

## oxygen therapy

### **What is Oxygen?**

Oxygen is a drug which is a basic element in the form of gas

You may often see Oxygen written as O<sub>2</sub>.

### **Why do we need Oxygen?**

Every cell in the body needs energy to function. Cells get their energy from a combination of the food we eat and the oxygen from the air we breathe.

Food + O<sub>2</sub> = Energy + CO<sub>2</sub> (Carbon Dioxide)

Energy enables us to use our muscles to breath, perform work and carry out all bodily functions.

### **Safety Rules**

Oxygen does not explode. Oxygen does not burn all by itself. It is one of the three ingredients necessary for a fire to occur. Oxygen supports fire and is necessary for fire to burn. So, if oxygen is exposed to an open flame, it will make the fire burn and spread very quickly.

### **Who needs supplemental Oxygen?**

Some of the people who may need oxygen include those with chronic lung diseases, asthma, congestive heart failure and/or cystic fibrosis.

### **How long will I have to be on supplemental Oxygen?**

This varies with the individual and their underlying condition. Your doctor will make the decision based on how you are feeling.

### **Oxygen at Home**

Oxygen is a drug that must be ordered by your doctor. It is ordered to supply extra oxygen to all of your cells to ease the workload of your heart. An exact flow rate, stated in liters per minute (LPM), will be ordered for you. The flow rate must never be changed from what your doctor order because too much or too little oxygen can cause serious complications. The doctor will also tell you when you should wear the oxygen such as during exercise, during sleep, and/or continually.