

# Experts in CPAP & Sleep Apnea

We offer a wide range of sleep therapy solutions to help you find the right CPAP system for your specialized needs

# snews

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## CoastalSleep

SLEEP APNEA CLINICS



## How much sleep should I get?

The magic number seems to be seven hours – not more and not less. European researchers looked at how much sleep we need to keep our brains sharp and possibly avoid mental decline or even Alzheimer's disease. Preliminary research was presented last month in Vancouver for the International Alzheimer's Association Conference. Too much sleep – either all at once or including naps during the day – may be just as bad as too little; both are associated with mental decline. People with untreated snoring, sleep apnea and daytime sleepiness are more likely to experience mild cognitive impairment or dementia.

## LOCATIONS



**Richmond (NEW: Downstairs in our old building)**  
130 – 7360 Westminster Hwy  
Richmond, BC V6X 1A1  
Mon – Fri, 8:30 – 5pm  
(604) 279 9066



**Surrey/Delta**  
6305 120th St  
Delta, BC V4E 2A6  
Mon – Fri, 8:30 – 5pm  
(604) 590 0100



**Port Moody**  
140 – 2227 St. Johns St  
Port Moody, BC V3H 2A6  
Monday OR Friday 8:30 – 5pm  
(604) 939 3270  
Call for an appointment



**Vancouver**  
103 – 511 West 7th Ave  
Vancouver V5Z 4R2  
Starting November 1st 2012,  
open alternating Saturdays  
(604) 325 5667



Services also available in Punjabi, Cantonese & Mandarin



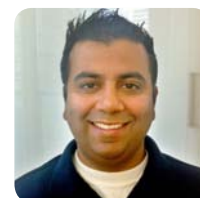
Onkar Rai B.Sc., RRT  
Co-President



Paul Sweeney RRT  
President



Dr. Sharon Mangat  
B.Sc. DDM



Dr. Harman Mangat  
B.Sc. DMD

Please fax referrals to: Vancouver 604 325 5644 Richmond / Port Moody 604 279 9245 Surrey / Delta 604 590 0199

## WELCOME

We would like to take this opportunity to welcome Coastal Sleep's previous clients and also new members of CPAP therapy to our annual newsletter highlighting recent advancements in therapy and tidbits from the sleep apnea world.

### NEW STAFF

We would also like to welcome Rochelle Imperial and Harv Gill to our team. Both are well-respected Respiratory Therapists in the community. Rochelle brings with her 5 years of previous experience working in Vancouver and in Calgary. Harv has been in the hospital setting at Langley Hospital for the previous 8 years.



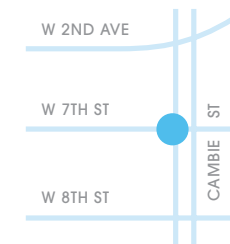
Rochelle Imperial  
RRT



Harv Gill  
RRT

### NEW LOCATION

We are proud to also announce the opening of our new Vancouver location close to Cambie and West Broadway. This location was chosen after numerous requests for a closer location to the downtown core. The location will have very easy access to transit as it is only a block away from the Canada Line Cambie Street Skytrain Station.



The team white water rafting in Chilliwack.



## EQUIPMENT UPDATE

### What's New?

The equipment related to treating sleep apnea continues to evolve at a rapid pace. CPAP masks continue to get smaller, lighter and more comfortable. Often clients that were unable to use a CPAP machine five years ago are able to now use CPAP as the masks are more tolerable. New CPAP machines now have sophisticated sleep data which allows the therapist to assess your sleep therapy more effectively than by just simple pulse oximetry alone.

For patients new on CPAP or those having troubles, we are able to equip CPAP machines with a modem. This allows us to monitor and change your settings remotely without having you come into the office. For those clients with condensation issues, new CPAP humidifiers have heated hoses which prevent annoying rainout and ensure proper levels of humidity at night. Proper humidity has been proven to increase CPAP compliance and in some cases prevent mouth breathing and pressure leakage by opening the nasal passages.



