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News Release

Lincare CEO Establishes 10b5-1 Stock Plan

CLEARWATER, Fla., Apr 22, 2004 /PRNewswire-FirstCall via COMTEX/ -- Lincare Holdings Inc. (Nasdaq: LNCR), a leading provider of oxygen and other respiratory therapy services delivered to patients in the home, today announced that John P. Byrnes, chairman and chief executive officer, has entered into a pre-arranged trading plan to sell shares in the company over a seventeen-month period in accordance with rule 10b5-1 of the Securities and Exchange Commission.

Mr. Byrnes holds stock options that expire at various dates through December 31, 2005. Beginning in late April 2004 and at prescribed intervals thereafter, options for approximately 765,000 shares will be exercised and the shares sold pursuant to the plan, subject to the satisfaction of certain price targets for the shares.

Lincare, headquartered in Clearwater, Florida, is one of the nation's largest providers of oxygen and other respiratory therapy services to patients in the home. The Company provides services and equipment to over 495,000 customers in 47 states.

Statements in this release concerning future results, performance or expectations are forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995, as amended. All forward-looking statements included in this document are based upon information available to Lincare as of the date hereof and Lincare assumes no obligation to update any such forward-looking statements. These statements involve known and unknown risks, uncertainties and other factors that may cause Lincare's actual results, levels of activity, performance or achievements to be materially different from any results,

levels of activity, performance or achievements expressed or implied by any forward-looking statements. In some cases, forward-looking statements that involve risks and uncertainties contain terminology such as "may," "will," "should," "could," "expects," "intends," "plans," "anticipates," "believes," "estimates," "predicts," "potential," or "continue" or variations of these terms or other comparable terminology.

SOURCE Lincare Holdings Inc.

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