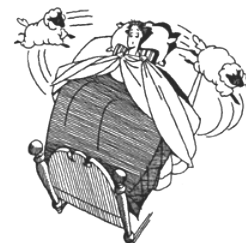




# Diana Guth and Home Respiratory Care

## Staff Present



# “Sleepy Hollow Holiday News”

Phone: 310-441-4640

2370 Westwood Blvd. #D, Los Angeles, CA 90064

Fax: 310-441-4642

Orange County Phone: 714-962-6162

Email: [ZZZ@hrcsleep.com](mailto:ZZZ@hrcsleep.com) Web: [www.hrcsleep.com](http://www.hrcsleep.com)

No.16 Vol. 1

Sleepy Hollow News

Winter

2011

Greetings! We so enjoy our Holiday communications with you. Here is the latest. Hate to start out on an urgent note but...

### HELP! The Clock Is Ticking Now Medicare Might Put Us Out of Business!

1. Please read the attached flyer for details and an update!
2. Call and/or write your Congress person plus Senators Barbara Boxer and Dianne Feinstein.

### Alterative to CPAP Therapy Provent® Sleep Apnea Therapy

#### Nasal Devices: Ventus Medical

Description: Tiny valves attach to each nostril via disposable adhesive pads. The valves partially close upon exhalation providing a back pressure which keeps your airway open. They are useful for PAP users who travel but do not want to take the CPAP equipment along. This product may be a good treatment option for those patients who are not able to acclimate to PAP therapy (the Gold Standard for sleep apnea). It is available from Home Respiratory Therapy with a doctor's prescription. Most insurance companies do not cover it at this time. For further information and see the

actual device you may visit the website: [www.ProventTherapy.com](http://www.ProventTherapy.com)

### Batteries

ResMed and Philips Respironics offer optional batteries to power you PAPs. Handy for travel & camping (but expensive & not covered by insurance).

### Have Medicare now? Need a New CPAP, BPAP & Accessories?

#### See Your Doctor!

For Medicare Coverage, two situations require you to have a face-to-face visit with your doctor who must document that you have sleep apnea & are benefiting from treatment:

1. If you received a PAP device through Medicare & need a new one (you are entitled to have it replaced every 5 years).
2. New to Medicare but you started PAP prior to Medicare eligibility. To receive Medicare covered accessories or a new PAP device, see your doctor!

Please call our office for complete directions with this.

### New CPAP/Bilevel PAPs

#### ◇ New Small “Travel” CPAP

#### Transcend® CPAP by Somnetics.

It is small, light & portable: It weighs less than a pound & fits in the palm of your hand. Waterless humidification & small battery options are available. It is especially ideal for travel.

◇ ResMed S9 Series has expanded to include the VPAP Adapt, VPAPS, and VPAP Auto, They are small, light weight & stylish in design with more technology. They also use a standard, slim-line or Climateline tube. The Climateline tube delivers high humidification without tube rainout.

#### Decorate Your ResMed S9 PAP!

ResMed now offers “Skin-it” overlays. These are very hip covers similar to decals that cover the entire S9 PAP & heated humidifier system. Choose from thousands of designs, sports teams or design your own! Save \$10 by 1/31/2012! Call us for a personal Discount Code. Log onto <http://US.ResMed.SkinIt.com>. You can also call toll free 866-262-4466

◇ Philips Respironics (Philips bought Respironics) has expanded the

**System One** series to include the **BiPAP AVAPS** device for Noninvasive Ventilation & the **BiPAP Auto SV** for Central or Complex Sleep Apnea. They are much smaller, lighter, & more stylish & higher tech than their predecessors.

◆ **Fisher & Paykel ICON CPAP & AutoCPAP.** This is the newest generation from this company. It is a compact all-in-one CPAP/ Heated Humidifier system with a small footprint (takes up less nightstand space). It has a heated tubing option that prevents tube rainout. It has SensAwake™, a new comfort technology that is responsive to waking moments that cause arousals.

