

## Effects of Liquid Oxygen

- I still get short of breath but my SpO<sub>2</sub> is higher and my heart rate lower.
- My SpO<sub>2</sub> recovers more quickly when active and my heart rate drops faster.
- Incontinence caused by shortness of breath can be controlled by turning the LPM of oxygen up and briefly remaining inactive, then leisurely walking to the bathroom.
- I have more energy.
- Being out and about is enjoyable, not a struggle.
- It allows me to be far more active.
- It gives me a life!

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### Hors-Sense & Oxygen

<https://hors-sens.com/oxygen/oxygen.html>

### This Brochure



<https://hors-sens.com/11-23-bro.pdf>

### Getting the Needed Oxygen



## Liquid Oxygen Could Cut Costs

In September 2014 I was prescribed supplemental oxygen. In a walk test for a handicap parking permit, it took 3 LPM to keep my SpO<sub>2</sub> in the mid-80s at a slow walk. I knew I needed ambulatory oxygen and a lot of it. I asked about liquid oxygen and was told I couldn't get it. I asked if an Inogen One G3 would supply the oxygen I needed. A respiratory therapist I was seeing wouldn't comment one way or the other.

I bought the G3 and was shipped one with 4 settings delivering 840 ml per minute instead of the G3 with 5 settings delivering 1,050 ml per minute. The G3 provided me less than the equivalent of 2.5 LPM. I struggled to stay active and in 2015 I applied for SSDI and was accepted 3 months later.

From my experience with liquid oxygen in 2022-23 I am positive that if I had been prescribed 6+ LPM of liquid oxygen in 2014 I would still be working today!

Congress, Medicare, and Medicaid saved money in the short term by cutting payments for liquid oxygen but pay more in the long term.



# Horse Sense & Oxygen

## Horse Sense

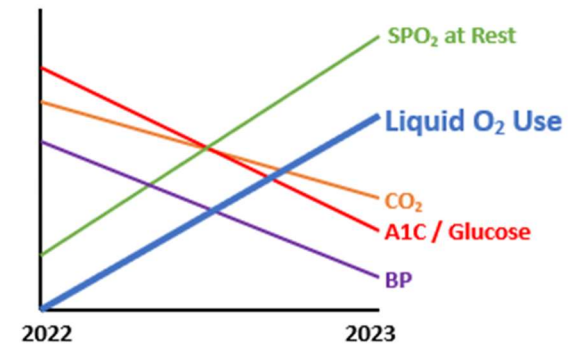
Practical knowledge and good judgment about ordinary life.

*Cambridge Advanced Learner's Dictionary & Thesaurus*

## Supplemental Oxygen

**2 LPM Keeps Me Alive**

**3-10 LPM Promotes Increased Activity, Better Health & a Higher QUALITY OF LIFE!**



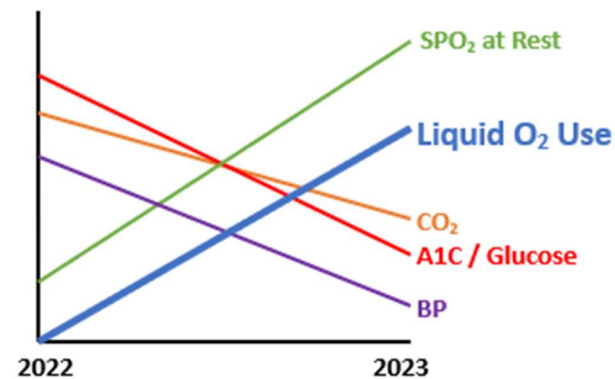
How do we know if horse sense is being used?

**By results!!!**

- **A1C in 2020, 7.0%: in 2021, 8.0 %; in 2022 9.5% and after a year + with a steady supply of Liquid Oxygen 6.3%.**
- **In 2022 my CO<sub>2</sub> blood level was 30. In 2023 it was 27.**
- **In May 2022, at rest and relaxed, my blood pressure was 145-130 / 90 – 80. In November 2023, 125 – 115 / 75 – 60.**
- **My at rest SpO<sub>2</sub> in June 2022 was in the high 80s to low 90s and in November 2023 from the low 90s to mid-90s. My SpO<sub>2</sub> playing pickleball in July 2022 was 70s to low 90s and in November 2023 low 80s to mid-90s.**
- **Since 2018 I have been using about 3 LPM of supplemental oxygen at home, and still am, but the LPM I use while active has increased dramatically. Before June 2022 I would use 800 to 1,500 liters of oxygen per day while active, with the maximum amount available being a little over 2,000 liters per day, allowing me only 2 -3 hours of activity a day. After June 2022, with a steady supply of liquid oxygen, my average daily use jumped to 1,500 to 3,000 liters per day while active and increased to over 3,000 liters per day now, in November 2023. The amount of time I am active has more than doubled from 2-3 hours per day to 5 to 7 hours since finding a reliable source of liquid oxygen in June 2022 .**
- **In May 2022 I was close to 300 lbs. and in November 2023 am closer to 245 lbs.**

- In February of 2019, I bought a size 8 pair of Justin Ropers boots, the same size I wore in the 1990s but because of the swelling in my feet and lower legs I couldn't come close to getting them on.
- In March of 2023, the swelling had almost disappeared and I am now comfortably wearing the boots.

**None of this would have happened without liquid oxygen.**



**All of my health benefits are made possible by liquid oxygen.**

Liquid oxygen has helped me *stop and reverse* the downward spiral of deconditioning so common in respiratory illnesses. Liquid oxygen allows me to play a decent game of pickleball, take trips, visit museums, and stay active in many ways. But only when I am willing to put out the effort to take advantage of it.

**Liquid oxygen allows me a quality of life I haven't had for years.**

Reversing the downward spiral of deconditioning allows my body to use supplemental oxygen more efficiently and raises my energy level.

### 2018 Lung Force Walk

In 2018 I attended a Lung Force Walk at Jefferson Park in Seattle, WA and was in a heated discussion with a professor from the PUMA Medical Institute in Renton, WA about POCs and LPM when she asked me, "WHY DO YOU WANT MORE OXYGEN?" It floored me and didn't know what to say to a professor of respiratory therapy if she didn't know. I just turned and walked away. Today I would tell her about the health benefits and quality of life more oxygen has helped me gain.

I believe that many with respiratory problems could benefit, like I did, if the oxygen they need was made available to them.

I have been told to stay active by medical professionals for many years, but none of them have helped me get the oxygen needed to stay active, improve my physical and mental health and increase my quality of life.

**Supplemental oxygen is prescribed at the bare minimal level to keep us alive. It should be prescribed to keep us active, healthy and to give us quality of life.**

