



Dynamic Stability:  
Stability Bar  
*plus* RollFit™ XT.



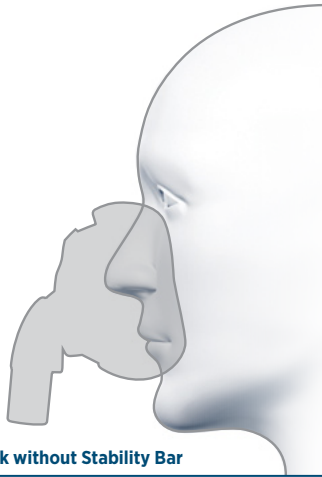
## Tossing and turning in OSA

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As many as four in ten Americans admit to having problems with tossing and turning during sleep.<sup>1</sup> It is also a common symptom of obstructive sleep apnea (OSA), with patients experiencing restless tossing and turning or sudden, jerky body movements.<sup>2,3</sup> Multiple nervous system arousals which produce the symptoms of OSA manifest themselves as restless sleep, causing the patient to toss and turn.<sup>4</sup> A 2014 study of 822 newly diagnosed patients with moderate-to-severe OSA found that 60% of patients describe their sleep as restless.<sup>5</sup> This suggests that restlessness during sleep is even more prevalent amongst the OSA population.

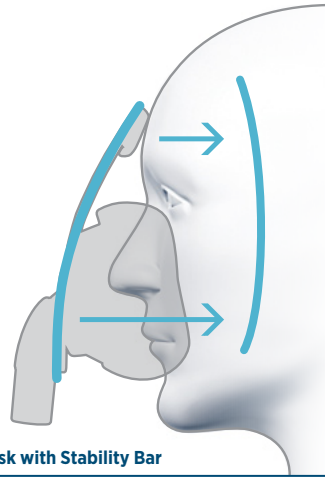
OSA is also associated with other sleep disorders in which patients experience sudden or repeated movements during sleep, such as Periodic Limb Movement Disorder (PLMD) and Restless Leg Syndrome (RLS).<sup>2,4</sup>

If a patient undergoing CPAP therapy is tossing and turning during sleep, this may result in the breathing tube being pulled, and the mask may become dislodged from the nose. If the patient is wearing an ill-fitting or unstable mask, this pulling of the tubing may result in mask leaks. Not only do mask leaks impact the effectiveness of CPAP therapy but they are also a significant predictor of patient CPAP compliance.<sup>6</sup>



**Mask without Stability Bar**

A mask with a narrower support zone could become dislodged, resulting in mask leak.



**Mask with Stability Bar**

The Stability Bar was designed to provide an anchoring mechanism that provides a greater zone of support, reducing the likelihood of the mask dislodging.

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## Dynamic Stability: Stability Bar plus RollFit XT seal

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Fisher & Paykel Healthcare's masks are designed for stability and comfort, to provide the patient with effective therapy throughout the night, even when patients toss and turn.

F&P Vitera™ includes a Stability Bar which gives the mask a greater zone of support (see diagram above), stabilizing the mask and increasing the likelihood that an effective seal is maintained for the successful delivery of CPAP therapy. The support that the Stability Bar provides allows the RollFit XT seal to adjust dynamically with a range of face shapes, providing comfort and enhancing seal performance.

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## F&P Vitera rated high for stability

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A recent trial of 41 established CPAP patients trialing the Vitera full face mask found that most patients rated Vitera highly in terms of stability and comfort. This study suggests that the F&P Vitera is considered by patients to be a stable and comfortable mask.<sup>7</sup>

To give your patients the best chance of success with CPAP therapy, choose a Fisher & Paykel Healthcare mask. The Mask Matters Most™.

### Mask choice

STEP 1. CHOOSE YOUR MASK	STEP 2. IDENTIFY MASK CATEGORY	STEP 3. MASK CHOICE
DETERMINE METHOD OF BREATHING		
Nose		Nasal, nasal pillow <b>F&amp;P ESON™2, F&amp;P BREVIDA™, OPUS™ 360</b> ●
Mouth		Oral <b>ORACLE™</b> ●
Nose and mouth		Full face <b>F&amp;P VITERA</b> ●

### What's your go-to mask?

NATURALLY BREATHE THROUGH THE NOSE?		<b>F&amp;P ESON 2</b>	●	
And...	Prefer the freedom of minimal headgear, but have sensitive nares?	<b>F&amp;P BREVIDA</b>	●	
And...	Prefer the freedom of minimal headgear, but prefer an off-the-lip pillow seal?	<b>OPUS 360</b>	●	
UNABLE TO BREATHE THROUGH THE NOSE?		<b>F&amp;P VITERA</b>	●	
And...	Obligate mouth breather with claustrophobia?	<b>ORACLE</b>	●	

1. National Sleep Foundation. *There's No Place Like Home for Sleep According to New National Sleep Foundation Bedroom Poll*. National Sleep Foundation 2012; **2**. American Thoracic Society. *What Is Obstructive Sleep Apnea In Adults?* American Journal of Respiratory and Critical Care Medicine Patient Information Series 2009;179:5-6; **3**. American Academy of Sleep Medicine. *International classification of sleep disorders, revised: Diagnostic and coding manual*. Chicago, Illinois: American Academy of Sleep Medicine 2001;52-58,65-71; **4**. Verma N. *Causes, Symptoms, and Diagnosis of Obstructive Sleep Apnea*. American Medical Association Journal of Ethics Virtual Mentor 2008;10(9):568-570; **5**. Ye L, Pien GW, Ratcliffe SJ et al. *The different clinical faces of obstructive sleep apnoea: a cluster analysis*. European Respiratory Journal 2014;44(6):1600-1607; **6**. Sopkova Z, Dorkova Z, Tkacova R. *Predictors of compliance with continuous positive airway pressure treatment in patients with obstructive sleep apnea and metabolic syndrome*. The Central European Journal of Medicine 2009;121(11):398-404; **7**. 88% of patients found F&P Vitera stable enough so they could sleep in their preferred sleep position throughout the night, and 93% of patients found F&P Vitera as more or equally comfortable on the face compared to their usual mask. Internal validation study conducted on 41 participants in United States of America 2017.

Vitera, RollFit, Eson, Brevida, Opus, Oracle, and The Mask Matters Most are trademarks of Fisher & Paykel Healthcare Ltd. For patent information please see [www.fphcare.com/ip](http://www.fphcare.com/ip)

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