

The SAA Newsletter

VOLUME 15, ISSUE 6

DECEMBER 2009

CALENDAR REMINDER FOR 2009

*All dates are for
General Meetings
at Canberra
Southern Cross
Club in Corinna
Street WODEN*

Saturday starting
at 2.00pm

Next Meetings

November 21st

Christmas Party
CSC Yacht Club
On December 5th

2010 DATES

February 20th

April 17th

June 19th

August 21st

October 16th

November 20th

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SLEEP APNOEA ASSOCIATION INC. ACT & Region
ACT Registered No. A 2042 ABN 62 545 256 140

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*affiliate member of S.H.O.U.T. (Self Help Organisations United Together)
On the web at: www.sleepapnea-act.org.au

Information in this newsletter is not expert medical advice. If you have any concerns about your health or treatment you should consult your doctor. Any opinions expressed in this publication are not necessarily those of the Sleep Apnoea Assoc. Inc.

REMINDERS

Don't forget our meeting on Saturday 21st November. We have a number of interesting speakers and will be having a general discussion day on machines and masks. Hope you can make it there.

Our Christmas lunch this year is at the CSC Yacht Club on 5th. December. We had over 30 last year and would like to beat that this year. It's a great location with good food and company. If you're coming please contact Dick Bell on 62862601 or Richard Hourigan on 62511227 to book a place.

As you know we provide second hand machines to Pensioners and others who cannot afford to buy a machine and have to wait for years to qualify for help under the NSW scheme. This year we have seen 18 machines go out and I'm totally out of units. If you have a unit you are not using why not consider donating it to our scheme. You may also like to consider a small mention in your will to pass the machine on to the group when the time comes.

Our elections were held last month and the same committee has been re-elected for the coming year. We hope to introduce a couple of new ideas during the coming year and will be taking our message to a wider audience.

This month the magazine is a compilation of tips from previous years so the magazine should become a collectors edition. Enjoy.

****FOR SALE****

- Breeze headgear with 3 nasal pillow sets & 6ft. connecting hose. Hardly used. Cost \$200 new will sell for \$65 ono phone Sam 62577378 mob. 0432573045 (Lyneham)
- Resmed S7 Autoset T with Humidifier asking \$600 ONO Phone Kurt on 62834038.
- Resmed S8 with H3i humidifier plus Optilife mask. Perfect condition new cost \$1430. Asking \$1000 ono. Phone 0438 652 696.
- Resmed S7 Autoset T Good condition Asking \$450. Also Humidaire heated humidifier to suit above. \$100 ono or \$500 for both. Phone 0413 188 525 (Woden)
- Resmed Quattro Mask as new. Full Face Medium cushion Perfect condition. Asking \$100 Phone Michael 62829175 (Woden) or 0400640749
- Resmed S8 Autoscore II Platinum Series As new with unopened software. Asking \$800 ono Phone Pam 99488417. Manly NSW
- Resmed S7 Lightweight with Humidifier—5 years old in good condition. Asking \$500 ono. Fisher & Paykel HC221 with integrated humidifier 5 years old good condition. Asking \$350 ono. Phone Robert or Jane on 62544042
- Resmed S7 Autoset Spirit with Humidifier. Good condition, cost \$2300 new a good buy at \$500 ono. Phone Ingrid on 62476465 Campbell.
- Fisher & Paykel HC221AEA in as new condition. Would need new water chamber. A bargain at \$250 ONO. Phone Jacqui on 0438 738 538 (Wanniassa)
- S8 Autoscore. Excellent condition, no humidifier, over \$1400 new. Will sell for \$1000. ONO Phone Heather on 61132247 or 62901969
- S8 Autoset T with humidifier and mask. Over \$2500 new just 12 months old and in excellent condition. Asking \$1500. ONO. Phone Matthew on 0404 940 730. unit is in Goulburn but will bring to Canberra for serious buyers.
- S7 Autoset T with humidifier and full face mask. As new had very little use. Asking \$1200 ONO. Phone Beryl on 62512380.
- S7 Lightweight with humidifier. 4 years old in good condition. Asking \$500.00 ono. Phone Jim 64934690 (Bermagui NSW)

PLEASE LET ME KNOW IF YOU SELL YOUR MACHINE.

