

## How Can Oxygen Therapy Help Me?

Supplemental oxygen does not cure lung disease, but it is an important therapy that improves symptoms and organ function.



### Be Less Short of Breath

- Oxygen therapy can help you by decreasing your shortness of breath or breathlessness.
- Oxygen won't completely take away your shortness of breath, but it can help many lung disease patients feel less breathless during everyday activities.
- Not everyone who has shortness of breath is a candidate for oxygen, so be sure to talk to your doctor about whether it is right for you.



### Feel Less Fatigued

- When you are not getting enough oxygen, it can make you feel very fatigued.
- Simple tasks, such as doing household chores, can be a struggle.
- Oxygen therapy can help circulate more oxygen into your bloodstream which can improve your energy levels.



### Sleep Better

- People with lung disease often have a hard time sleeping or don't get very restful sleep.
- There are many reasons for this, but one is that people with lung disease lose oxygen in their blood overnight, especially during REM sleep.
- Using oxygen therapy at night allows your body to get more oxygen into the bloodstream so that you may get a better night's sleep.
- Your doctor may recommend you do a sleep study to determine whether supplemental oxygen at night is right for you.



### Be More Active

- Oxygen therapy may help you become more active and get you back to doing the activities you enjoy.
- Many people with lung disease use oxygen during exercise, to run errands, to do chores, and even when flying.
- There are ways to do just about everything you love while using oxygen.
- When your body has enough oxygen, you will have more energy to be more active.
- Staying active is a key part of staying as healthy as possible.