

Getting the needed oxygen

<https://hors-sens.com/oxygen/for/neededo2.html>

Four Pillars for Oxygen Reform

http://action.lung.org/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=81857

Exercise reconditioning

<https://pubmed.ncbi.nlm.nih.gov/2369292/>

Home Oxygen Therapy for Patients

With COPD: Time for a Reboot

<https://rc.rcjournal.com/content/respcare/64/12/1574.full.pdf>

Horse Sense

Practical knowledge and good judgment about ordinary life.

Cambridge Advanced Learner's Dictionary & Thesaurus

On the Ranch Forty Years Ago.



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This brochure is at: https://hors-sens.com/oxygen/2023_SYMPOSIUM.pdf

Supplemental Oxygen Use: Time For A Reboot

- Ambulatory Liquid Oxygen (LOX) is needed.
- Ambulatory oxygen needs to be prescribed when ambulatory SpO₂ readings drop below 90 to promote staying active and healthier.
- FDA needs regulate POC settings to be equivalent to LPM to know if a POC will fill a prescription.
- Research the benefits of a resting SpO₂ higher than 92 for people with COPD and not in crisis.
- To stay active my SpO₂ will drop into the 70s and 80s for brief periods. That is better than sitting on the couch and deconditioning.
- Better education on a Peak Flow Meter, oximeters and SpO₂ is needed.
- End the 5-year Medicare contracts for oxygen & bring Liquid Oxygen back.

The Medical Professions work wonders to keep us alive but fall flat on their face when it comes to helping us live a fuller life.

HORSE SENSE & OXYGEN

"I have heard time and time again that individuals with COPD need to stay active! Encourage us by helping us get the supplemental oxygen we need to be active.

Since June 2022 I have had a steady supply of Liquid Oxygen allowing me to stay active, become healthier and drastically improve my quality of life!"

Skip Miller

- My blood pressure is lower.
- My average SpO₂ higher.
- My heart rate is lower.
- I am in better condition.
- And so much more.

How do we know if horse sense is being used?

By results!!!

ABOUT LIQUID OXYGEN

*“The introduction of liquid oxygen transformed the landscape of domiciliary oxygen therapy [12]. The **first home-based liquid oxygen system was developed in 1965** with the view of providing a larger stationary oxygen system inside the home, with smaller liquid oxygen portables that can be refilled and used outside the home [19, 20].”*

“Correlation with clinical outcomes:

Patients using liquid oxygen are more apt to venture outside the home and use daily oxygen for longer periods compared with their counterparts using oxygen concentrators [27]. In addition, liquid oxygen therapy improves both patient compliance and health-related quality of life [18, 28]. Significant differences, favouring liquid oxygen therapy versus oxygen concentrators, have been found in the following quality of life measures: physical function, body care, ambulation, social interaction and total Sickness Impact Profile score [28].”

The above is from a 2019 article @ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6876135/>

**LIQUID OXYGEN WOULD HELP US
STAY ACTIVE, HEALTHIER, AND
SAVE MONEY.**

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
deconditioning, and a
downward spiral**

Getting the Needed Oxygen



Playing Pickleball @ 10 LPM



Walking around Devils Tower
in Wyoming @ 6 – 8 LPM

Shopping, 4 – 8 LPM

At rest 3 LPM

**When active, Liquid Oxygen
is my only healthy option!!!**