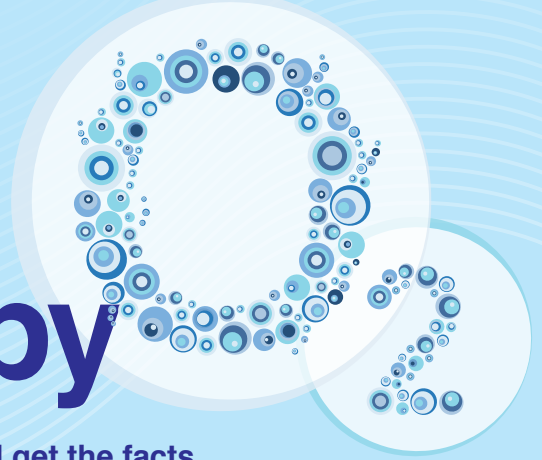


Busting Myths about Oxygen Therapy



If oxygen therapy is recommended for you, ignore the myths and get the facts.

Myth #1

Oxygen means I can't be active.



You will have less shortness of breath and can be more active on oxygen.



Myth #2

Oxygen is addictive.

Oxygen is not addictive.

Myth #3

Oxygen means this is the end.

No, oxygen therapy helps you to live longer, feel better and be more active.

Myth #4

Portable oxygen concentrators meet all oxygen needs.

Portable oxygen concentrators are not good for continuous flow or higher liter flow needs.



Myth #5

Petroleum jelly is best for nose dryness.

Water-based moisturizers are best for nose dryness.

Myth #6

I can't travel with oxygen.

You CAN travel with oxygen; it just takes some planning.



Myth #7

I can use a portable oxygen concentrator during sleeping.

Portable oxygen concentrators don't provide enough oxygen for sleeping.



Myth #8

Oxygen will cause a fire.

Oxygen is not flammable; it supports a flame, but does not cause fires.



Myth #9

Everyone will see the oxygen tubing on my face.

Maybe, but there are many options for oxygen delivery, even glasses.

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