



Greetings,

Fall is here and that means many things; cooler temperatures, family get-togethers and travel. In this November newsletter, you will find helpful CPAP tips if you are planning to travel this holiday season.

Monitor Medical wishes you and your family a safe and festive fall!

"On the road with CPAP" by Al Adkins

Basics For All Overnight Travel:

Regardless of your mode of transport or how long you will be gone the following should be considered as essentials:

1. Letter of Medical Necessity
 - Use this for ALL forms of travel in case of medical emergency, and include a copy of the CPAP pressure prescription. This letter should be stored with your CPAP and available to a hospital emergency room in case of sudden illness or accident. Be certain your spouse and/or traveling companion know of the letter.
2. For the CPAP
 - Make certain you have a travel bag for your machine. It is best if you have the machine manufacturers bag for your specific equipment.
 - If your machine has a 3 prong electrical plug take an adapter for a 2-prong outlet.
 - Always carry a 15-foot extension cord. You never know where outlets will be, and sometimes the one you prefer to use will be full.
 - If you have a humidifier take a small quantity of distilled water with you. Consider pouring distilled water into a small drinking bottle for the first night and then buy more at the destination the next day.

[To read the rest of the article, click here.](#)



Orange Pumpkin Loaf

Prep Time:
20 Min

Cook Time:
1 Hr

Ready In:
1 Hr 30 Min

Original Recipe Yield 1 - 9x5
inch loaf

Ingredients

- 1 large orange
- 1/3 cup butter, softened
- 1 1/3 cups white sugar
- 2 eggs
- 1 cup canned pumpkin
- 1/3 cup water
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 cup chopped walnuts
- 1/2 cup chopped raisins

Myth: OSA only affects men.

Truth: The National Sleep Foundation estimates that 6 million American women suffer from this disorder. New research suggests that OSA is linked to depression and female sexual dysfunction. In addition, gestational OSA can develop in those who are pregnant.

Myth: Only older/overweight people have OSA.

Truth: While weight can be a contributing factor for the development of OSA, people of all shapes, sizes and ages can be diagnosed with sleep apnea. In those with thin or average builds, excess tissue in the throat or the structure and position of the jaw can play a role in the development of OSA. Other contributing risk factors include the use of alcohol or sedatives - which can relax the tissue and muscles surrounding the upper airway - smoking, a family history and aging.

Myth: I'm healthy, I'm just tired.

Truth: The consequences of untreated OSA go far beyond simply leaving a person exhausted and groggy. Obesity, cardiovascular disease, diabetes, high blood pressure, depression, stroke and sexual dysfunction are just some of the health problems that are connected to sleep apnea. In fact, a recent study showed that those with obstructive sleep apnea are three times more likely to die from any cause than those without the sleep disorder.

[To read the rest of this article, click here.](#)

Directions

1) Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.

2) Cut orange into wedges, and remove seeds. Place orange, peel and all, in a food processor. Pulse until finely chopped; set aside.

3) In a large bowl, cream butter and sugar until smooth. Beat in the eggs one at a time, then stir in the pumpkin, water, and the ground orange. Mix together flour, baking soda, baking powder, salt, cinnamon, and cloves. Stir into batter just until moistened. Stir in nuts and raisins. Spoon into the prepared loaf pan.

4) Bake for 1 hour in the preheated oven, or until a toothpick inserted near the center comes out clean. Let stand 10 minutes, then remove from pan, and cool on a wire rack.