

# Oxygen Therapy

When we breathe in, oxygen enters the lungs and it goes into the blood. When the lungs cannot transfer enough oxygen into the blood, an oxygen therapy program may be necessary to assure that there is enough oxygen in the blood to provide for the body's needs. Oxygen therapy is used to normalize the oxygen level in blood during sleep, rest, activity and during acute illnesses in the hospital. There are many diseases and age ranges for which oxygen therapy may be useful.

There are many benefits of oxygen therapy.

- Oxygen therapy can assist with the growth and development in children with chronic lung conditions.
- In adults with chronic lung disease, studies have shown that long-term oxygen therapy has improved quality and length of life.
- Oxygen can decrease shortness of breath when you are active and allow you to do more.

## When Oxygen Therapy is Required

It is sometimes difficult for you to know when oxygen therapy is required. If your oxygen level is low in your blood, and you experience these symptoms, see your healthcare provider. They can review your overall medical condition and decide what treatment you need.

- shortness of breath
- irritability
- morning headaches or
- ankle swelling.

Parents and other caregivers need to be aware that infants and children with chronic lung disease also may require oxygen therapy. If your child experiences these symptoms, contact your healthcare provider. They can review your child's overall medical condition and decide what treatment is necessary.

- frequent headaches
- behavior changes
- increased irritability
- increased sleepiness or
- a slowing of growth.