



# Bedside Tales

VitalAire CPAP  
Support program

February 2011

## QLD Floods Update

Significant flooding occurred in many areas of Queensland during late December 2010 and early January 2011, with three quarters of the state declared a disaster zone.

Our Bowen Hills office has remained in operation throughout the crisis, and our CPAP services are now all back to normal. By continuing to provide CPAP products and services throughout the crisis we have made a very significant contribution to relieving some of the stress endured by our patients during this difficult time.

Our staff and agents' commitment to our patients throughout this ordeal has been tremendous. All QLD staff and agents are accounted for and there has been no flood damage to our sites.

AIR LIQUIDE *Healthcare* is committed to supporting staff fund raising efforts and will match, dollar for dollar, all funds raised internally.

We are also dedicated to supporting all of our rental patients by supplying replacements for hire equipment that has been damaged by the floods.

Contact us on **1300 36 02 02** if we can be of assistance with any of your CPAP needs.

Kind Regards,

Your AIR LIQUIDE *Healthcare* team

Should you wish to make a donation, the link to the Premiers Flood Appeal can be found at: <http://www.qld.gov.au/floods/donate.html>

## Your Lifestyle and OSA

Your lifestyle can have a major impact on your health and wellbeing. Unhealthy eating and insufficient physical activity can easily lead to an increased risk of developing a chronic disease such as some cancers, heart disease or Type 2 diabetes - which are all associated with Obstructive Sleep Apnoea.



### What are the consequences of being overweight?

The health problems and consequences of being overweight are many and varied, including musculo-skeletal problems, cardiovascular disease, some cancers, sleep apnoea, Type 2 diabetes and hypertension. Many of these are often preventable through a healthy and active lifestyle.

Having excess fat that coats your organs is a risk to your health. This is called visceral or intra-abdominal fat. The exact cause of the link between intra-abdominal fat and chronic disease is not yet clear, but what is known is that even a small deposit of this fat increases the risk of serious health problems.

### Why is waist measurement important?

A waist measurement of greater than 94cm for men or 80cm for women is an indicator of internal fat deposits which can coat the heart, kidneys, liver and pancreas and increase the risk of chronic disease. Waist circumference should only be used for adults to check the risk of developing a chronic disease. Measurements that indicate increased risks for children and teenagers have not been developed.

Even with a normal BMI, if you have a waist measurement above 94cm for men and 80cm for women you may be at risk of serious chronic disease\*.

Call **1300 36 02 02** to talk to a CPAP therapy consultant if you have any concerns that your current physical condition is impacting on your OSA.

# ResMed Quattro FX

## Less mask, more you

The new Quattro FX full face mask incorporates the proven quality and performance of Mirage Quattro full face masks in a smaller, lighter package ... for those who want the reliability and performance of a full face mask, with more freedom, openness and choice.



It may be called a full face mask, but it certainly doesn't look like one! With its unique design, the Quattro FX offers the following features and benefits:

- ✓ **No forehead support feature**, leading to increased comfort and field of vision
- ✓ More **compact** and **lightweight** than traditional full face masks
- ✓ Needs **fewer adjustments** to fit the mask and its compact size has fewer parts for **greater simplicity**

Without a forehead support feature, Quattro FX starts mid-way on the nasal bridge, giving you a clear line of sight and a feeling of openness.

But rest assured, you're still supported thanks to **Spring Air technology**: the suspension-like combination of the cushion, spring frame and tension-reducing headgear offers the stability and angular adjustment provided by conventional forehead support features ... so your seal is still safe with Quattro FX.

Call us on 1300 36 02 02 to trial the new ResMed Quattro FX for only \$25/week!



## Quiz

1. How much sleep is necessary to stay in good shape?

- Less than 6h  A
- 6h to 7h  B
- 7h to 8h  C
- More than 8h  D

2. My brain works even when I am sleeping?

- True  A
- False  B

3. The main symptoms of sleep apnoea are:

- Insomnia  A
- Snoring  B
- Sleepiness during the day  C
- Obesity  D

1. A-B-C-D This is a difficult question to answer. We all have different sleep needs which are, to a great extent, determined genetically. So how can you know if you have slept enough? The best way is to test whether you feel rested when you wake up and do not feel drowsy during the day. It is easier to determine your rhythm during the holidays, when you do not have to keep the same hours. Most adults sleep for between 7 and 8 hours during the week and between 7 and 9 hours at the weekend.

2. A The memory works during REM sleep. The very occurrence of sleep triggers our memory consolidation processes which, once active, remain effective, even if we stop sleeping shortly afterwards. This means that we remember what we learn better after sleeping!

3. B-C Obesity is not a consequence of sleep apnoea, but can contribute to its appearance.

# Sleep Hygiene Tips

## Small changes to make a BIG difference!

- ✓ **Lose weight.** Even a small amount of weight loss can open up your throat and reduce sleep apnoea symptoms.
- ✓ **Don't smoke or do drugs.** Obviously, doing things like smoking cigarettes and taking other drugs that affect your throat area may worsen your problem. Staying away from them may help to improve your sleep and reduce your sleep apnoea symptoms. Many drugs can cause your throat area to actually swell up – which could exacerbate your current symptoms.
- ✓ **Avoid sleeping pills and sedatives** – especially before bedtime. They relax the muscles in the throat and interfere with breathing.
- ✓ **Avoid alcohol use.** Alcohol and sleep apnoea don't mix. Alcohol can cause sleep apnoea to worsen, yet a lot of people try to convince themselves otherwise. The bottom line is that if you stop drinking, your condition could easily improve.
- ✓ **Avoid caffeine and heavy meals** within two hours of going to bed.
- ✓ **Position yourself properly for sleep** – Making physical adjustments to your body position as you go to bed may help you get better airflow during your sleep. Some people elevate their head and avoid sleeping on their back.
- ✓ **Maintain sleep hours.** Sticking to a steady sleep schedule will help you relax and sleep better. Apnoea episodes decrease when you have had sufficient sleep, while a poor night's sleep can cause the condition to worsen.

\*Resource: Australian Bureau of Statistics (ABS). National Health Survey 2007-08: Summary of results. ABS cat.no. 4364.0. Canberra: ABS.