Busting Myths about Oxygen Therapy

If oxygen therapy is recommended for you, ignore the myths and get the facts.

Myth #1
Oxygen means I can’t be active.
You will have less shortness of breath and can be more active on oxygen.

Myth #2
Oxygen is addictive.
Oxygen is not addictive.

Myth #3
Oxygen means this is the end.
No, oxygen therapy helps you to live longer, feel better and be more active.

Myth #4
Portable oxygen concentrators meet all oxygen needs.
Portable oxygen concentrators are not good for continuous flow or higher liter flow needs.

Myth #5
Petroleum jelly is best for nose dryness.
Water-based moisturizers are best for nose dryness.

Myth #6
I can’t travel with oxygen.
You CAN travel with oxygen; it just takes some planning.

Myth #7
I can use a portable oxygen concentrator during sleeping.
Portable oxygen concentrators don’t provide enough oxygen for sleeping.

Myth #8
Oxygen will cause a fire.
Oxygen is not flammable; it supports a flame, but does not cause fires.

Myth #9
Everyone will see the oxygen tubing on my face.
Maybe, but there are many options for oxygen delivery, even glasses.

njhealth.org 1.877.CALLNJH (1.877.225.5654)