% shorter).**

Some patients seemed to recover more quickly.

What did the lab testing show? Researchers wanted to know:

Why might hydrogen help skin repair?

**They tested:** 1. Collagen production. Hydrogen appeared to help: Support type-1 collagen production in skin fibroblast cells.

Why does this matter? Collagen is: The “scaffolding” that helps skin rebuild and stay strong.

**Simple English:** Hydrogen may help support skin rebuilding.

**Oxidative stress reduction** Skin cells exposed to stress showed:

Lower levels of reactive oxygen species (free radical damage) with hydrogen water.

**Hydrogen appeared to help protect skin cells from damage.** Better skin-cell survival

Researchers also found: Skin cells stayed healthier after stress exposure when hydrogen was present.

Meaning: Cells seemed more resilient and better able to repair themselves.

**This study suggests:**

Hydrogen water may help support wound healing and skin repair – particularly where inflammation and oxidative stress are involved.

To Read The Full Study

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