Frequently Asked Questions

Q. Why is it important to change my supplies?¹
A. Your face, like other parts of your body, secretes oils that over time will break down the integrity of seals which then need to be replaced. All supplies will deteriorate over time, such as headgear, masks, tubing, etc.

Q. When will I feel a difference?²
A. For some patients who have very severe sleep apnea the change in feeling refreshed can be felt as often as the next day following the first night of therapy. For others, it may be your bed partner that notices it first.

Q. What about trying a different type of mask/appliance?
A. Talk to your Home Medical Equipment provider about what is currently in the market and available. Note that some insurance companies may only pay for very basic low cost devices, but you should have the option to obtain something more “high end” with a small out of pocket upgrade charge.

References:

© Copyright 2013 The MED Group. All rights reserved.
Obstructive Sleep Apnea, a Refresher.

Obstructive Sleep Apnea (OSA) occurs when an individual's breathing repeatedly stops and starts during sleep. This is caused by muscles that relax too much in the back of the throat which narrows the airway. Each pause in breathing may last from a few seconds to minutes and occur multiple times per hour. Those that suffer with OSA are rarely aware of having difficulty breathing. Left untreated, OSA may lead to additional health problems such as:

- High Blood Pressure
- Stroke
- Heart Failure, Irregular Heart Beats & Heart Attack
- Diabetes
- Depression
- Worsening of ADHD

I’ve Been Diagnosed with OSA, What Now?

Continuous positive airway pressure (CPAP) is the most common and effective non-surgical treatment for OSA. A CPAP device gently delivers air pressure through a mask to keep the airway open during sleep.

Choosing the Right CPAP Provider.

A variety of home medical equipment companies can provide you with a CPAP machine. Does it matter who you choose as your CPAP provider? Absolutely! Choosing the right provider can mean the difference between receiving the best clinical benefits of effective therapy while making sure you’re maximizing your insurance benefits or facing the potential of substandard care and unnecessary out-of-pocket expenses.

Our staff has the expertise necessary to make sure you get the most out of your CPAP treatment from day one. We’ll work with you on machine instruction, equipment maintenance and proper mask fitting. We’re here to address any questions or concerns you may have.

Medicare (and some insurance companies) requires certain “compliance” documentation for the first several months of therapy. We work closely with patients to monitor CPAP therapy compliance and help to maintain continued benefits coverage.

Is There Anything Else I Need To Know?

Proper CPAP supply replenishment is necessary in order to maintain the best clinical benefits of effective therapy and maintain compliance. We will work with your insurance carrier to replace worn out supplies, so that they are kept clean and in good working order. Additional supplies you may need include:

- Nasal Cushions
- CPAP Pillow
- CPAP Mask Wipes & Cleaners
- Tubing
- Tubing Wrap
- Filters

We’re here to help you get started, answer any questions and make sure you get the best benefits out of your CPAP therapy. Contact us today to see how we can help you get a good night’s sleep.

References:
