



OXYGEN & YOU

Winter 2007

MOBILITY

*Fighting chronic lung disease
one patient at a time.*

ANNOUNCEMENTS

***Our office will be closed
on Thursday, November 23
to celebrate Thanksgiving.***

Please plan ahead and order your oxygen early. Regular Thursday deliveries will be spread out throughout the week. Please check with our office if you have any questions.

Be sure to check your portable oxygen contents each day and call at least 48 hours prior to your delivery day. On the morning of your delivery, please check your supply of tubing, cannulas, connectors, etc. and request additional supplies from your Medical Technician.

Thank you for your continued business! If there is anything we can do to better serve you please let us know. We can be reached at any time with your questions and comments at 1.888.OYXGEN.1

Winter is Here!

As I write this the temperature outside is 40 degrees and so far we have had a mild winter. I hope by the time you receive this we can still say we are having a mild winter.

I hope all of you enjoyed the holidays and time with friends and family. Although they were fun, they certainly can wear you out- with all of the shopping, cooking, and holiday parties! I look forward to getting back to a normal routine and am glad the holidays are gone for another year.

This time of year there is a lot of talk about New Year's Resolutions, exercise, and losing weight. Now that we are in a New Year I would like to suggest we all focus on exercising and, for those of us who need it, losing some weight. Two things will help you lose weight: Exercise and a healthy diet. Your doctor can help prescribe a diet and exercise program that is right for you.

To help get you started in 2007, let me share how diet and exercise changed my life in 2006. Last April I was diagnosed with diabetes. I was overweight and the doctor told me that if I lost some weight my diabetes would improve. I attended diabetes classes at no charge and learned what I should and should not eat. I used a daily chart to keep track of the food I ate and also monitored the number of carbohydrates I was eating. Since last April I have lost 30 pounds and managing my diabetes is much easier.

What thrilled me the most was losing 30 pounds, but to my surprise, those 30 pounds also had a dramatic affect on my breathing and supplemental oxygen use. I can do things now that I could never do before. Before the weight loss, I used my oxygen at 3 liters per minute with rest and 4 liters with exertion. Now I do everything on 3 liters of oxygen without becoming winded. Before, I could only walk the treadmill or ride the stationary bike for 20 minutes with my oximetry at 92%. Now, I can use both machines for

(Continued on p. 3)

Many of you have asked about the recent legislative activity regarding home oxygen and how you can get involved to support these efforts. Others of you have asked for answers to your questions regarding oxygen capped rental, ongoing service, etc. While we don't have all the answers for you, we want to keep you informed of the most recent legislature regarding home oxygen equipment and services.

Members of our staff have recently traveled to Washington D.C. to meet with our national government and have met here locally with state representatives to discuss the following legislature.

H.R. 3559- The Hobson-Tanner Bill & S. 3920- The Hatch-Conrad Bill

In the next few years, Medicare is set to implement a competitive bidding program in order to reduce the payment for oxygen and other home medical equipment. While this program may save money, it essentially gives all the business to the "lowest bidder".

Currently, there are no standards in place to ensure that quality is maintained, no exceptions allowing small, local companies to participate at the winning bid level, and no protection for patients to be able to choose their medical provider.

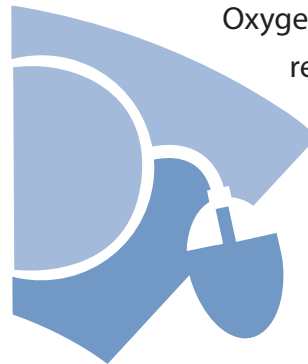
These two bills are considered companion legislatures (the same proposed bill in both the senate and the house) and would amend the current program. They would make the following provisions, helping to:

Protect patients by requiring that competitive bidding not begin until quality standards are in place. This aims to raise the bar in the HME industry to a higher level, ensuring services provided are of a high quality and provide the most value for the Medicare dollar. (Continued on p.4)

New OxygeNation Website is Launched!

A new website focused on lung disorders and oxygen therapy has been developed to serve as a resource and online community for its visitors. Launched in early July by

the makers of the new Inogen One portable concentrator, www.oxygenation.com, assists those affected by respiratory diseases and those using home oxygen therapy. Chronic Obstructive Pulmonary Disease (COPD), Alpha-1, Cystic Fibrosis and Asthma are all disorders extensively covered on the site.



OxygeNation is a comprehensive resource on the World Wide Web for people who use supplemental oxygen and their families. The site provides information about living with COPD, the latest treatment options and the ability to exchange information in a community dedicated to getting the most out of life on oxygen. OxygeNation offers educational tools which include disease information, types of equipment available to patients, traveling with oxygen and locations of support groups for those requiring supplemental oxygen.

Visit www.oxygenation.com today for more information!

Ask Bill... (cont. from pg 1)

30 minutes with my oximetry at 96%.

Losing the weight was not that difficult, as I could still eat my favorite foods. I just had to cut back on the amount of food I was eating. Although the holidays were particularly hard for me as I love cookies and there are always so many delicious cookies during the holidays. As we push into 2007, I still would like to loose 30 more pounds and will keep at it until I have done it. I encourage you to do the same through a doctor recommended diet and exercise program and participation in pulmonary rehab.

I know some of you are going to say, "There he goes again talking about pulmonary rehab." I just can't emphasize enough how important it is. I've seen so many people come to rehab for the first time and have to be brought up from the hospital lobby in a wheel chair because they are so weak. After they have been coming about a month many of them no longer need the wheel chair and are able to walk to and from re-hab with very little problems.

Most all hospitals have a rehab program for people with lung disease and heart disease, so ask your doctor which program would be best for you to attend. If you are worried about exercising in public or wearing your oxygen, keep in mind that everyone at pulmonary rehab is in the same boat you are in! It is wonderful program!

Believe me when I tell you that you will live a longer and fuller life by exercising and watching what you eat. A healthy lifestyle is also complimented by using all your medications as prescribed- This includes wearing your oxygen! I have seen several people lately that aren't wearing their oxygen when they are in public because they are embarrassed. There is nothing to be embarrassed about. It has been proven that you live longer and suffer fewer complications from your lung disease when you wear your oxygen as prescribed by your physician.

Stay healthy this winter and I will be back in the spring. If you have any questions you can always call Oxygen One or email me at bill@oxygenone.com

Sincerely,
Bill Anderson

Capitol Hill Update (cont. from p. 2)



Protect Small Providers who choose to participate in the bidding program by allowing them to continue to provide products and services at the selected award price. These providers would be those classified as small businesses under the Small Business Act, including businesses like Oxygen One, Inc.

Ensure Patient Choice by allowing patients to choose a quality provider from those small businesses who must compete with large companies by providing superior service and the latest products.

You can help to support this legislature by kindly asking your district Representative of Congress to co-sponsor H.R. 3559 and your state Senator to co-sponsor S. 3920.

We will continue our efforts to support these and other legislatures and will keep you informed of the progress.

For more information or for other legislation, visit www.aahomecare.org.