

For equipment  
and supplies call  
(800) 530-0714  
Monday - Friday  
8:30 am - 5 pm.

#### AT U-M MedEQUIP

- We provide a full line of products used in the treatment of sleep-related breathing disorders.
- We use the latest, most advanced devices available.
- We stock a complete line of filters, tubing, chin straps, full face masks, humidifiers, heaters, and a wide variety of nasal masks.
- Our highly trained and experienced staff is committed to helping you achieve successful therapy outcomes.
- We emphasize exceptional customer service, patient education and product knowledge.
- We also offer automatic shipment of new masks, filters and tubing. Ask one of our staff members for details.

**APPOINTMENTS**  
available from  
9 am to 4 pm  
Monday – Friday

**WALK-INS**  
accepted  
between the hours of  
8:30 am and 4:30 pm  
Monday – Friday

**NOTE**  
if you walk in  
without an appointment  
your wait time is  
undetermined



#### U-M MedEQUIP

2705 S. Industrial Hwy., Suite 300  
Ann Arbor, MI 48104-0756

(800) 530-0714 toll-free  
Monday - Friday, 8:30 am - 5 pm

(734) 975-0490 fax

[www.med.umich.edu/homecare](http://www.med.umich.edu/homecare)

**Executive Officers of the University of Michigan Health System:** Robert P. Kelch, Executive Vice President for Medical Affairs; Allen S. Lichter, Dean, U-M Medical School; Douglas Strong, Interim Chief Executive Officer, U-M Hospitals and Health Centers; Zelda Geyer-Sylvia, Executive Director, M-CARE

**The Regents of the University of Michigan:** David A. Brandon, Laurence B. Deitch, Olivia P. Maynard, Rebecca McGowan, Andrea Fischer Newman, Andrew C. Richner, S. Martin Taylor, Katherine E. White, Mary Sue Coleman (ex officio)

The University of Michigan is an equal opportunity/affirmative action employer. Copyright © 2006 The Regents of the University of Michigan, Ann Arbor, Michigan, 48109.

Produced by the Department of Public Relations and Marketing Communications.

06104

2/06/2.5K/A



## Treating Obstructive Sleep Apnea

U-M MedEQUIP

knowledge  
heals



## Respiratory Services

MICHIGAN HOME CARE SERVICES

## WHAT IS OBSTRUCTIVE SLEEP APNEA?

Everyone expects and deserves a good night's sleep. But for many, sleeping is a struggle. They – and approximately 18 million other Americans – suffer from a common, but often undiagnosed, sleep disorder known as Obstructive Sleep Apnea (OSA).

Obstructive Sleep Apnea is a life-threatening and life-altering condition that causes a person to stop breathing repeatedly during sleep. As a result, the body doesn't get enough oxygen.

The most common sign of OSA is snoring, interrupted by pauses in breathing. This interrupted breathing pattern interferes with restful sleep. The lack of sleep affects daytime alertness and one's ability to function well throughout the day. Ultimately, OSA takes its toll on an individual's quality of life.

The good news is that OSA is treatable, and there is relief.

If you are experiencing these symptoms, please contact your physician and request a consultation.

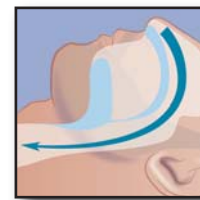
## STATISTICS

- 4 in 100 middle-aged men have OSA
- 2 in 100 middle-aged women have OSA
- Most OSA sufferers remain undiagnosed and untreated

## WHAT HAPPENS WHEN YOU SLEEP?

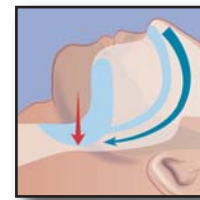
The airway of people with OSA collapses during sleep. Several factors that can contribute to airway collapse are:

- Extra tissue in the back of the throat, such as large tonsils or uvula
- A decrease in the tone of the muscles holding the airway open
- Nasal obstruction
- Certain jaw or facial structures or attributes, such as a recessed chin



### NORMAL BREATHING

- Airway is open
- Air flows freely to lungs
- Normal sleep cycle occurs



### OBSTRUCTIVE SLEEP APNEA

- Airway collapses
- Airflow is blocked
- Unable to achieve normal sleep cycle resulting in excessive daytime sleepiness

## WITHOUT TREATMENT

People who do not seek diagnosis and effective treatment for OSA can be at increased risk for:

- High blood pressure
- Heart disease
- Heart attack
- Stroke
- Fatigue-related motor vehicle and work accidents
- An overall decreased quality of life

## AVAILABLE TREATMENT

The most common treatment for OSA is CPAP (Continuous Positive Airway Pressure) pronounced *see-PAP*. CPAP equipment treats OSA by providing a gentle flow of positive-pressure air through a nasal mask to keep the airway open during sleep.

## TREATMENT BENEFITS

- Breathing becomes regular and snoring stops
- Oxygen level in the blood becomes normal
- Restful sleep is restored
- Quality of life is improved
- Risk for high blood pressure, heart disease, heart attack, stroke and vehicular or work accidents is reduced

Rediscover a good night's rest through  
MedEQUIP's CPAP Program.

1



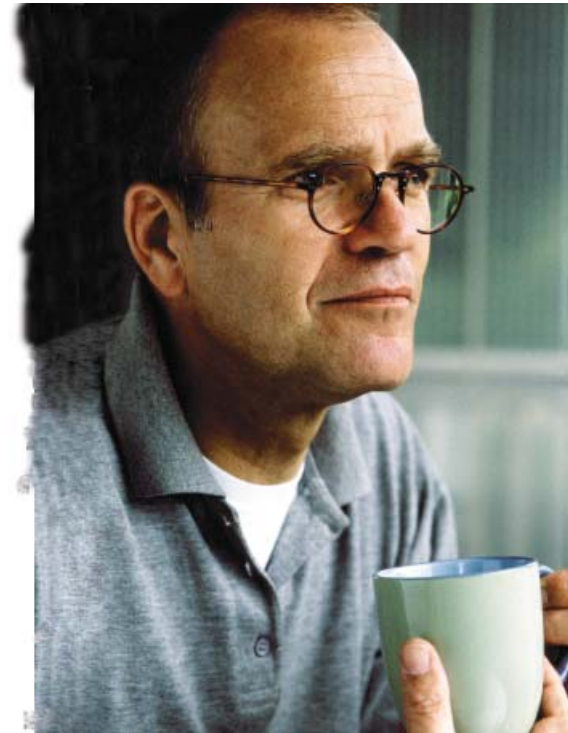
2



3



4



5



6



7

