

STAYING ACTIVE IS IMPORTANT

My paper, "Oxygen Reform & A Reset for the Treatment of COPD" and this brochure have been extremely hard to write. Looking back at memories from the past and trying to decide which ones to share has brought a lot of emotions that I didn't realize were there. At times I have had to stop, put my face in my hands and shed a tear or two. Now that I have Liquid Oxygen I have forgotten or didn't want to remember or think about, the struggle to stay active when my body was starved for oxygen. Writing this brought it forward and what I believe made it so hard is that medical liquid oxygen is widely available but out of reach of us who need it. My struggle to stay active and the suffering it caused was totally unnecessary.

How many others are unnecessarily suffering?

Researchers, Professors, Students
Contact me to tap into my experience with staying active and lox to help set up research projects

Equipment manufacturers, DMEs lets talk about what has worked for me

Lawyers

Any ideas on how to force change?

All concerned contact our Senators and Representatives

From my experience with liquid oxygen in 2022-24 I am positive that if I had been prescribed 6+ LPM of liquid oxygen in 2014 I would still be working today!

Activity Promotion: A Paradigm Shift for Chronic Obstructive Pulmonary Disease Therapeutics

It is notable that the studies of interventions designed to increase activity levels in COPD have not featured long-term follow up.

Proceedings of the American Thoracic Society, Volume 8, Issue 4 Aug 2011, Pages 333-379

Long term studies of interventions designed to increase activity levels in those with COPD are still needed.



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

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HORSE SENSE, COPD & QUALITY OF LIFE VERSUS STAYING ALIVE

I have severe COPD, Chronic respiratory failure with hypoxia and have been on oxygen 24/7 for over 10 years. My prescription is for 3 to 4 LPM. At 4 LPM walking will drop my blood oxygen level into the low 80s and with exertion into the 70s.

YET I STILL PLAY PICKLEBALL AND AM VERY ACTIVE!!!

I visit National and State Parks, museums plus other events that interest me. I am physically and mentally active which contributes to a higher quality of life and better health. I need 10 to 15 LPM to play pickleball and use 5 to 10 LPM when out and about and active.

Why are few using supplemental oxygen and out enjoying life???

STUDIES ARE NEEDED FOR THE TREATMENT OF COPD WITH A FOCUS ON QUALITY OF LIFE.

LIQUID OXYGEN IS NEEDED!

With an Oximeter and a Treadmill I can prove higher LPM allow me to be more active.

Research shows staying active promotes health, and for those w/COPD lowers hospitalizations.

The “*American Thoracic Society*” supports long term studies to increase activity for those with COPD.

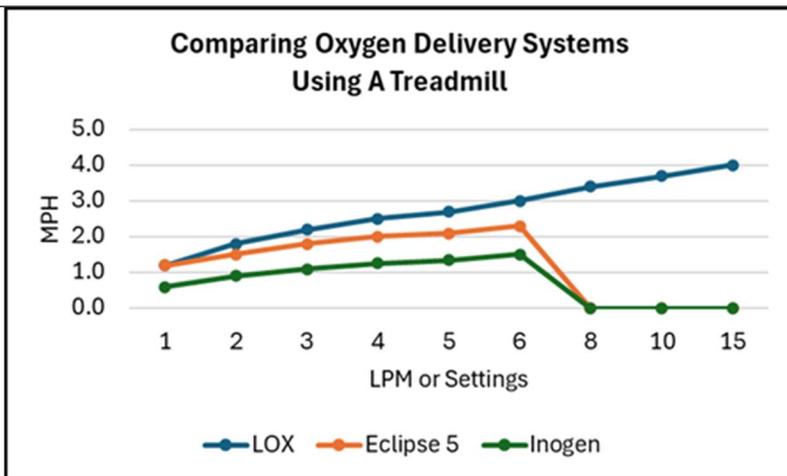
National Health Organizations Call on Congress to Support Life-Changing Oxygen Reform.

Many organizations, professions and businesses give lip service to the benefits of staying active, healthy and increasing our quality of life for us with COPD. No organizations helped me get the supplemental oxygen I need to be active. Four DMEs were helpful and two respiratory therapists really helped.

But they don't get funded or paid for keeping us active, healthy and increasing our quality of life. They get paid to keep us alive! Congress would save money on healthcare costs if they paid for liquid oxygen(lox) and more respiratory therapy to help us learn how to take advantage of lox.

Ten years ago I needed supplemental oxygen to stay alive. I got a home concentrator and an Inogen One G5. At the end of 2014 my FEV1 was 47% of expected. By August 2018 it had dropped to 30% of expected. The steep downward spiral of COPD. I replaced the POC with self-fill tanks and stabilized. In 2020 I started using lox. In December of 2023 my FEV1 was 45% of expected & quality of life is through the roof. I have bought my own lox equipment, take my reservoirs to a DME to be filled and pay cash.

Congress makes money available to keep us alive. Drug & equipment manufacturers, DMEs and the medical professions follow that money and line their pockets nicely. Those of us with COPD and our families, well we get... I will let you finish that any way you want!!!



The MPH is when my blood oxygen level drops to 88% and stays there for about 5 minutes.

Getting the needed oxygen

In August and September of 2022, I took a 6,000-mile, five-week road trip from North Carolina to the Northwest and back. I spent two weeks with family and the rest of the time camping, and visiting national and state parks, museums, and other places of interest. A great road trip like this would have been impossible for me without Liquid Oxygen(LO).

Four years earlier, I drove from Burns, Oregon, to a wedding in Parkfield, California, a round trip of 1,600 miles. I was in a motel every night, so I could refill my oxygen tanks with a Respironics UltraFill System. I needed to wake up and change out the tanks several times during the night. My blood oxygen level was often in the eighties, and I was tired most of the time.

It seems backward that I struggled on the 2018 trip, and the 2022 trip was great. COPD does not improve with time! But the answer is simple. It is all about getting the oxygen needed to stay active and healthy. I had an Eclipse 5 and a liquid oxygen system in 2022 to supplement the Respironics UltraFill.

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Not getting the needed oxygen brings a downward spiral of deconditioning leading to a lower quality of life, increasing hospitalizations, & Death.