

Humidification

The key to successful CPAP therapy

Best Results with ThermoSmart™

For many people, heated humidification makes CPAP a more natural experience; for others, it's about more than just added comfort.⁶

Take this 10-second quiz to see whether ThermoSmart™ could have even greater benefit for you:

- Are you over the age of 60?
- Are you taking two or more medications?
- Do you have chronic mucosal disease, or
- Have you had uvulopalatopharyngoplasty (UPPP) surgery?

If you answered yes to any of the above or you like to sleep in a cooler room, you should ask your healthcare provider about ThermoSmart™.



1. Al Lawati NM et al. Prog Cardiovasc Dis 2009; 51(4): 285-93. 2. Constandinidis J et al. Acta Oto-laryngologica 2000; 120(3): 432-7. 3. Martins de Araujo MT et al. Chest 2000; 117(1): 142-7. 4. Richards GN et al. Am J Respir Crit Care Med 1996; 154(1): 182-6. 5. Almasri E and Kline LR. Sleep 2007; 30(suppl): A190. 6. Rakotonanahary D et al. Chest 2001; 119(2): 460-5. 7. Bacon JP et al. Chest 2000; 118(5): 1441-9. 8. Nilius G et al. Eur Respir J 2008; 31(4): 830-6.

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Obstructive Sleep Apnea (OSA) affects up to 9% of the adult population.¹ An estimated 30 million people in the US alone have OSA, and many of them are undiagnosed. If you, a friend or family member has been diagnosed with OSA you are not alone.

Continuous positive airway pressure (CPAP) is the simplest and most effective treatment available for OSA.

CPAP devices deliver a flow of air to the upper airway via a mask that seals the nose, mouth and/or both the nose and the mouth to create a positive airway pressure. This positive pressure provides a splint in the airway to prevent it from collapsing during sleep.

Once you have commenced CPAP therapy you will experience almost immediate relief from symptoms. CPAP will offer you the quality of sleep you've been missing so you can wake each morning feeling refreshed.

However, for therapy to be successful long-term, CPAP must be used every time you go to sleep. Sleeping without CPAP will cause OSA symptoms to return.

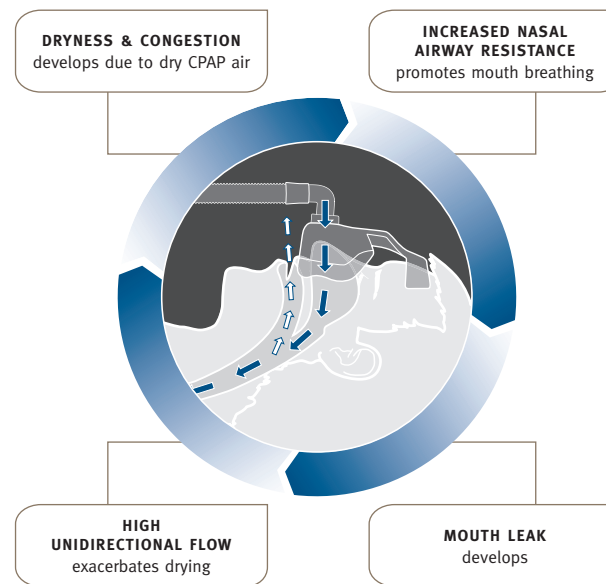
Are there any side effects of CPAP?

Some people experience side effects from CPAP. These can be resolved easily if you take the time to understand what might be causing the problem.

The most frequent complaint of CPAP users (who have not been given a heated humidifier) is upper airway dryness and congestion.² Up to 75% of CPAP users complain of these symptoms.²

What causes the dryness and discomfort?

Mouth leak occurs for almost all CPAP users during at least a portion of the night. The mouth will naturally open during sleep especially if the nose becomes dry and congested, as it often can with CPAP treatment. This can result in a flow of air entering the nose and leaving straight out of the mouth. This high flow makes the nose more congested and the mouth leak even greater. This sets up a vicious cycle in which even a small degree of leak can result in excessive, even painful, drying of the upper airway. Not surprisingly, this can make CPAP treatment very difficult to tolerate.

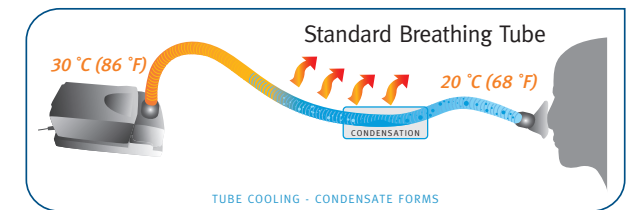


Is there anything that can help prevent these side effects?

Yes. Using a heated humidifier with CPAP has been proven to reduce mouth leak³ and congestion⁴, increase comfort⁵ and the amount of time people are able to use their CPAP.⁶

Will any Heated Humidifier do?

No. Although heated humidifiers are a great tool, the effectiveness of most is limited by bedroom temperature. As air travels from the CPAP to the patient it cools causing water to collect in the breathing tube. This water will often result in gurgling noises which can be disruptive to the sleep of both the CPAP user and their bed partner and can even result in dramatic changes to the pressure setting prescribed to treat the patient.⁷



The Solution: ThermoSmart™ – Clinically proven for a better night's sleep⁸

The solution is ThermoSmart™, Fisher & Paykel Healthcare's innovative humidification technology.

By gently warming the breathing tube in response to changing room temperature and flow, ThermoSmart™ is designed to:

1. Prevent water from collecting in the tube and
2. Deliver high, customizable levels of humidity all night, irrespective of changes in bedroom temperature.

These higher humidity levels help preserve airway moisture in order to provide a more natural and comfortable CPAP experience.