- **ADVERTS ARE FREE PLEASE EMAIL ME AT
sleepact@yahoo.com.au**

**(include the word SLEEP in the subject heading)
Or ring 62604312 and leave a message**

Issues faced by CPAP Users

If you are diagnosed with sleep apnea....let me say before anything else, it is VERY important that you get it treated, not only may you find a vast improvement in your energy levels, memory and cognition, you also won't be getting up during the night to pee and you will be saving your life. Untreated sleep apnea is now believed to be THE major cause of heart attack and stroke. The reason for this is that apnea means you stop breathing frequently when you sleep. When you stop breathing, it means your brain isn't getting oxygen and stress is placed on your heart.

For those of you who haven't tried CPAP yet, don't let the look or thought of the thing put you off, you really DO get used to sleeping with that stuff on - sometimes a lot quicker than you'd expect and before you'll know it, you'll do what I do and sometimes almost forget to take the thing off before you get out of bed! I've only been on CPAP since September, and I feel odd NOT wearing it to bed now.

Now.....as to wearing a CPAP mask, there are several things I want to mention. The first is, DON'T GIVE UP, it can take a little time to get used to it but there are several things that can help.

IF YOU'RE FEELING CLAUSTROPHOBIC or just generally uncomfortable sleeping with something on your face, sit with the mask on (not connected to the machine) for a while each day while you're doing some daily activity, like watching TV or reading a book, this gets you used to having something there and makes it easier then to sleep with it on.

GET THE RIGHT MASK. There are many different masks available, and new ones coming out all the time. The most common type is a nasal mask which fits over your nose kind of like oxygen masks in hospitals. Then there are nasal pillows, which I've heard heaps of great comments about. Instead of covering your entire nose, nasal pillows sit under your nostrils. The main benefit of this is that there is less in contact with your face. This can help those who are feeling claustrophobic and it can also mean more freedom to move around (more on moving around later). There are now a few oral devices available which actually deliver the air through your mouth, rather than your nose - this may be a good option for mouth breathers. The only report I have personally heard so far was in relation to the Fisher & Paykel *Oracle* mask. The user stated that it made him gag and was uncomfortable, but as with anything, different systems suit different people.

SPECIFIC MASKS

There are a few masks that seem to be highly recommended by users (not by companies or insurance or docs....but the people who use them - the people who know).

- **ULTRA MIRAGE** is one of the most common, people say it's comfortable and seals well.
- **FISHER & PAYKEL ACLAIM** (I have this one myself) mask which is particularly good for a number of reasons.
 1. I find it very comfortable
 2. it's a very quiet mask and doesn't cause air to blow all over you (or your partner) through the exhale port on the front of the mask (it has what's called a diffuser which prevents this) and
 3. it's very good if you move about a lot when you sleep. I noticed myself, and have since heard a number of other people say the same thing. I think it is because of the "Glider" which allows you to move without the mask unsealing from your face.

An Intelligent Choice

The Next Generation REMstar

Introducing the highly anticipated Sleep Therapy System from Philips Respironics. We've been doing a lot of listening, and what we've heard is that you are calling for more intelligent solutions.

The Philips Respironics Sleep Therapy System brings key intelligent technologies together in one device. The **NEW** system was designed to deliver more than therapy, it's been created to intelligently deliver precisely what you need to manage your sleep apnea.

Through advancements in comfort technology, humidification management and the marriage of proven technologies, the Philips Respironics Sleep Therapy System thinks for itself, carefully monitoring you & recognising when therapy needs changing.

It's the Sleep Therapy System you have been waiting for.



1 300 360 202

For more information please call Philips Respironics on 1 300 766 488 or visit www.philips.com.au/respironics

For all your CPAP equipment, service and advice, contact your nearest Capital Chemist to arrange a confidential consultation

HUGHES (Peter Holder) Phone (02) 6281 2581

Stockists of Resmed, Fisher and Paykel.

