

# NORTH MISSISSIPPI MEDICAL CENTER

## SLEEP DISORDERS CENTER

### **PROVIDING CONTINUING SUPPORT, SERVICE AND INFORMATION.**

Establishing good communication with your durable medical equipment company (DME) is something that will always benefit the patient, and in more ways than one. Staying informed and educated about improved therapy options, and compliance requirements is information that should be discussed with your DME provider on a regular basis. New technologies are available for our patients more often than most are aware of. New therapy masks types, sizes, and even materials all change with the growing demands and diverse patients. If the smallest discomfort or complication arises with a CPAP mask it is always a good idea to call your DME. The many equipment companies are there to serve patients in the best way possible, provide knowledge on requirements and resolve equipment issues. Successful CPAP therapy requires attention, and change to each individual need. A major goal for our team at NMMC Sleep Disorders Center is to inform our patients as much as possible, make them feel comfortable and give them the tools to stay successfully compliant. Please, if any questions or concerns arise with CPAP therapy, call our team or your DME.

H	A	C	N	E	G	Y	X	O
E	C	D	P	M	A	P	C	D
A	D	R	E	A	M	S	T	S
R	H	P	H	S	P	O	K	E
T	E	A	T	A	C	R	M	W
A	X	A	P	N	E	A	R	S
T	C	I	G	J	X	M	N	O
T	B	C	G	F	C	H	K	U
A	I	E	U	G	E	R	D	B
C	L	J	A	D	R	S	O	Q
K	R	V	K	M	C	F	D	P
A	D	F	A	T	I	G	U	E
M	U	H	I	T	S	W	X	O
K	A	J	B	K	E	S	B	C

  

APNEA	DREAMS	GERD
BIPAP	EXERCISE	HEART ATTACK
CPAP	FATIGUE	
LEG JERKS	OXYGEN	

#### What is Obstructive Sleep Apnea?

- Cessation or reduction of breathing during sleep
- Drops in oxygen saturation
- Interrupts continuous sleep
- Obstruction of airway (snore)

#### Notes from Respiratory Dept.

We strongly suggest that all patients currently using CPAP bring their home CPAP machine with them any time they come to the hospital for any reason. Why? (1) When the hospital provides the equipment, we have to charge for it. (2) The patient's correct setting is already in the machine. (3) The patient's own mask is custom fit for optimal effectiveness. (4) To enhance the patient's own safety. Studies show that patients with OSA recover more quickly and with better outcomes when they use their CPAP following any procedures. Patients need to be proactive in their own care.

Kathy Ehlers, RRT, Director