



Monitor Medical, Inc.
"The C-PAP Co."

December Issue, 2009
www.monitormedical.com

Greetings!

This month we are featuring a new product, the Sleep Comfort Care Pad at a discounted price for the month of December only. Along with this featured product, there is information regarding the importance of heated humidification, as well as an article on the link between teeth grinding and sleep apnea.

Monitor Medical wishes you and your family a warm and wonderful holiday season!



Sleep Comfort Care Pad

The Sleep Comfort Care Pad is perfect for those with sensitive skin; it helps decrease facial sores and provides overall comfort with nasal and full face masks.

This hypoallergenic, silicone and latex free pad is reusable with simple cleaning tips: wash with mild soap and rinse with cold/lukewarm water or simply wipe the pad with alcohol based hand sanitizer.

Please click [here](#) for more information.

Retail Price: \$15
Discounted Price: \$12
Available Sizes: Small and Large
Available to: In-office patients only for the month of December. No shipments. Not covered by insurance.

Discomfort Due to Dry/Cold Air

Since healthy lungs function at a temperature of 37 degrees and with humidity at 100%, being exposed to air that is too cold or dry for our lungs can create sore/dry throat, nasal congestion, a runny nose, or even a bleeding nose. Using heated humidification as part of your CPAP therapy can prevent the above nasal symptoms from occurring. Heated humidifiers are not just useful during the winter season, but can be used all year round whenever nasal symptoms occur.

To read commonly asked questions regarding heated humidification, click [here](#).

"Teeth grinding linked to sleep apnea"

There is a high prevalence of nocturnal teeth grinding (bruxism) in patients with obstructive sleep apnea, particularly in Caucasians, according to new research.

The research, presented at CHEST 2009--the 75th annual international scientific assembly of the American College of Chest Physicians--found that nearly one in four patients with OSA suffers from nighttime teeth grinding. This seems to be especially more prevalent in men and in Caucasians compared with other ethnic groups.

It is estimated that 8% of the general U.S. population suffers from bruxism, a condition frequently associated with a preexisting dental or jaw disorders, as well as stress.

To read more, click [here](#).