



What is Oxygen Therapy?

Oxygen is essential and part of the air that we breathe. Some people cannot get enough oxygen into their lungs naturally. In these cases, supplemental oxygen may be prescribed to help you breathe and manage respiratory conditions. There are several different types of devices that can be used to provide oxygen by setting a flow rate. You will be evaluated by your doctor and respiratory therapist to determine if you are a candidate for oxygen therapy and the amount of oxygen you may need.

What are the Benefits of Wearing Oxygen?

Using oxygen when you are prescribed can help lengthen your life expectancy.

Oxygen may reduce shortness of breath. It may not take away your shortness of breath completely, but it may help you feel less short of breath.

With the assistance of oxygen, you may achieve an active lifestyle.

Using the correct amount of oxygen may make you feel less tired.

Oxygen therapy can cause less stress on the heart, lungs, and blood vessels.

Support

Having to wear oxygen can be overwhelming. It is important to have a group of people that you can go to for help. Having a support system will benefit your physical and emotional health.

Pulmonary rehabilitation develops a program tailored to you and your needs. This will include exercising your lungs along with educating you on your specific respiratory condition. Ask your doctor about pulmonary rehab if you feel this might be a good fit for you.

There are also virtual support groups that you might find helpful. Better Breathers Club and Right2Breathe are just two of many support groups.