

Bedside Tales

News from your Sleep Services Specialist

September 2010

CPAP Compliance - A Team Effort

The importance of CPAP compliance cannot be emphasized enough for patients diagnosed with Obstructive Sleep Apnoea (OSA). Without compliance to therapy, CPAP users may eventually experience many life threatening health issues. A strong compliance education and support program is needed to accompany an OSA diagnosis, and a **team effort** is required between **Sleep Physicians, AIR LIQUIDE Healthcare** and **you**, the patient.



Successful compliant CPAP therapy is directly related to the patient's education, which is fostered by the follow-up and communication by both AIR LIQUIDE Healthcare and your sleep specialist. Patients must be involved in their prescribed therapeutic treatment and have an in-depth education on the consequences of untreated OSA.

Contact AIR LIQUIDE Healthcare today if you require assistance in staying compliant with your CPAP therapy.

CPAP Education: Beyond the Myths

With sleep disorder awareness on the rise, so are sleep myths. OSA is commonly thought to be caused by obesity alone. Although obesity may be a contributing factor to the severity of the condition, it is not usually the sole cause.

Untreated OSA can have a devastating impact on your health. Untreated OSA patients have:

- ✓ 2 times greater risk of having a fatal cardiovascular event¹
- ✓ 3 times greater risk of having a non fatal cardiovascular event
- ✓ 7 times greater risk of having a traffic accident²
- ✓ 2 times greater risk of having a workplace accident³
- ✓ The equivalent reaction time of a blood alcohol content of 0.6 to 0.8⁴

Don't abandon your CPAP therapy during weight loss. Always check with your sleep specialist or AIR LIQUIDE Healthcare to make sure that your CPAP therapy is still at the correct pressure so that you can minimize the health & safety risks associated with untreated OSA.

¹ The Lancet, Volume 365, Number 9464, 19 March 2005 (Marin)

² Sleep, Volume 23, No. 3, 2000 (Horstmann)

³ Scand J. Work Environ Health, 2000; 26(3): 237-242 (Ulfberg)

⁴ Am. J. Respir. Crit. Care Med., Vol 154, No.1, July 1996: 175-181 (George)

Using CPAP can be a positive experience - Keep the 5 C's in mind

Commitment: CPAP is not a quick fix for your problem. It involves long-term commitment to improve your sleep and your health. Use CPAP all night, every night and for every nap. You will receive the maximum health benefits from your CPAP when you use it every time you sleep

Communication: Stay in close communication with AIR LIQUIDE Healthcare and your sleep specialist. Ask a lot of questions and seek help when you need it.

Comfort: Increase your level of comfort by using a heated humidifier and NoZoil. Your physician may prescribe a decongestant for persistent problems.

Cleaning: Clean your mask, tubing, and headgear on a regular basis. Put this time in your schedule so that you don't forget to do it. Replace your filters regularly.

Correction: The machine and mask that you have now may not be the same as you will need in the next few years. In the medical field things change quickly. If you find your current mask is no longer satisfactory, come in and talk to us. Solutions are easily available.

Take care of your equipment

In order to receive the optimum CPAP therapy you should change your:

- ✓ **Filter** every 3 months - to ensure that it is kept clean and doesn't become clogged
- ✓ **Cushion** every 6 months - so that it does not begin to harden and prevent you from getting a good seal
- ✓ **Tubing** every 12 months - over time small holes in your tubing may cause leaks, affecting the CPAP pressure



FREE POSTAGE this month on full range of CPAP spare parts & accessories purchased from our website

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Locations around Australia

September 2010

NEW SOUTH WALES

ALEXANDRIA

Unit 5/476 Gardeners Rd
ALEXANDRIA 2015
Tel: 02 9364 7474

BAULKHAM HILLS

Hills Private Hospital
499 Windsor Road
BAULKHAM HILLS 2153
Tel: 02 9686 0753

BROKEN HILL

149 Harris St
BROKEN HILL 2880
Tel: 08 8087 2403

COFFS HARBOUR

Banana Coast Nursing Service
66 Albany St
COFFS HARBOUR NSW 2450
Tel: 02 6651 3153

