

How Can Oxygen Therapy Help Me?

Supplemental oxygen does not cure lung disease. It is an important therapy that improves symptoms and helps your lungs, heart, and other organs work better. Supplemental oxygen is prescribed by your doctor. To determine if you need supplemental oxygen, your doctor will perform certain medical tests.



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.