Advancements in the Treatment of OSA: Inspire Sleep Apnea Solution

Dr. Bryan Richards, Tanner Clinic ENT

All attendees will be muted during presentation

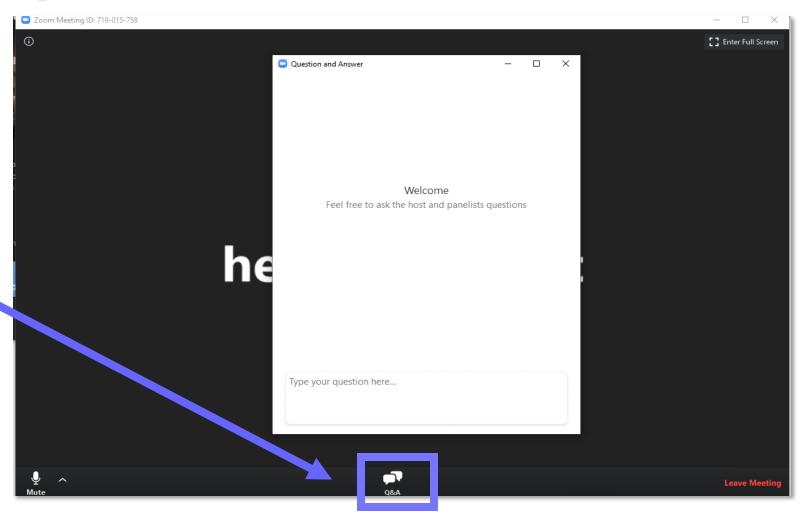
Please type your questions into the Q&A and they will be answered at the end of the presentation





How to Ask a Question

- 1.Hover your mouse over the bottom of your screen.
- 2.A bar will appear with the "Q&A" button.





Inspire Webinar Panelists

Dr. Bryan Richards



Tanner Clinic ENT ENT Doctor

Cody Stowers



Utah Inspire Representative

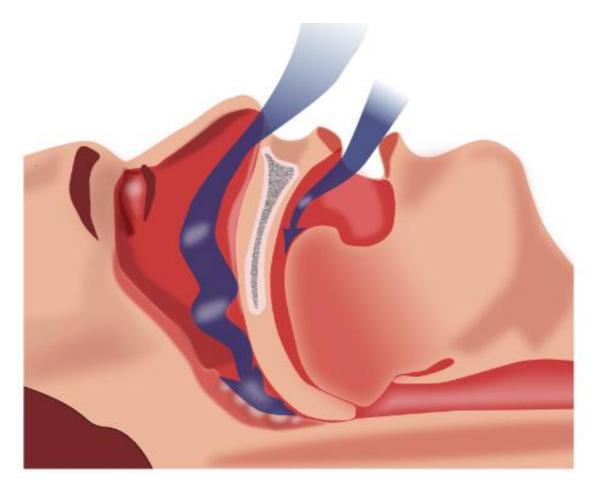
Dallas Stephenson



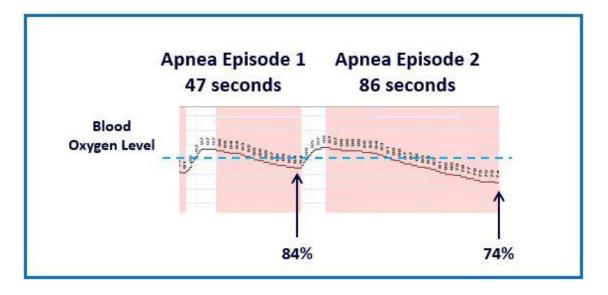
Utah Inspire Representative



Obstructive Sleep Apnea (OSA)



- Over 20 Million Americans Have Moderate to Severe (OSA)
- Tongue and Airway Relax
 During Sleep and Block Airflow





Consequences Untreated OSA

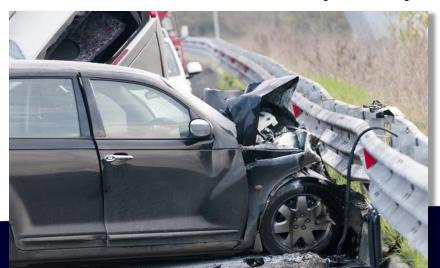
Fatigue, Diminished Productivity



Snoring – Bed Partner



Accident Risk – Community Safety



Heart and Brain Health





CPAP – Front Line Treatment for OSA

Great Results When Used Regularly



However...Some patients can't acclimate





Alternate Treatment Options

 Oral Appliances are custom dentist-made mouthpieces intended to pull the jaw forward during sleep

