



Who's Smoking?

An analysis of cigarette smoking prevalence among currently working U.S. adults revealed that 19.6 percent working adults still smoke cigarettes. Researchers also found that smoking was highest among those with less than a high school education (28.4%), those with no health insurance (28.6%), those living below the federal poverty level (27.7%), and those aged 18–24 years (23.8%).

Nebulizers

A nebulizer treatment is inhaling an aerosol of medications created by using a compressor that pushes air through a tube to a small cup called a nebulizer.

End of Dose - It can be difficult to determine when a nebulizer treatment is complete. Researchers found that medication delivery from the nebulizer ceased when it began sputtering. Aerosol output declined by one half within 20 seconds of when sputtering began. It is recommended that treatment ends within one (1) minute of sputtering.

Infection Control - The Centers for Disease Control & Prevention recommends that nebulizers be disposed of, cleaned and disinfected, rinsed with sterile water or air dried between uses. Residual liquid in nebulizers provides a place for bacterial growth between treatments.

RT Magazine, July 2011

A Bright Side to Allergies?

Researchers from the University of Illinois at Chicago confirmed a relationship between the immune system of allergy sufferers and risk for gliomas (brain cancer). The more allergies the subjects had, the less likely they were to have the brain tumors. *Cancer Epidemiology, Biomarkers & Prevention*

Medicare Top Eight Do's and Don'ts

1. Do give yourself time to learn about Medicare. It is a system with many choices and deadlines. Being informed is the best way to avoid mistakes that cost money.
2. Do not expect to be notified when it is time to sign up.
3. You must apply for Medicare if you are not already receiving Social Security benefits. You will not receive an official notice of when or how to enroll.
4. Do enroll when you are entitled to: To avoid permanent late penalties, enroll at age 65 if you are not working, don't have employer insurance, live abroad; or, beyond age 65, enroll within eight months of stopping work-- even if you continue to receive COBRA or retiree health benefits from an employer.
5. Don't worry that poor health will affect your coverage: If you qualify for Medicare, you receive full benefits. You cannot be denied coverage or charged higher premiums because of current or past health problems.
6. Do remember that Medicare is NOT free: You will pay premiums for coverage and copayments for most services, unless you qualify for a low-income program or have other supplemental insurance.
7. Don't assume that Medicare covers everything. It covers a wide range of health services (including services like organ transplants), prescription drugs and medical equipment. Be aware that gaps in coverage do exist.
8. Do not expect Medicare to cover your dependents. Medicare does not have family coverage.

Patricia Barry, AARP Bulletin April 2011

**3586 California Road
Orchard Park, New York 14127
Ph: 716-667-9600 • 1-866-667-9600
Fax: 716-972-0219
www.pro2llc.com**

Never be a prisoner of your past, be
the architect of your future. ~
Author Unknown

Housekeeping for Your Home Oxygen

Whether you are using liquid oxygen, compressed oxygen, or an oxygen concentrator, you need to maintain your equipment and accessories regularly in order to avoid contamination and ensure optimal health benefits.

Keeping up with your concentrator:

At least once a week, remove your concentrator filter and wash it in warm water and non-lotion detergent. Rinse well, gently squeeze water out, pat dry with a clean towel and reattach.

Check your concentrator alert buzzer weekly. Turn off the unit, unplug it, and push the power switch to “on.” If the alarm buzzer does not sound to tell you there is no power supply, call your oxygen supplier. Never use an extension cord or an outlet controlled by a switch with your concentrator.

Caring for your compressed oxygen

cylinders: Always store cylinders in a well-ventilated space and secure them in an upright position in a base or cart. Open and close the cylinder valve slowly and aim it away from you and other people. Turn the supply off when you are not using the tank.

The oxygen is stored under extreme pressure and if damaged, the cylinder can act like a missile and shoot off at a high rate of speed that could cause injury. Call your oxygen

company if you drop or damage your oxygen container—do not use it.

Refilling your liquid oxygen: Because liquid oxygen warms up and evaporates if you are not using your portable unit, it is best to fill it just before use to avoid waste. When you are ready to refill your portable liquid oxygen unit from the stationary reservoir base, wipe the filling connectors on each device with a clean, lint-free cloth.

Turn off the portable unit’s flow control knob, and attach the unit to the reservoir filling connectors. Once you open the fill valve, you will hear a hissing noise while the unit is filling. Always stay with the unit while filling it, which should take about two minutes.

When the unit is full, slowly close the fill valve and remove the portable from the reservoir. If the liquid continues to flow out of the base unit, don not attempt to reconnect the portable. Back away from the system and call your oxygen supply company.

If you are using a humidifier bottle:

Empty and refill it with fresh water at least once a day. Wash it with soap and warm water, rinse and refill with sterile or distilled water to the fill line. Screw the humidifier bottle back onto the lid tightly to prevent leaks.

Adapted from the American Lung Association.

“Youth, which is forgiven everything, forgives itself nothing; age, which forgives itself everything, is forgiven nothing.” – *George Bernard Shaw*