Demonstration masks available for trial

BATEMANS BAY

Phone (02) 4472 6263

Stockists of Fisher and Paykel products

BATEHAVEN ADVICE PHARMACY

Phone (02) 4472 5163

Stockists of Resmed products



This months Funny

After being married for 44 years I took a careful look at my wife one day and said, "Forty-six years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10 inch black and white TV, but I got to sleep with a sexy 25 year old woman. Now I have a \$500,000 home, a \$45,000 car, a nice big bed, and a plasma big screen TV, but I'm sleeping with a 69 year old woman. It seems to me that you're not holding up your side of things."

My wife is a very reasonable woman. She told me to go out and find a sexy 25 year old woman and she would make sure that I would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed, and watching a 10 inch black and white TV.

WELCOME

The SAA welcomes all new members and looks forward to a long and enjoyable association together, through our bi-monthly meetings and newsletters.

All receipts for membership fees are posted with the newsletter following payment.

Moving?

Please advise any change of address and telephone contact details to ensure that you continue to receive our newsletters.

Newsletter.

Copy deadline for our November issue is 25th October 2009.

SAA Contact Numbers

SHOUT 6290 1984 (for initial inquiries)

| | | |
|---------------------|------------------|-------------------------------|
| President: | Richard | 62511227 |
| V/President: | Dick Bell | 62862601 |
| Secretary: | Joe | 62604312 or 0408191514 |
| Treasurer: | Angelo | 62316001 |
| Rita | | 62582683 |
| Marjorie | | 62314527 |

ANAESTHESIA AND SLEEP APNOEA

SOME THOUGHTS FOR PEOPLE WITH SLEEP APNOEA WHO ARE BEING PREPARED FOR SURGERY.

By Dr John Loadsman

This information is available on the Internet at

<http://www.usyd.edu.au/anaes/lectures/OSApainfo.html>

OR if you do not have access to the Internet send a stamped self-addressed BUSINESS SIZED envelope to SAA PO BOX 1461 Tuggeranong DC ACT 2901 requesting a copy .

- **BREEZE & OPTILIFE NASAL PILLOWS.** I've heard a lot of people prefer this to the other common nasal pillow setup which is the Adams Circuit. People almost always seem to need the LARGE size Nasal Pillows

FOR MOUTH BREATHERS,

If you naturally breathe through your mouth while you sleep you may find that the use of CPAP and a humidifier clears up your nasal passages. Unfortunately, for some this doesn't work and mouth breathing can still be a problem....air escaping through your mouth all night can be unpleasant to say the least. To prevent this problem there are a number of options.

You can use a nasal mask, or nasal pillows with a chin strap to keep your mouth closed.....for some this is either not comfortable or not that successful but there's another option.. There are now a couple of full face masks available, they usually fit over both your nose and your mouth so that if you open your mouth to breathe you still get the required amount of pressure. There is also available a total face mask that actually covers your entire face....I don't like the sound of that personally but it's helped at least once person I've come across (quite rare to need one of those I'm sure). When all else fails by some Micropore paper tape at the chemist and tape your mouth shut. It works and the paper tape is easily removed.

YOU NEED A HEATED HUMIDIFIER

Another vitally important thing is to make sure you use a heated humidifier. Most people who have trouble with CPAP and give up on it (or at least want to) are having problems that can be easily overcome by using a heated humidifier (sometimes it's a challenge to get insurance to approve these but there are ways to get results from them). A heated humidifier prevents problems like dry nose in the morning and also nasal congestion. Air forced through your airways will dry you out very quickly, you'll be amazed at how much difference a heated humidifier can make! The main problem people come across with using a humidifier is what's known as "rainout" this means that water starts to collect in the mask and can be noisy and annoying and I guess you could even risk breathing a drop or two in... this occurs when the humidifier temperature is too high for the temperature of the room. You can get around this problem in a couple of ways, firstly, try reducing the heat on your humidifier. You should also try insulating your hose. This can be done with pre-made insulators (you can buy them at any of our local cpap suppliers or by wrapping it in some other material, bubble wrapping, fleecy fabric etc. If your humidifier is not made of stainless steel or an inert material always use only distilled or demineralised water in your humidifier, never use tap or spring water.