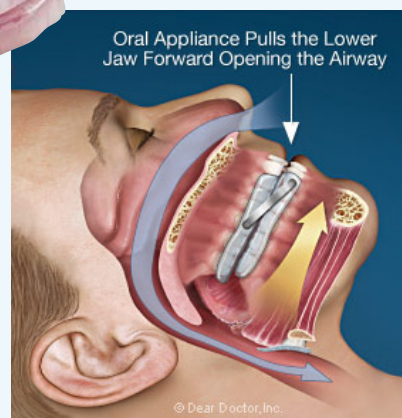
Better sleep through technology

www.coastalsleep.ca

# FEATURE

## An Alternative to CPAP – Sleep Apnea Dental Devices

An oral appliance or sleep apnea dental device is used to relieve upper airway obstruction and snoring by modifying the position of the jaw. An oral appliance also prevents the tongue from blocking the airway passages. Oral appliances are often recommended for patients with mild to moderate OSA that are unable to tolerate CPAP long-term. We are pleased to announce that Coastal Sleep has created a unique partnership with Cambie Village Dental to give patients this added service and optimize their sleep apnea treatment under one roof.



## NEWS

### Fallen off the horse? We can help!

If you are having problems using your CPAP machine, or have stopped all together, please contact your therapist for a review. There is no cost for this service. The Coastal Sleep staff wants to ensure that your CPAP machine is working to the best of its ability. Common problems like waking up in the middle of the night, nasal or oral dryness, and un-refreshed sleep, may have a correctable solution. If necessary a machine download and repeat overnight oximetry may be enough to ensure your CPAP machine is working properly. Often CPAP pressures need to be adjusted over time even if you have not had any significant changes in weight or health status. If you don't address these issues, we can't solve the problem!



### Medical Conditions Related to Obstructive Sleep Apnea.

Did you know Sleep Apnea has been shown to be associated with numerous medical conditions such as high blood pressure, depression, stroke, obesity and cardiac arrhythmia disorders? By being compliant with CPAP and treating your sleep apnea, research has shown to improve many of these conditions. CPAP has been shown to improve blood pressure and cardiac function; improve insulin sensitivity and glucose control; and help treat patients with depression.

### New Study: OSA linked to Cancer

People with the most severe sleep apnea – those who have 30 or more episodes of low or no oxygen in an hour of sleep – had almost five times the risk of cancer death compared to someone without sleep apnea! The study also showed that people with moderate sleep apnea (15-30 episodes per hour) had double the risk of cancer.

“Sleep apnea is the periodic pausing of breathing during sleep that results in drops in oxygen levels in your blood. It causes snoring and sleepiness during the day,” explained study author Dr. Javier Nieto, chair of the Department of Population Health Sciences at the University of Wisconsin School of Medicine and Public Health, in Madison.

