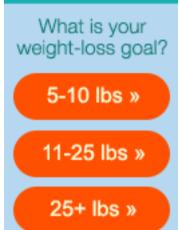
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| Symptoms<br>Hypoxer                                 | nia   |   |   | Print  |  |
| Basics  |   |   |   |  |  |
| Definition<br><b>Causes</b><br>When to see a doctor | Causes<br>By Mayo Clinic Staff<br>Several factors are needed to co<br>tissues in your body with oxyger            |   | MAYO C  | Advertisement X YO CLINIC NG GLUTEN-FREE   |  |
| Products and services<br>The Mayo Clinic Diet       | <ul> <li>There must be enough oxyge</li> <li>Your lungs must be able to in and exhale carbon dioxide</li> </ul>   | • | quida to ma   | naging MAYO<br>CLINIC<br>Se and Going  |  |



• Your bloodstream must be able to circulate blood to your lungs, take up the oxygen and carry it throughout your body

A problem with any of these factors — for example, high altitude, asthma or heart disease — might result in hypoxemia, particularly under more extreme conditions, such as exercise or illness. When your blood oxygen falls below a certain level, you might experience shortness of breath, headache, and confusion or restlessness.

Common causes of hypoxemia include:

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- Anemia • <u>ARDS</u> (Acute respiratory distress syndrome)
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- <u>Congenital heart defects in children</u>
- <u>Congenital heart disease in adults</u>
- <u>COPD</u> (chronic obstructive pulmonary disease) exacerbation - worsening of symptoms
- Emphysema
- Interstitial lung disease
- Medications, such as certain narcotics and anesthetics, that depress breathing
- Pneumonia
- Pneumothorax (collapsed lung)
- Pulmonary edema (excess fluid in the lungs) •
- Pulmonary embolism (blood clot in an artery in the lung)
- Pulmonary fibrosis (scarred and damaged lungs)
- Sleep apnea

Causes shown here are commonly associated with this symptom. Work with your doctor or other health care professional for an accurate diagnosis.



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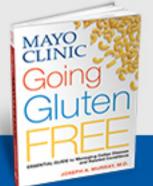
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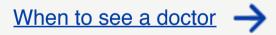
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