



MOBILITY

Fighting chronic lung disease  
one patient at a time.

HOLIDAY REMINDERS

Oxygen One will be closed for the following holidays:

Thanksgiving  
– November 22, 2007

Christmas  
– December 25, 2007

New Year's Day  
– January 1, 2008

Your friends at Oxygen One wish you and your loved ones a joyous holiday season!



WINTER IS ON IT'S WAY

As much as most of us hate to admit it, winter is on its way. For those of us who have COPD we had a pretty mild summer for breathing. Now let us hope we have a good winter for breathing!

Before winter gets here it is important that everyone get a flu shot and pneumonia shot if you are due for one. You should get a flu shot every year. You should check with your doctor to see if you should get a pneumonia shot. It is not a yearly shot and only your doctor can tell you when you should get one.

During the cold weather COPD patients have trouble breathing the cold air and should wear a mask to cover their mouth and nose. I personally don't like to wear a medical mask as I find them too hot to wear. I usually put a scarf around my neck, and when I am in the cold just pull it up over my nose and mouth and breathe through the scarf. It is less restrictive and you still will be breathing filtered air through the scarf. If wearing a medical mask doesn't bother you then you can wear one.

It is important to take extra precautions so that you don't slip or fall on the ice or snow. Obviously the best thing is not to go out if you don't have to when we have had snow or ice.

If you do go out here are some things that you should remember.

- Wear a shoe with traction on the sole and not one that has a smooth sole. It is even better to wear a pair of boots if you have them.
- Dress warmly. If you are cold you will try to hurry or tense up your muscles. Both of these can affect your balance.

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EMPLOYEE SPOTLIGHT



Oxygen One is pleased to recognize the following members of our team:

**Michelle Rueckert**, Billing Representative, is a valuable addition to the billing department. Michelle's knowledge and experience in this field is evident through her previous employment with a DME/DMS supplier and with Orthopaedics. In her spare time, she enjoys being outdoors and is active in hobbies such as gardening, boating, skiing, kayaking and more. She also enjoys spending time with her yellow lab, Gus.

**Andi Loomis**, Medical Receptionist/Scheduler, is a pleasure to have in the front office greeting our patients. Andi is welcoming to all of our guests. Her previous employment includes being an International Marketing Manager for the Movement Disorder Society, and International Event Planner for Morley Companies. In

her spare time, she enjoys skiing, snowboarding, volleyball, softball, and more. Andi is also a member of the Futura Language Professionals and is a Spanish tutor. She is pleased with what she has accomplished thus far and looks forward to going back to school to obtain her degree as an RN.

**Michelle Irvine**, Clinical Specialist, is a pleasant addition to Oxygen One's clinical department. As an LPN, Michelle's compassion is apparent in her interactions with the patients. Her positive interpersonal skills are a true asset. Michelle previously worked at a private practice as an OB/GYN nurse. In her spare time, she enjoys camping, hunting, fishing, and spending as much time as possible with her husband and two girls.

## THE AIR YOU BREATHE

Did you know the average adult breathes over 3,000 gallons of air every day? It is no secret that the environment we live in has an effect on our breathing ability. Bad air quality can make it hard to breathe, and prolonged exposure to bad air can threaten your health. Although much of the pollution in our air comes from power plants, industrial sources and motor vehicles, the choices you make every day can increase or decrease air pollution.

The U.S. Environmental Protection Agency provides some tips to lessen the effects of polluted air in your own home. Here is what you can do to pollute less and save some money:

- Turn thermostat down in the winter and up in the summer.
- Keep your carpets clean and dry, and deep clean them at least every two years.
- Watch out for torn or ripped insulation as it may release microscopic asbestos fibers into the air.
- Have air conditioning systems checked in the Spring and heating systems checked in the Fall.
- Follow professional advice on how to check filters monthly.
- Turn off appliances and lights when you leave the room.
- Recycle paper, plastic, glass bottles, cardboard and aluminum cans. (This conserves energy and reduces production emissions.)
- Paint with a brush, not a sprayer.
- Keep woodstoves and fireplaces well maintained.
- Have leaky air conditioning and refrigeration systems repaired.

For more information to stop bad air quality from affecting your health, contact the Indoor Air Quality Information (IAQ Info) Hotline at 1-800-438-4318 or email [iaqinfo@aol.com](mailto:iaqinfo@aol.com).

Sources: U.S. Environmental Protection Agency (EPA), and The Weather Channel

## QUALITY OF HEALTH CARE IN WISCONSIN

Ever wonder how Wisconsin compares to other states in regards to the quality of health care provided? According to a study performed by the Federal Agency for Healthcare Research and Quality, which is part of the U.S. Department of Health and Human Services, Wisconsin had the top overall health care quality score.

"On several individual measures, Wisconsin scored better than average leading to the highest composite score of all states," said Karen Ho, the lead staff person for the agency's National Healthcare Disparities Report.

Wisconsin ranked the highest in the following: appropriate discontinuation of antibiotics after surgery, giving a beta blocker within 24 hours of admission to a hospital for heart attack, pneumonia patients receiving appropriate care, number of diabetics who receive an A1c hemoglobin test and the lowest number of HIV-deaths per 100,000 people.

Also, in a recent national survey of more than 1.5 million patients treated at more than 1,500 hospitals across the nation, Milwaukee hospitals ranked No. 1 (for metro areas with 500,000 or more residents) in patient satisfaction by patients who were asked to evaluate their experience in their city's emergency departments.

The survey, conducted by South Bend, Indiana-based Press Ganey Associates Inc., was called the "2007 Emergency Department Pulse Report: Patient Perspectives on American Health Care." The survey also revealed that Wisconsin had the ninth-shortest emergency room wait time in the nation.

Source: Small Business Times, August 2007

## Winter is on it's way... (cont. from p.1)

- Give yourself plenty of time. If you hurry you will have trouble keeping your balance. Take short steps with your feet pointed slightly outward which will help keep your center of balance under you and provide a stable base for support.
- If you are getting out of a car try to swing both legs around and place both feet on the pavement before getting up. Steady yourself by holding on to the door or door frame. Also check around the area you are in to see if there is any ice in your immediate area.
- Don't take shortcuts. Always use sidewalks and cleared paths in parking lots. Be very careful when stepping up or down different levels. Don't step on the curb, as they can be slick. Don't walk on grassy slopes or steps that are covered with snow as this can cause some nasty falls.
- If you do have to go out after sunset please be careful of ice that may have formed again once the sun has set. Parking lots, sidewalks and steps can have a thin layer of ice on them in the evening.

Just remember as winter approaches, spring won't be far behind. Stay well and walk safely this winter.

All of us at Oxygen One wish you the best of holiday seasons.

Sincerely,

*Bill Anderson*