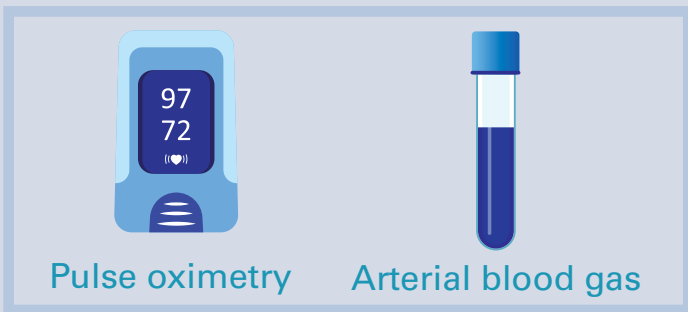


On The Go with Oxygen



If your oxygen level is 88 percent or below, oxygen therapy is often recommended to ensure your blood has enough for your body's needs.

HOW OXYGEN LEVEL IS MEASURED



Pulse oximetry

Arterial blood gas

Your oxygen level can be measured from a device on your finger or through a blood test.

OXYGEN PRESCRIPTION INCLUDES



- How much oxygen to use in liters
- When to use the oxygen, (rest, activity, sleep, altitude)
- Which oxygen system is recommended

Your doctor prescribes the oxygen.
A durable medical equipment company provides the oxygen.

TYPES OF OXYGEN SYSTEMS

- Stationary concentrators
- Portable concentrators
- Compressed gas
- Liquid

ON DEMAND OR PULSE FLOW

Provides oxygen when you breathe in by triggering oxygen release (not recommended for sleep or everyone)

VS

CONTINUOUS FLOW

Provides a set liter flow of oxygen

njhealth.org
1.877.CALLNJH (1.877.225.5654)

 **National Jewish Health**
Breathing Science is Life.®