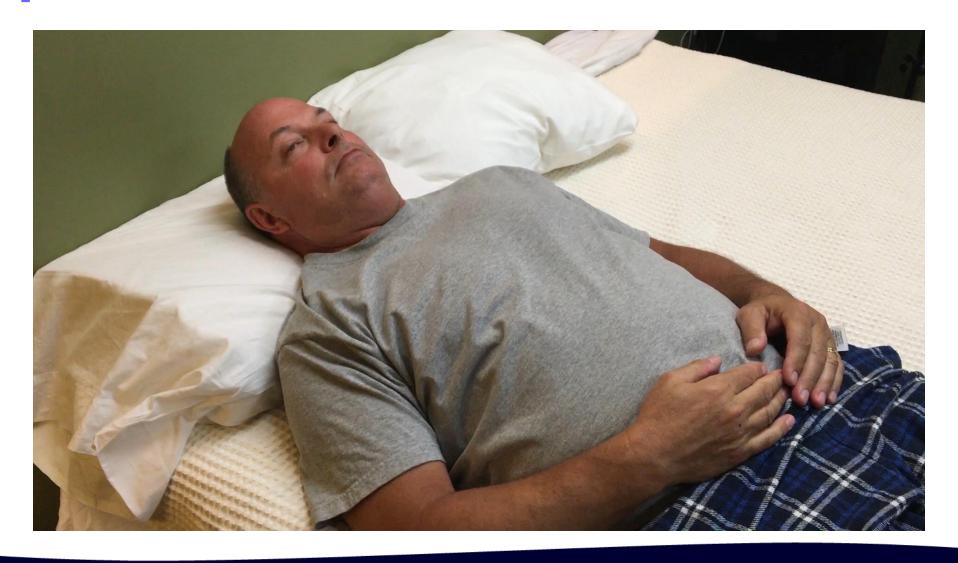
 Anatomy Altering Surgery is surgery to remove parts of the jaw, tongue, or throat to create a larger airway







Inspire – How It Works



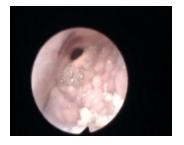


Stimulation Effect on Airway Anatomy

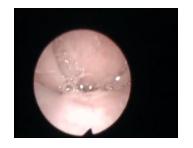
No Stimulation
Obstructed Airway



Base of Tongue



Palate



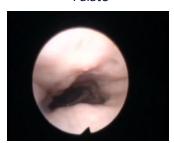
Mild Stimulation
Open Airway



Base of Tongue

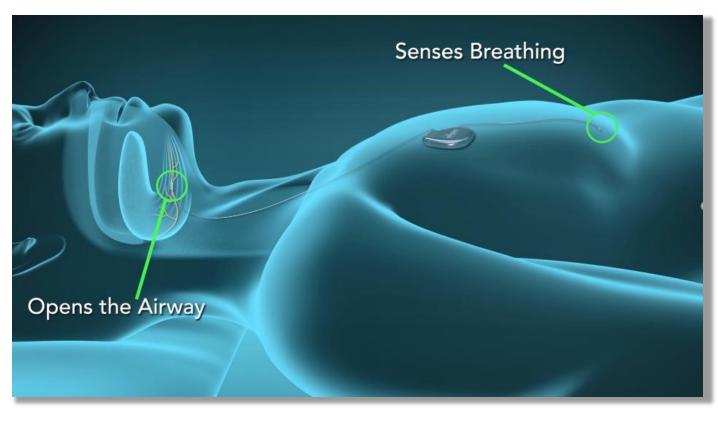


Palate





Inspire – A Safe Outpatient Procedure



- Inserted through 3 small incisions
- Fast recovery
 - Typically, OTC meds for post-op pain
 - Return to non-strenuous activities within a few days.
- ~11 year battery
- MRIs can be safely performed on head, neck and extremities. CT scans for spine, shoulders, hips.

