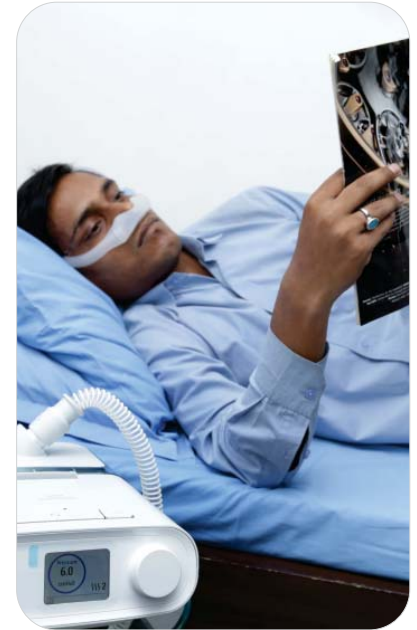



PAP THERAPY FOR OSA



Content Partner

Fortis Escorts
Okhla Road, New Delhi -110025
For International queries, contact +91 9818797557
Ph. No.: 011 4713 5000, 011 2682 5000
Emergency: 011 2682 5002/105010
Fax: 011 2682 5013
Email: contactus.escorts@fortishealthcare.com
Website: www.fortisescorts.in

 www.facebook.com/FEHIDELHI

 www.twitter.com/fortis_escorts



OSA is a common breathing disorder where pauses in breathing occur during sleep. The collapse of the upper airway occurring due to excessive fat deposited over neck in obesity is the most common cause of OSA in adults. Management of this disease mostly relies on keeping the airway patent during sleep to prevent apneic episodes. PAP or Positive Airway Pressure therapy is the mainstay of treatment in OSA.

1

WHAT IS PAP THERAPY?

PAP therapy is the most common therapy advised for OSA. There are different forms of PAP therapy. All forms of PAP help in keeping the airway open during the night.

They help people with all levels of OSA, from mild to severe. These devices provide a stream of air through a mask you wear while you sleep. The airstream prevents your airway from closing, so you neither stop breathing nor wake up during the night easily. The amount of air pressure needed is different for each person.

WHAT ARE THE TYPES OF PAP DEVICES?

2

CPAP: CPAP devices deliver a constant level of air pressure throughout the night. The level of pressure is determined by your health care provider. A sleep study may be necessary to determine the pressure level.

APAP: APAP therapy automatically raises or lowers the air pressure as needed during the night.

BIPAP: BIPAP devices have two levels of pressure: a higher level when you breathe in and lower level when you breathe out. If you have a problem with CPAP or APAP, a health care provider might have you try BIPAP. It is also used when you have OSA along with another breathing disorder.

There are other additional types of PAP devices which have special indications of use based on your type of sleep apnea.

3

WHAT ARE THE BENEFITS OF PAP THERAPY?

PAP therapy helps ameliorate the following clinical symptoms of OSA:

- Snoring or choking spells at night
- Non-refreshing sleep
- Restless sleep, dry mouth during and after waking from sleep
- Excessive daytime sleepiness and/or fatigue
- Nocturia
- Early morning headaches, etc.

In addition, PAP therapy significantly cuts down the risks of cardiovascular diseases like stroke, heart attacks, uncontrolled hypertension and diabetes which prolongs your survival.

It is advised that patients should use the device throughout the sleep duration which is close to 6 hours a day every day for maximal benefit.

PAP therapy improves your quality of life alongside protecting from fatal cardiovascular events.

CAN I USE THE PAP DEVICE AT MY HOME BEFORE I BUY IT?

4

Yes! We provide for a 3-day complimentary trial for our patients undergoing Sleep Study in order to acquaint them with the device use and solve any problem as they appear first up. Most of our patients relish the visible benefits after the trial and happily pursue its long term benefit.

5

WHAT ARE THE TIPS TO ADJUST TO PAP THERAPY?

- Use the right machine (CPAP/BIPAP, APAP- whatever is suggested to you) at the pressures suggested by the sleep specialist
- Use the machine (CPAP/BIPAP/APAP) every night, making it a part of your night time routine
- Use the nasal /full face mask/nasal pillow /headgear of the right fit so as to have the best level of comfort
- If you feel the pressure is too high, use the 'ramp' mode – it will gradually increase the pressure with time, allowing you to fall asleep before increasing pressure
- If you have dryness in mouth/throat/nose – use a humidifier that fits well with your machine
- If you experience a nasal congestion- use a mild spray. If problem is severe, then try a nasal decongestant
- Regular follow up with the sleep doctor is a must to make sure that you are using the machine /mask correctly at the right pressures
- In addition, your sleep centre will provide you the cleaning and maintenance tips for your device required for optimal functioning. Both your PAP device company (with a 2 year warranty) and your sleep centre will be there to solve any problem related to your device and use.

You are not alone, join our SUPPORT GROUP (the aim of this support group is to increase awareness about this disease and bring patients with OSA and their families together to help each other).

For more information, visit us at www.neurologysleepcentre.com

WHAT HAPPENS WHEN I TRAVEL?

6

You can take your PAP device with you as it is very handy. A travel case for the device and accessories often comes with the machine.

7

ARE THERE OTHER MEASURES TO INCREASE EFFICACY OF MY PAP THERAPY?

In addition to PAP therapy, the following measures are advised as additional measures to improve PAP efficacy and for general well-being:

- Weight loss*
- Stoppage of smoking and alcohol use
- Doing regular aerobic exercises*
- Myo-functional exercises of upper airway muscles

*These measures should be initiated under supervision of your physician. Speak to your health care provider if you have any questions related to your PAP therapy or additional measures.