

Bedside Tales

News from your Sleep Services Specialist

May 2010

Humidification... Make the most of your Therapy

Most people find that the air from a CPAP machine can irritate their sinuses. **The machine constantly forces air into your mouth and nose causing your mucus membranes to dry out.** This can lead to congestion or, in some cases, a nose bleed. The best way to prevent this is to use a humidifier. **Using a heated humidifier with your CPAP therapy can make your treatment much more comfortable** resulting in a better night's sleep. The new range of integrated humidifiers have less parts and fit directly to your CPAP machine making them easy to use and simple to clean.

AIR LIQUIDE *Healthcare* offer trial programs on a wide selection of CPAP humidifiers from locations across Australia. With winter fast approaching, come feel the difference that heated humidification can make to your CPAP Therapy.

Philips Respironics System One Humidifier

Better humidification management to prevent rainout and water damage.

The latest Technology in sleep therapy, the Philips Respironics CPAP unit lends greater comfort and efficacy to patients.

Thanks to advanced humidity control technology, consistent humidification levels are preserved even in changing environmental conditions. This delivers **optimum humidity and ultimate comfort to the patient**, while also dramatically reducing rainout. The new **Dry Box** technology ensures the humidifier's water source is isolated from the inner workings of the device under any conditions.

The System One humidifier also has unique DC capabilities making it the only humidifier which can be used in situations where conventional electricity is not available.



- ✓ No rainout
- ✓ Dry Box design to prevent water ingress
- ✓ Greater comfort through consistent humidity output
- ✓ Easy to travel with (DC Capabilities)

Call 1300 36 02 02 to trial this unit today!

Effects of humidification on compliance in OSA patients using CPAP

In a randomised crossover study, the effects of humidity on compliance and adverse side effects in OSA patients using CPAP were examined. The results of the study demonstrated that heated humidity increases compliance with CPAP users.

The difference in compliance may be explained by a reduction in side effects associated with upper airway symptoms, such as nasal congestion, dry throat and dry nose. Patients **awaken feeling more refreshed after using CPAP with heated humidity.** Compliance gains may be realised sooner if CPAP users are **started** with heated humidifiers at the initiation of CPAP. ⁽¹⁾

If you're waking up unrefreshed or are having difficulties using your CPAP therapy regularly, book a therapy review with us today.

(1) Clifford a. Massie, Robert W. Hart, Kathleen Peralez and Glenn N. Richards. Effects of Humidification on Nasal Symptoms and Compliance in Sleep Apnea patients Using Continuous Positive Airway Pressure. Chest 1999;116;403-408

WIN a \$100 Coles Myer Gift Card !

Visit our website to win a \$100 Coles Myer Gift Card!

Simply go to www.airliquidehealthcare.com.au and provide your details to enter.

Promotion ends 31-05-10



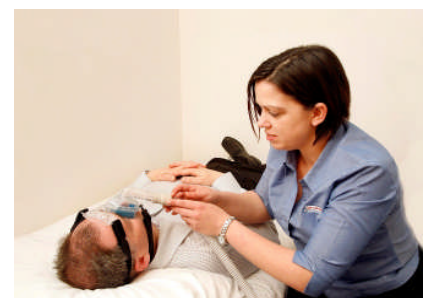
Get your CPAP equipment in shape for Winter!

Get a complete CPAP equipment and therapy review for just \$30:

- ✓ Data download for your next specialist appointment
- ✓ CPAP unit pressure test and calibration
- ✓ Therapy review
- ✓ Mask re-fitting

Book your complete CPAP therapy and equipment review

1300 36 02 02



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Locations around Australia

May 2010

NEW SOUTH WALES

ALEXANDRIA

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

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

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.