



# March 2010

## Q&A with Jason Joseph, RT .



Jason has been a Respiratory Therapist for 8 years. He provides services to patients out of the Houston Medical Center.

1) **Q:** I'm experiencing a burning sensation in my nose. What is the reason for this and what can be done?

**A:** The air coming from the PAP machine may cause nasal passages to dry out and bleed, creating the burning sensation. This burning sensation can be alleviated by the use of a heated humidifier, using a nasal gel, and/or switching to a different mask. If using a heated humidifier, be sure that your water chamber is always kept full with distilled water.

2) **Q:** I'm using a heated humidifier, but I still wake up with a dry mouth. What should I do?

**A:** There are several things that can be done: Using a chinstrap or switching to a full face mask, increasing the humidifier setting to moisturize your airway, and focusing on breathing in and out through your nose. A technician at your local office can help assist you in trying a new mask or adjusting your humidifier setting.



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### Using distilled water in CPAP is preventive maintenance

Infections related to CPAP machines are often due to poor maintenance of the machine. One of the ways to assist CPAP maintenance is using the recommended distilled water for one's heated humidifier.



A CPAP user's decision to use well water instead of distilled water led to a lingering inflammatory disease in her lungs.

**Read more** on this case.

## Congratulations to Swift FX winners!



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