MOVING AROUND WHILE YOU SLEEP. A lot of people have trouble with the hose pulling the mask off the face or have trouble with mask leaking when changing position during the night. A great way to help

avoid this is to suspend your hose above your head. You can buy special "hose suspenders" from a guy known as CPAPman , but you can easily make your own. I basically have a hook in the wall above my head with a few elastic bands tied to it which are then tied to the hose, this means I can turn over - lie on either side or my back and the hose doesn't get in the way or pull the mask off my face. Very useful.

GETTING THE MASK TO SEAL . Another common problem people have when they start CPAP therapy is that the mask leaks causing noise and unpleasantness in general. There are two important things to know about preventing leaks.

1. **Wash your face** and the part of the mask (usually the silicon part) that touches your face every night before you go to bed, you can do this with warm water, or with warm water and a light detergent. Our skin is naturally full of oils and the oils can prevent the mask from sealing well.
2. **Don't make the mask tight!** This is a very common mistake people make, their mask leaks a bit so they make it tighter - but this usually doesn't work, in fact you often need to make the mask looser - especially if you are on a higher pressure. The reason for this is that the mask is designed kind of like a hovercraft (have you seen those?) the pressure of the air actually forms a cushion that holds the mask to your face. SO.....if you're getting leaks, loosen the mask right off.....and then just tighten it a little at a time, it should never be so tight that you get red marks on your face in the morning that stay there for any length of time.

I know I've covered a lot here, but probably haven't answered everything you want to know, or perhaps not addressed the specific problem you are having - but please, ask me anything else you need to know and I'll do everything I can to help out. If I don't have answers myself, I will ask at the sleep disorders newsgroup....which, by the way, is an excellent source of help for not only sleep apnea and CPAP but also other sleeping problems. If you have access to newsgroups through your email program, the newsgroup you want to find is alt.support.sleep-disorder

Note:

The Cpapman is an American Website. Your local suppliers listed in the Newsletter are able to provide you with any product mentioned in Beth's Article

This is a reprint of an article from our June 2002 issue. The advice is still just as relevant today as it was then.



Customized to Energize.

Zest™ Range

NASAL MASK

Compact, quiet, and effortless to fit and use, the Zest™ Nasal Mask Range offers superb comfort. The innovative design of the Zest™ Nasal Masks combine the Easy-Clip Silicone Seal and Advanced Air Diffuser with proven technology that makes Fisher & Paykel Healthcare masks perform so well.

Simple to both use and seal, the Zest™ Range of Nasal Masks is your complete solution for patient satisfaction!

With Zest, the rest is easy



Easy-Clip Silicone Seal with VTS™



Zest™ Petite



Zest™



Zest™ Plus

Fisher & Paykel
HEALTHCARE

Helpful Tips:

DON'T FORGET TO REGULARLY CLEAN YOUR MASK AND MACHINE.

Wash the face mask each day in warm soapy water and rinse to remove body oils. This will ensure a good seal at night particularly if your pressure is in the higher range.

A simple solution of 10% white vinegar and water to rinse your mask and hose is all you need to ensure they are kept hygienic. Several proprietary brands of cleaners are stocked at all Capital Chemist shops and you should consider using one of these to thoroughly sterilise the unit if you have a cold or flu.

On average the air filter should be replaced every six months, unless you are in unusually dusty surroundings, in which case you should replace it more often.

You will know the filter needs replacement if it is dusty, dirty, or contains holes. Get into a routine of checking the filter at least every month.