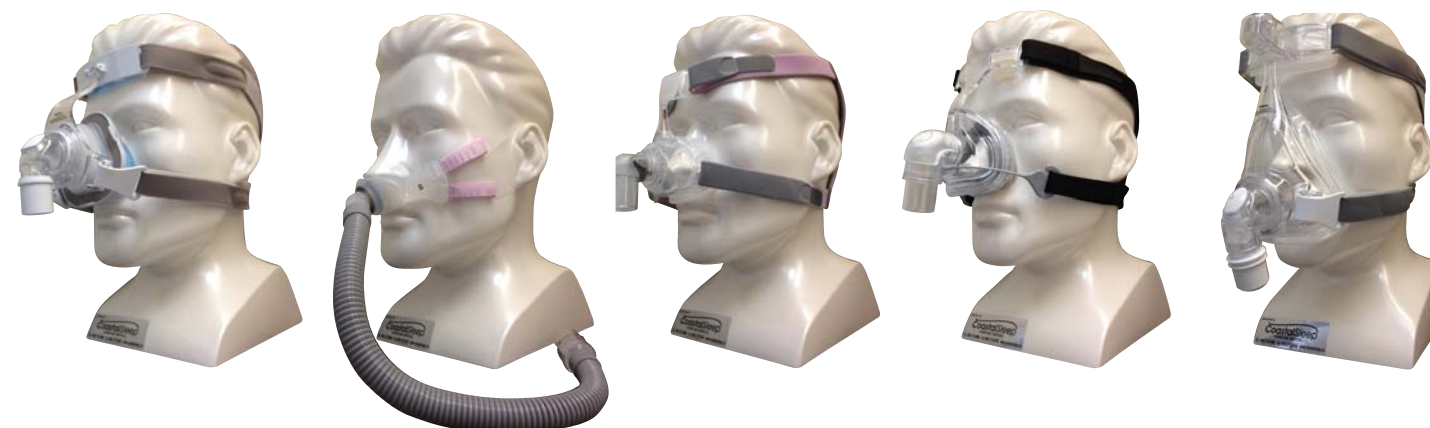
Nieto said the new study was suggested by researchers from the University of Barcelona in Spain who found that when mice were deprived of oxygen periodically, skin cancer tumors grew faster in the mice. Additionally, cancer cells in the lab that are deprived of oxygen produce molecules that stimulate the growth of blood vessels in an attempt to get more oxygen, he said.

He added that there is also a plausible mechanism for this association. When you have cancer and you repeatedly have episodes of low or no oxygen, the cancer cells “try to compensate for the lack of oxygen by growing additional blood vessels to get more oxygen. It's a defense mechanism,” Nieto said. And, as those blood vessels keep growing, it helps the tumor to spread, he explained.

This is yet another study indicating the importance of adequate sleep and compliance with your CPAP machine. If you or someone you know is not using their machine, have them contact a therapist for review of their equipment.

## EQUIPMENT SPOTLIGHT

### Masks



**True Blue** • Probably the best mask on the market to prevent mask leaks. Auto seal technology allows the mask to tighten only when there is a pressure increase on your CPAP machine. This mask also has memory gel similar to some of the older ResPironics Comfort Gel models.

**Swift Fx Bella mask for her** • Featuring a minimal design that reinforces a sense of freedom, the Swift™ FX Bella is less cumbersome and is secured by straps that go only around the ears. No straps are wrapped around the head.

**Mirage Fx for Her small by ResMed** • Pink headgear for women. Also now comes in a smaller size for more petite noses. The smaller headgear also prevents the mask from sliding up at the back of the head. The headgear has been specifically designed to minimize strap marks in the morning.

**Zest Q by Fisher and Paykel** • An improvement to the popular Zest mask. This is the most quiet CPAP mask currently on the market.

**Amara Full-face mask by Phillips** • Finally a new full-face on the market. It comes in multiple sizes – Petite, Small, Medium and Large. Smaller and lighter than the previous full face masks with less parts to breakdown.

### Machines

**Phillips Respironics System One (Auto and Pro) – 60 series** • One of the most quiet CPAP machines on the market and smaller than all previous Respironics machines. The machine is capable of recording all sleep data on a SD card or a wireless modem. A heated hose has now been added to this unit which further increases its humidity output and rainout prevention.



**RESMed S9 (Auto or Fixed Pressure) – still ResMed's most popular CPAP** • Small, quiet and portable. Downloadable data through a SD card. Available with a basic slim line hose or heated climate line. This particular machine was designed with the help of the people that make Bose Speakers.



### Accessories

CPAP pillow • \$85

Wipes • \$12

Filters (always replace your filters on a regular basis) • \$16 – \$22

Tubing • \$22 – \$85 (depending on the type of tubing)

Cushions (if you don't want to replace the entire mask) • \$22 – \$62 depending on the mask.

Snore Silencer • \$175

