



# ALL THINGS AEROFLOW SLEEP NEWSLETTER

## Parent Company Creates Government Relations Program for Patient Advocacy

Every division of AeroFlow Healthcare believes in patient advocacy. That's why we recently hired Mindi Walker, a longtime lobbyist who will 1) lead the organization's mission of equitable access to care, 2) vocalize policies at both the state and federal level, and 3) remove barriers currently blocking our patients.

Mindi says, "Advocacy translates to better access, which directly correlates to better experiences and overall health outcomes, so I'm beyond thrilled to continue the fight for health equity with AeroFlow Healthcare."

*Continue to Page 2 to learn how AeroFlow Sleep  
is specifically advocating for you.*



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## CURRENT PROJECTS: MORE PATIENT ADVOCACY

In addition to Mindi joining Aeroflow Healthcare, Aeroflow Sleep has contracted Emma Cooksey to be our very own Patient Advocacy Expert.

Unlike most industry professionals, Emma comes with a relatable perspective, having been diagnosed with obstructive sleep apnea (OSA) at the age of 30 after more than a decade of unexplained health problems.

Emma says, "I felt alone and isolated navigating life with sleep apnea and adjusting to CPAP therapy. In 2020, I began hosting a weekly podcast called '**Sleep Apnea Stories.**' By sharing my journey and encouraging others to tell their stories, [I'm] breaking down stereotypes of sleep apnea while also raising awareness of symptoms and treatment options."

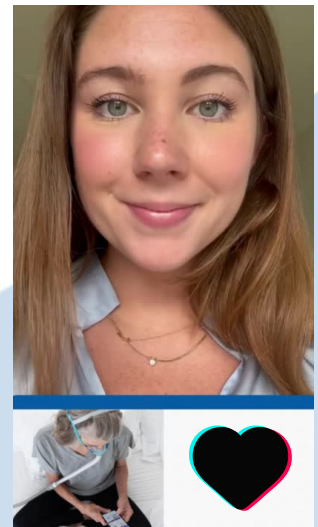
Now, Emma's excited to bring that same level of encouragement to Aeroflow Sleep, writing monthly for our blog and tackling issues only a patient can understand. *Coming August 2023.*



## AEROFLOW SLEEP IS ON TIKTOK

Moving with the times is important, because Aeroflow Sleep wants to be at the forefront of all our patients, no matter where your sleep apnea community lives.

TikTok is our latest social media platform, so join us for specially curated tips and tricks, educational resources, and that human connection only the experts can provide; including Kassie Wolf, newly appointed Aeroflow Sleep representative of Jacksonville, FL. *Click the heart to follow!*





# IN THE KNOW WITH AEROFLOW



## HOW TO AVOID CPAP RASH

The ultimate goal of CPAP therapy is to wake up feeling energized and refreshed. Unfortunately, you don't always look the part after wearing a mask all night. Let's take a look at how you can avoid one common culprit: CPAP rash.

### 1) ADJUST THE FIT OF YOUR CPAP MASK

Start by adjusting the fit of your current CPAP mask. If you're noticing CPAP rash, it may be too tight, especially if it's brand new.

You should be able to slide a finger between your straps without feeling any mask leaks. This will prevent the mask frame from cutting into your skin, leaving those unsightly red marks.

### 2) TRY A DIFFERENT CUSHION! YOU MAY HAVE A LATEX ALLERGY.

If that doesn't work, Aeroflow Sleep recommends switching from silicone mask cushions to foam or gel. This can be especially game-changing if you have a latex allergy, which is one of the top 5 reasons CPAP rash occurs.

Philips Respironics' Amara Gel Full-Face CPAP Mask is our go-to for patients with latex allergies, because its unique cushions are flexible, comfortable, and cannot currently be found on any other mask line.

### 3) REMEMBER TO CLEAN & REPLACE YOUR CPAP SUPPLIES REGULARLY

Last but certainly not least, ask yourself...when was the last time I cleaned my CPAP supplies? If you notice any yellowing around the cushions or straps, you're definitely overdue and may need to replace parts altogether.

When you're a member of the Aeroflow Sleep family, our team of dedicated Specialists will remind you if you're eligible for replacements, AND we'll ensure they're covered up to 100% through your insurance.

***Call 866-650-7508 to schedule a replacement order.***

# BIDEN HAS BEGUN USING A CPAP MACHINE FOR SLEEP APNEA

[READ PRESS](#)



## TOP 10 COMPLIANCE TIPS

[READ BLOG](#)

## CONTACT US

Regular Business Hours:  
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Your inquiry is very important to us!