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The image shows the cover of a case study titled "Provent EPAP: An Alternative to NCPAP treatment for Obstructive Sleep Apnea." The cover has a green header with the text "Case Study" and an illustration of a person sleeping with a Provent EPAP device. Below the header, the title is in blue. The author's name and credentials are listed, followed by a background section, a case report section, and a history/physical section. The Provent logo is at the bottom right.

Case Study

Provent EPAP: An Alternative to NCPAP treatment for Obstructive Sleep Apnea.

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BACKGROUND:
Obstructive Sleep Apnea (OSA) is a disorder manifest by repetitive episodes of either complete upper airway obstruction (apnea) or partial upper airway obstruction (hypopnea) during sleep. Untreated OSA is considered to be a potentially reversible contributing factor for hypertension, heart attacks, strokes, atrial fibrillation, sudden death, diabetes, excessive daytime sleepiness, motor vehicle accidents, impaired cognitive functioning and decreased quality of life.^{1,2} Nasal continuous positive airway pressure (NCPAP) has long been considered to be the gold standard of treatment for OSA. However, a significant percentage of patients either do not tolerate NCPAP or are noncompliant with NCPAP. A variety of oral appliances and surgical procedures have been developed as alternative treatments to NCPAP. However, the results of these appliances and/or surgical procedures have been unpredictable and generally far less successful than NCPAP.³

Nasal expiratory positive airway pressure (EPAP) marketed as Provent Therapy (Ventus Medical Inc, Belmont, CA) is a single use EPAP device containing a mechanical valve with a very low inspiratory resistance but a high expiratory resistance applied to each nostril with adhesive to provide a seal (figures 1&2).⁴ Several recent studies have documented the effectiveness of EPAP in the treatment of OSA.^{5,6}

CASE REPORT

HISTORY/PHYSICAL:
The patient is a 55 y/o male who presented with a H/O snoring, restless, non-refreshing sleep, increased nocturnal awakenings, cognitive difficulty and excessive daytime sleepiness. He was previously diagnosed with severe restless limb syndrome and periodic limb movements during sleep (RLS/PLMS), chronic insomnia (both sleep onset and maintenance), alcohol dependent sleep disorder and hypnotic dependent sleep disorder, with the patient typically using OTC sleeping pills, Percocet and alcohol to induce sleep and repeating his Percocet 1-2 times throughout the night. On examination, he was 71.5 inches tall, weighed 218 lbs and had a BMI of 29.9 kg/m². He had a deviated nasal septum with nasal turbinate hypertrophy, an elongated, droopy soft palate and enlarged uvula with a Mallampati score of 3+ and a neck circumference of 16 3/4 inches.

PROVENT
sleep apnea therapy



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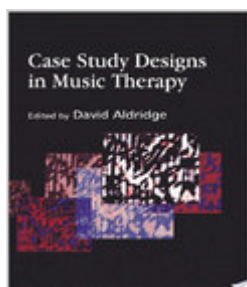
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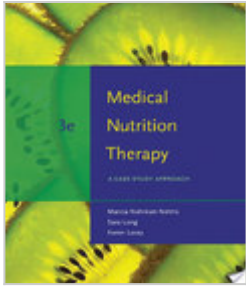
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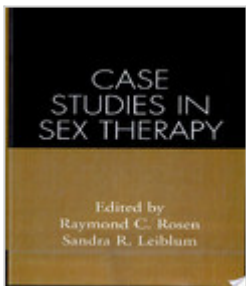
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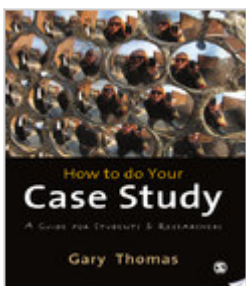
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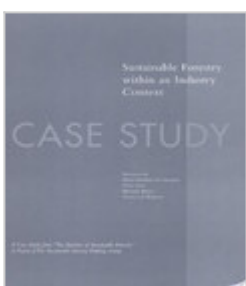
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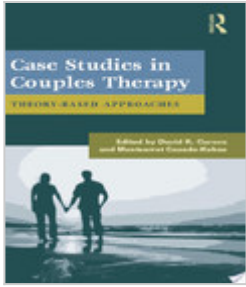
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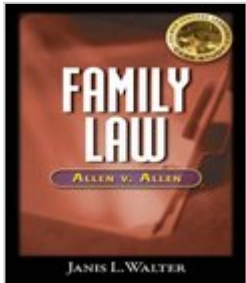
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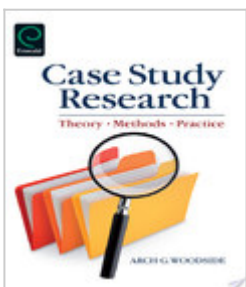
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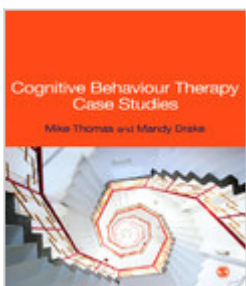
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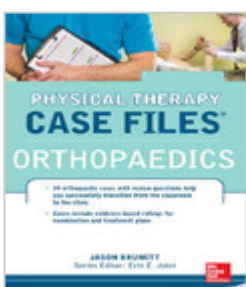
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