

## The Woolcock Therapy Centre



Once you have been diagnosed with obstructive sleep apnea (OSA) and CPAP is determined as the best treatment for you, the Woolcock Therapy Centre will provide you with vital expert help and advice to ensure success – a safe sleep and waking up feeling refreshed.



### The Woolcock Institute of Medical Research is a not-for-profit organisation

If you are interested in further information about becoming involved in our research studies or making a donation, please visit our website [www.woolcock.org.au](http://www.woolcock.org.au).

Your contribution will make a difference.

Thank you for your support.

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# CPAP

Continuous  
Positive Airway  
Pressure



**WOOLCOCK**   
LEADERS IN BREATHING & SLEEP RESEARCH

## CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP) THERAPY AT THE WOOLCOCK CLINIC

The Woolcock Therapy Centre is part of the Woolcock Institute of Medical Research. Our highly knowledgeable and experienced CPAP therapists work closely with sleep and respiratory medicine specialists.

### WHAT IS OBSTRUCTIVE SLEEP APNEA (OSA)?

OSA is when your airways become repeatedly obstructed while you sleep, causing you to stop breathing and restricting oxygen intake. This can lead to high blood pressure, daytime sleepiness, increased risk for heart attacks and strokes.

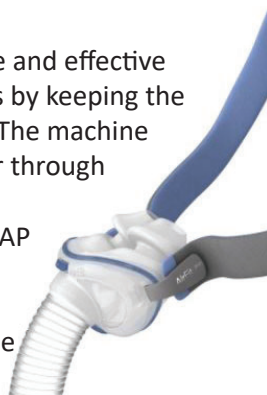
While the primary cause of OSA is being overweight or obese, it can also occur in people with a narrow throat, deviated septum, hyperthyroidism and other medical conditions that congest the upper airways.

It is estimated that one in ten Australians have undiagnosed OSA. Research studies show that OSA affects 58 percent of men over the age of 40 and 42 percent of post-menopausal women.

Your doctor will discuss the various treatment options and advise the best pathway for you. This may include lifestyle modifications, surgery, an oral appliance or CPAP.

### WHAT IS CPAP?

CPAP is the most common, safe and effective treatment for OSA. CPAP works by keeping the airways open while you sleep. The machine blows positively pressurised air through your nose and into your upper airways to keep them open. CPAP equipment consists of a small electric pump that provides a flow of air, connected via a hose to a mask worn on the face.



## HOW TO START YOUR CPAP TREATMENT

**STEP 1:** GP referral

**STEP 2:** Sleep specialist consultation at the Woolcock Clinic

**STEP 3:** Overnight sleep study for suspected OSA

**STEP 4:** Based on the results, the sleep specialist will recommend treatment tailored to the likely cause and severity of your problem. Treatment options include CPAP therapy, surgery, dental splints and/or lifestyle changes

**STEP 5:** If CPAP therapy is chosen, your sleep specialist will recommend an overnight pressure determination study or CPAP trial

### YOUR FIRST WOOLCOCK THERAPY CENTRE VISIT

The key to successful CPAP therapy starts with a good understanding of OSA. During your first visit we will provide you with information about the condition, the benefits of CPAP therapy, and introduce you to the equipment: a CPAP machine and mask of choice.

Our dedicated CPAP therapists will work with you to find the most suitable mask for you. Your face shape will determine the most comfortable air pressure to start your treatment. During your first visit of an hour we will address all your questions.



At the start of your CPAP trial through the Woolcock Therapy Centre, you will learn how to use and maintain your CPAP equipment. You'll then take it home for four weeks. We will book you in for follow-up appointments and we will stay in touch to make sure you're fully supported throughout the process.

### MAKING CPAP WORK FOR YOU

Starting CPAP can be difficult. Many problems resolve themselves as you become used to sleeping with

a mask and machine. Others require assistance to ensure you continue using CPAP and gain optimal benefit from treatment. Typical problems include:

- Adjusting to sleeping with a mask and machine
- Nasal irritation from air blowing into the nose
- Setting the correct air pressure
- Finding the right mask for you
- Leaking air due to your mouth not being fully closed while you sleep

Our CPAP therapists will guide you through your CPAP journey. We focus on education and support to resolve barriers to your success, with follow-up appointments to review your progress every 6 to 12 months.

We work with the most reputable CPAP suppliers and provide independent opinions on the currently available products.



Our inter-disciplinary team of clinicians can be consulted at any time to ensure that our patients achieve the best treatment options to successfully treat OSA.

### WHO ATTENDS THE WOOLCOCK THERAPY CENTRE?

We provide our service to all patients who want to:

- Start CPAP therapy;
- Re-start CPAP therapy if previous trials failed;
- Resolve difficulties while using CPAP equipment;
- Check CPAP data and get advice on whether any of the settings need adjustment; or
- Get independent advice on readily available CPAP equipment.

To book an appointment please call (02) 9805 3000 or e-mail [woolcock.therapycentre@sydney.edu.au](mailto:woolcock.therapycentre@sydney.edu.au).