



Freedom!

Any patients who require constant Oxygen therapy in order to maintain a healthy O2 saturation will know the misery of feeling trapped by unwieldy Oxygen tanks or loud, high flow concentrators.

It's not well known among patients or doctors that portable O2 concentrators for patients with low flow (up to 1050L per min) requirements are available, and can offer that much needed freedom of movement which itself can improve a patient's outlook and overall health.

The Freestyle Comfort (pictured below) features AutoSat which automatically titrates to match the patient's respiratory rate among other innovative benefits.

Our range of portable oxygen concentrators including tubing and cannulas are available for immediate dispatch.



Oxygen Concentrators such as the Freestyle Comfort by Caire are small and lightweight, allowing patients greater freedom to get out and about.

Sleep News:

Sleep apnoea link to cognitive decline raises need for targeted treatment options.

Improved solutions for obstructive sleep apnoea (OSA), insomnia and other sleep disorders are being developed by the Flinders Sleep Health experts to reduce the associated negative health effects such as cardiovascular harm, diabetes, anxiety and depression and even long-term cognitive decline.

[Read the full article HERE:](#)

The Australian study uncovering what happens in the brains of people with sleep apnoea.

Lead researcher Angela D'Rozario said when you use certain parts of the brain during the day, you need deep sleep to preserve and restore those parts of the brain.

"People with sleep apnoea don't get the restorative deep sleep they need, which helps regenerate the parts of the brain needed for driving," Dr D'Rozario said.

Her team is studying people with sleep apnoea, putting them through challenging driving stimulations before fitting them with a cap with 250 electrodes to monitor brain activity.

[Read the full article HERE:](#)

Sleep apnea in women: New research could lead to better diagnosis and treatment

"This is the strongest evidence yet that sleep apnea may need to be measured differently in women compared to how it is measured in men in order to protect against risks to health," said Michael Twery, Ph.D., director of the National Center on Sleep Disorders Research at NHLBI.

[Read the full article HERE:](#)



REFERRERS OF THE MONTH

Integral Health, Armidale.

Integral Health Armidale are part of an Independent Practitioner Network (IPN) working with Doctors (a network of over 1,900 in total), nurses and practice staff at over 160 medical centres to provide patients with the Best of Health.

IPN Doctors work with, not for IPN, running their own practices from the comfort of one or more modern, well established, supportive group practices while they practice medicine with complete clinical sovereignty.

In Armidale, Integral Health can boast a truly great line up of General Practitioners who's main services include Women's Health, Telehealth, Aged Care and senior's Health, Mental Health care and skin cancer.

Integral Health Armidale's G.Ps:

- Dr Jing Wern Chen (*Registrar*)
- Dr Jenny Hebblewhite (*Aged Care, Women's Health & Antenatal Care*)
- Dr Vicki Howell (*complex disease management, use of natural medicines, disability and geriatric community medicine*)
- Dr Russell (*King Skin Procedures Shared Antenatal Care*)
- Dr James Meyer (*Family Medicine, Paediatrics, Adolescent Health, Mental Health Preventative Medicine*)
- Dr Farah Naz
- Dr Sundar Thavapalasundaram (*Sports Medicine, Occupational Medicine*)

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