

# The Benefits of Oxygen Therapy

## 8 Reasons to Use Supplemental Oxygen to Treat COPD

By Deborah Leader, RN

### 1: Increased Survival

By far, the most important benefit of LTOT for people with COPD is that it prolongs your life if you have more severe resting hypoxemia (low levels of oxygen in your blood).

### 2: Reduced COPD Complications

COPD is associated with a number of complications that can significantly impact your quality of life, including pulmonary hypertension, secondary polycythemia, and cor pulmonale, a form of heart failure.

### 3: Lessened COPD Symptoms

Supplemental oxygen can help relieve dyspnea and other symptoms related to COPD, including fatigue, dizziness, and depression.

### 4: Improved Health-Related Quality of Life

Using supplemental oxygen has a positive impact on your health-related quality of life. Not only does it improve your sleep and mood, it also increases your mental alertness and stamina, allowing you to get more done during the day.

### 5: Increased Exercise Tolerance

Studies suggest that using oxygen during exercise improves exercise endurance, heightens exercise performance, and ultimately decreases the sensation of breathlessness.

### 6: Improved Sex Life

Research is not clear as to whether oxygen therapy can help sexual difficulties such as impotence, but if supplemental oxygen helps you during exercise, chances are good it'll help you breathe easier during sex too.

### 7: Safer Air Travel

It's not uncommon for patients with COPD to experience severe hypoxemia when they travel by airplane. Supplemental oxygen during air travel helps you prevent severe hypoxemia and can benefit many COPD patients, even those who don't normally use oxygen.

### 8: Improved Social Life

If breathlessness prevents you from enjoying a movie or dinner invitation, maybe it's time you look into using supplemental oxygen by way of a portable oxygen concentrator.