

The Acurest newsletter will keep you up to date with the latest developments in the research and treatment of sleep apnea and will provide you with hints and tips to help you continue with your CPAP therapy.

Acurest News

The moulding network grows – hello Adelaide!

As regular readers will know, Acurest has partnered with soft-tissue prosthetists around Australia to take the detailed facial moulds we need to make the TrueFIT™ Mask. We have established these relationships in Sydney with visiting clinics to Dubbo and Coffs Harbour through **Premier Prosthetics**, in Melbourne at the **VPSU Laboratory in The Mercy Private Hospital** and in Perth with **Mr Paul Barnsley**. All of these relationships provide quick and easy access to the TrueFIT™ Mask.

But Australia is a big place and we have many clients eager for the world's only custom-made CPAP mask who are not located near one of these centres. Our work in building this network continues:

We are pleased to announce that Acurest now has a resident moulding expert in Adelaide to see our South Australian clients!

Acurest can now offer moulding services in Adelaide through **The Adelaide Artificial Eye & Body Prosthetics Clinic**.

Located in Melbourne Street, North Adelaide, this highly skilled group offers a permanent facility so that our South Australian clients can access a TrueFIT™ Mask without having to wait for an appointment with travelling Acurest technicians.

For more information about this service, please visit the Acurest website (www.acurest.com.au) or call us on 07 3205 8323.



Maintenance Video Series

The life of the TrueFIT™ Mask depends upon how well the mask is looked after. Wash the mask every day in COLD water and the normal life will be around three years. Never wash it and the mask can be ruined in half that time.

We are often asked about how to best clean and maintain our masks. So, to help TrueFIT™ Mask users get the longest life and best value from their masks, Acurest have just completed a series of videos taking you through the cleaning and maintenance routine.

To see the videos, visit the Acurest YouTube Channel. Get there by going to www.acurest.com.au and click on the link in the "What's New" section of the homepage. You can also go to www.Youtube.com.au and search on "AcurestCPAP". These videos take you through the step by step process for daily washing, weekly rinsing and de-scaling the diffusers. We recommend that all users take a look at these video clips as a reminder.

Australasian Sleep Association Annual Conference

This year The ASA conference is in Sydney and Acurest again will be an exhibitor at the event. The annual three day ASA conference is the premier sleep medicine conference in the Asia-Pacific region and showcases the latest research and products used in the treatment of sleep disorders. An update from the conference will appear in a future edition of sleep.energy.life.

Sleep Facts – things about sleep you need to know....

- The 1989 Exxon Valdez oil spill off Alaska, the Challenger space shuttle disaster and the Chernobyl nuclear accident have all been attributed to human errors in which sleep-deprivation played a role.
- A night on the grog will help you get to sleep but it will be a light slumber and you won't dream much or feel as refreshed when you wake.
- After five nights of partial sleep deprivation, three drinks will have the same effect on your body as six would when you've slept enough.
- The extra-hour of sleep received when clocks are put back at the start of daylight saving in Canada has been found to coincide with a fall in the number of road accidents.

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Interesting research about CPAP and Sleep Apnea:

The Dangers of Ceasing CPAP

The benefits of continuous positive airway pressure machines (CPAP) for patients with obstructive sleep apnea are quickly reversed when the therapy is withdrawn, according to Swiss research.

“In patients with obstructive sleep apnea who are established on CPAP treatment, withdrawal of the therapy is associated with a rapid recurrence of OSA and sleepiness within a few days,” said Malcolm Kohler, MD, senior consultant at the Sleep Disorders Centre and Pulmonary Division of the University Hospital in Zurich.

“After 14 days of CPAP withdrawal, OSA patients experienced considerable increases in heart rate and blood pressure as well as a deterioration in vascular function.”

Not surprisingly, at the end of the study period, there was a significant increase in apneic events, oxygen desaturations, and the number of arousals during sleep. As a consequence of the recurrence of sleep-disordered breathing, subjective sleepiness increased in the CPAP withdrawal group.

Importantly, endothelial function deteriorated considerably following CPAP withdrawal, and there was a marked increase in blood pressure and heart rate after 2 weeks. Additionally, the researchers found a significant increase in urinary hormones consistent with sympathetic nervous system activation. These findings imply that withdrawal of CPAP therapy for even a short time has a measurable negative effect on the cardiovascular system.

American Journal of Respiratory and Critical Care Medicine.

Sex and the CPAP

The very thought of using CPAP is enough to make a lot of newly diagnosed people just say no.

Many who say “no” have issues with the look of CPAP and how it will affect their intrapersonal lives; their relationships and their sex life. The medical device, 6 feet of tubing and a mask worn over the face can be

quite intimidating. It’s true; there is nothing visually attractive about any of it.

Thanks to increased awareness about sleep apnea, people are being diagnosed at younger ages in their 20’s and 30’s. Apnea used to be thought of as a middle aged and older health issue; not anymore.

When you say no to CPAP, the ravages of untreated apnea include fatigue, daytime sleepiness, snoring, memory loss, depression, GORD, increased night time urination, hypertension, weight gain and risk of heart attack or stroke. While it’s true that there is nothing attractive about CPAP, 6 foot tubing and masks, there is also nothing attractive about that laundry list of symptoms.

The truth is, apnea doesn’t get better when left untreated; it worsens. The truth is that too many wait until the serious symptoms disrupt life and health before diagnosis or beginning therapy.

You may be surprised to learn that untreated apnea can cause impotence and low libido and sex drive in both men and women. When the body is sleep deprived, a man’s testosterone levels diminish and can cause erectile dysfunction (ED). Sleep deprivation also causes low libido or sex drive in both men and women. Research shows that sleep apnea can cause ED and can be reversed by CPAP use.

For most of us, there is no cure for sleep apnea. When we are young, we don’t think much about our mortality. We are too busy living life to think about becoming obese and developing Type 2 diabetes. We don’t think about high blood pressure, heart attack and stroke; those things only happen to old people. What we don’t realise is that these things are all caused by untreated sleep apnea. If you want to live to be an “old people”, and you have been told you have sleep apnea, even if mild, consider this news a gift. You have been given the opportunity to say yes to treatment and avoid the certain devastations down the road.

Tracy Nasca, 2011

We hope you found this edition of sleep.energy.life an interesting and informative read. We’d love to hear your feedback on the newsletter. Simply email us at info@acurest.com.au

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