SLEEP HYGIENE TIPS

1. Do not go to bed until you are drowsy. Many people go to bed before they are sleepy in an attempt to catch up on lost sleep time. The problem is, they don't sleep, but end up worrying about their daily issues. Delaying sleep until drowsiness increases the chances of falling asleep and strengthens the association between bed and drowsiness.
2. Go to bed and get up at the same time. Maintaining a consistent schedule is one of the important time cues for the 24-hour circadian sleep-wake rhythm.
3. Do not take naps. Problem sleepers should avoid this.
4. Reduce or eliminate the use of alcohol. Do not drink alcohol later than 3 hours before bedtime.
5. Reduce or eliminate the use of caffeine. Do not use caffeine within 6 hours of bedtime.
6. Reduce or eliminate the use of nicotine. Do not smoke within 4 hours of your bedtime.
7. [Exercise](#) regularly, but avoid strenuous physical exertion after 6:00 p.m.
8. Eat a light carbohydrate snack before bed (crackers or an apple).
9. Adjust the sleep environment so that the temperature is comfortable and there are minimal levels of light and noise.
10. Remove all work or reminders of stressful things from the bedroom. The bedroom should be reserved for sleep, sex or other relaxation.

If you are using AutoSet therapy the device will automatically adjust the pressure to suit your continually changing needs. This type of treatment is particularly recommended if your weight fluctuates regularly, or you regularly consume alcohol or sleeping tablets.

Air Travel

Recently a member booked an overseas flight with Emirates, a line which provides a high service level to its passengers. Imagine her surprise on learning she could not use her CPAP machine in flight. As a result we did a bit of background and found the following information. (My thanks to Chris Rabatsch of Respirationics)

QANTAS: Qantas allows the use of CPAP units and has a 10 page list of approved units and the necessary application is available on this website. <http://www.qantas.com.au/infodetail/flying/beforeYouTravel/mediform.pdf>

A copy is available if you would like to read it. Most of their aircraft have a few points available and you need a doctors certificate to obtain access.

The following list of airlines that have a policy on CPAP.

| Airline | Accept? |
|-----------------|----------------|
| Qantas | Yes |
| SAS (Sweden) | Yes |
| Singapore | No |
| British Airways | Maybe |
| United Airlines | Yes |
| Air New Zealand | No |
| Cathay Pacific | Yes |
| Vietnam Air | Yes |
| Emirates | No |

With The low service Qantas subsidiary "Jetstar" taking over a number of the overseas routes from their Qantas parent you need to be careful that you are not left with a Qantas ticket on a Jet* aircraft that may not provide full service.

ACT HEALTH CPAP CONTACT Karla Erven phone 62052622



- **Sales/Rentals**
 - **60 Day Buyback ***
 - **30 Day Mask Swap ***
 - **Low Cost Finance ***
 - **Free Advice and Support**
- FREE DOWNLOADS**

**CPAP Masks - Latest Designs
Improved Comfort and Fit - Call to Demo**

NEW - Resmed Activa LT



- Improved adjustments on forehead
- Seals on a wider group of patients
- Dual wall cushion - Active Cell Technology - Improved seal
- Extremely quiet

NEW - Resmed Swift LT & Swift LT for LADIES



- Our most popular mask to date!!
- Adjustable cushion position for optimal seal
- **Available in HIS and HER options**



Our Most Popular CPAP Machines: Competitive Prices!!!

Fisher & Paykel Sleep Style 608



- Very quiet
- Most powerful humidifier available
- ThermoSmart & heated tube reduces condensation in winter
- Comes with a FREE MASK

Respironics REMstar M Series



- Auto and fixed pressure models
- Small - great for traveling
- C-Flex in all modes - makes breathing easier
- 12v battery option
- Software included at NO COST*
- card- save time by posting it

Resmed S8 Platinum System



- Auto and fixed pressure models
- 12/24v battery option
- Removable compliance data card- save time by posting it
- Software included

**These and more products also available online at:
[www. cpapaustralia.com.au](http://www.cpapaustralia.com.au)**



Unit 2, 7

* Some conditions may apply

(1300 MY CPAP)



CHRISTMAS LUNCHEON

Our luncheon meeting this year will be held at the Canberra Southern Cross Yacht Club in the Main Dining room. It commences at 12:00 noon and is an a la carte menu with a very wide choice at good prices.

If you would like to attend please make a reservation with Dick Bell on 62862601 or you can ring Joe on 62604312 . (leave a message on the answering machine please)

LUNCHEON
SATURDAY
5th. December
Canberra Southern Cross
YACHT CLUB

SEE YOU THERE