INVERELL

138 Old Bundarra Rd
INVERELL 2360
Tel: 02 6722 4017

LAURIETON

Shop 4, Bayside Cct
LAURIETON 2443
Tel: 02 6559 9030

NEW LAMBTON

Unit 2/18 Alma Rd
NEW LAMBTON 2305
Tel: 02 4950 9635

NORTH BATEMANS BAY

11431 Princess Hwy
NORTH BATEMANS BAY 2536
Tel: 02 4472 8410

ORANGE

Shop 1, 155-159 Dalton St
ORANGE 2800
Tel: 02 6369 0958

STRATHFIELD

Strathfield Private Hospital
3 Everton Rd
STRATHFIELD 2135
Tel: 02 9745 7454

WAGGA WAGGA

26 Docker St
WAGGA WAGGA 2650
Tel: 02 6925 3633

WAITARA

106 Balmoral St
WAITARA 2077
Tel: 02 9485 3555

WESTMEAD

Shop 19/24 Railway Pde
WESTMEAD 2145
Tel: 02 9633 5404

WOLLONGONG

Unit 2/17 Denison St
WOLLONGONG 2500
Tel: 02 4225 7811

ACT - CANBERRA

PHILLIP

77 Dundas Crt
PHILLIP ACT 2606
Tel: 02 6285 2979

SOUTH AUSTRALIA

KENT TOWN

95 Fullarton Rd
KENT TOWN 5067
Tel: 08 8331 1648

EDWARDSTOWN

13 Weaver St
EDWARDSTOWN 5039
Tel: 08 8299 0496

MOUNT GAMBIER

Shop 5 & 6 Ripley Arcade
MOUNT GAMBIER 5290
Tel: 08 8723 3788

QUEENSLAND

AUCHENFLOWER

Wesley Medical Centre
Suite 48, 40 Chasely St
AUCHENFLOWER 4066
Tel: 07 3870 0711

BOWEN HILLS

25 Campbell St
BOWEN HILLS 4006
Tel: 07 3252 8039

BUNDABERG

Friendly Society Chemist
9 Barolin St
BUNDABERG 4670
Tel: 07 4154 0540

CAIRNS

19 Industrial Ave
STRATFORD 4870
Tel: 07 4058 2433

GOLD COAST

Unit 1/72 Township Dr
WEST BURLEIGH 4220
Tel: 07 5520 4870

KINGAROY

Kingaroy Home Aids & Health Equip
Shop 4, 13 Alford St
KINGAROY 4610
Tel: 07 4162 5125

MARYBOROUGH

The Friendlies - Independent Living
Shop 2, 133 Lennox St
MARYBOROUGH 4650
Tel: 07 4123 2733

MACKAY

AFS Pharmacy
135 Nebo Rd
MACKAY 4740
Tel: 07 4957 4636

NAMBOUR

Home Healthcare
26 Ann St
NAMBOUR 4560
Tel: 07 5451 2620

TOOWOOMBA

Toowoomba Specialist Centre
Suite 9, 9 Scott St
TOOWOOMBA 4350
Tel: 07 4639 4844

TOWNSVILLE

Centrepoint Shopping Centre
Shop 3, 272 Ross River Rd
AITKENVALE 4814
Tel: 07 4728 8277

VICTORIA

HEIDELBERG

190 Burgundy St
HEIDELBERG 3084
Tel: 03 9458 3102

NORTH SUNSHINE

40 Bunnett St
NORTH SUNSHINE 3020
Tel: 03 9310 1200

RICHMOND

135 Burnley St
RICHMOND 3121
Tel: 03 9427 9959

Please call before visiting our outlets to confirm opening hours.