### **Finally! Stylish New Masks!**

◆ **Circadian SleepWeaver® AdvanceMask** is made of cloth & comes in fun prints & colors: Leopard Skin, Camouflage, Hot Pink, Blue & Beige.

### **Masks For Women (yea!)**

Several newer style masks are offered in women versions, “**For Her**”. They are the same excellent masks but come in smaller sizes & have pink or powder blue headgears.

◆ **ResMed Mirage FX Nasal Mask & Mirage FX for Her™** Clever design. Small, lightweight mask fits comfortably below the nose bridge.

◆ **Respironics GoLife for Women & GoLife for Men™ nasal pillows:** Simple and lightweight

### **New “Full Face” Masks**

**ResMed Quattro FX & Quattro FX for Her Full Face Mask™** Designed for mouth breathers, this smaller, lighter full face mask also fits below the nose bridge. With no forehead pads it gives the user an unimpeded line of vision. It is leak resistant & comfortable for most people.

### **Handy Reminders**

♥ Call & sign up with our **Reminder Service**. We will call you every 6 months, to see if you would like to replace worn out accessories.

♥ Replace your mask & headgear every few months for good hygiene. These items get worn out, and lose their original shape and fit.

♥ To get fitted with a new style mask, please make an appointment with one of our skilled & friendly respiratory therapists. If you need to only replace your existing accessory items, you can come by the office to pick them up or we can send them via US mail or Fed-Ex.

♥ Replace your disposable filter once a month

♥ Wash your foam filter (if you have one) once a week

♥ Use distilled water in your humidifier

♥ Hang up your tube to dry and wash your humidifier daily

♥ Wash your mask/headgear weekly

♥ Let us know if you are hospitalized, at a rehab center or a nursing home.

♥ It would be a good idea to keep a 2<sup>nd</sup> mask, headgear and tube available in case of loss or breakage of your current set of accessories. Our office is closed on weekends and holidays and this could pose a major inconvenience if you have to wait until regular business hours to get replacement items.

♥ Please know that you may call us with questions regarding your sleep therapy equipment. We are more than happy to help you.

### **HRC “Speakers Bureau”**

At various times throughout the year the respiratory therapists at HRC are asked to speak to groups of physicians, nurses, dentists, other healthcare individuals, patients & families. We are trusted & respected amongst these groups to give informative &

educational presentations to enhance their understanding of treating respiratory sleep disorders.

### **OUR NEW WEBSITE!**

We have our website up and running. It is still new and we need to add more content. You are invited to check it out and visit often. [www.hrcsleep.com](http://www.hrcsleep.com) We plan to include this year’s newsletter soon.

### **Thank You!**

Our “family” at HRC, is very thankful that you have trusted us with providing you with your sleep & respiratory therapy needs. We will continue to provide you with the best service & equipment you deserve.

*Happy Holidays & Sweet Dreams!*

*From*

*Diana & David Guth*

*Glenn, Brad, Tom, Lisa, Sally,*

*Irene, Rita, Jill, Flor, Pam, Jenny*

*Jalmer & Diane*



### **Websites**

The following websites offer more information about sleep apnea and treatment:

National Sleep Foundation:

[www.sleepfoundation.org](http://www.sleepfoundation.org)

American Sleep Apnea Association:

[www.sleepapnea.org](http://www.sleepapnea.org)

ResMed’s Sleep Apnea Support Community

[www.WakeUptoSleep.org](http://www.WakeUptoSleep.org)

Talk About Sleep:  
[www.talkaboutsleee.com](http://www.talkaboutsleee.com)

Resmed Corp.  
<http://resmed.com/en-us/>

Respironics  
<http://maskfamily.respironics.com/>

Fisher & Paykel Healthcare  
<http://www.fphcare.com/>

Somnetics  
[www.mytranscend.com](http://www.mytranscend.com)

Circadianee  
[www.Circadianee.com](http://www.Circadianee.com)