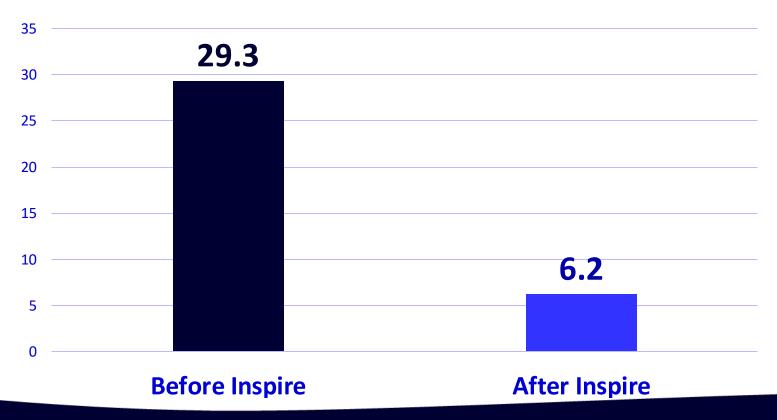


Clinically Proven

Significant and sustained reduction in sleep apnea events

Average Sleep Apnea Events per Hour

(Apnea-Hypopnea Index)



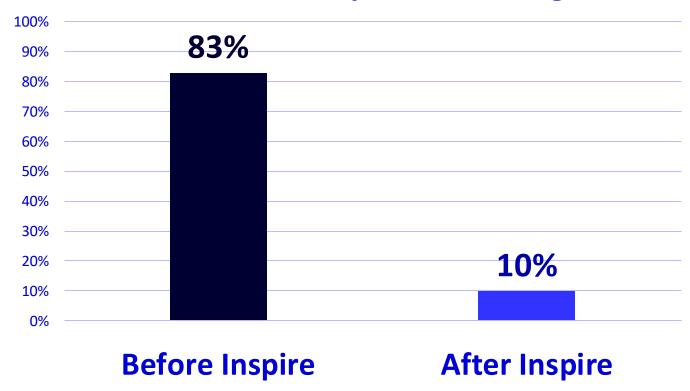




Clinically Proven

Significantly decreased bed-partner reported snoring

Bed Partner Reported Snoring



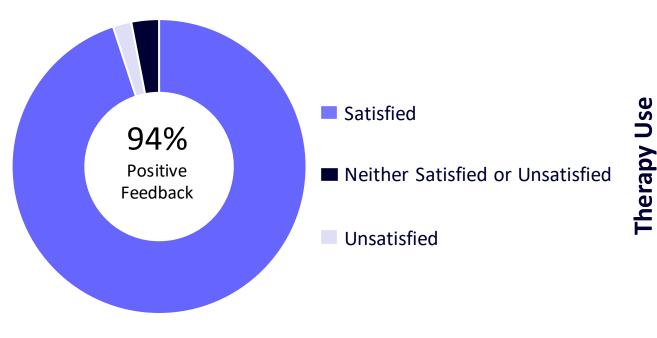




Clinically Proven

Patients Like It

Patient Satisfaction At Final Visit



Patients Use It

Patient Adherence At Final Visit





(Hours per Night)

Growing Adoption

Sustained Clinical Results

The NEW ENGLAND JOURNAL of MEDICINE

Upper-Airway Stimulation for Obstructive Sleep Apnea

Patrick J. Strollo, Jr., M.D., Ryan J. Soose, M.D., Joachim T. Maurer, M.D. Nico de Vries, M.D., Jason Cornelius, M.D., Oleg Froymovich, M.D., Ronald D. Hanson, M.D., Tapan A. Padhya, M.D., David L. Steward, M.D. M. Boyd Gillespie, M.D., B. Tucker Woodson, M.D., Paul H. Van de Heyning, M.D., Ph.D. Mark G. Goetting, M.D., Oliver M. Vanderveken, M.D., Ph.D., Neil Feldman, M.D. Lennart Knaack, M.D., and Kingman P. Strohl, M.D., for the STAR Trial Group®

ABSTRACT

Obstructive sleep apnea is associated with considerable health risks. Although con- The authors' affiliations are listed in the tinuous positive airway pressure (CPAP) can mitigate these risks, effectiveness can Appendix Address spoint requests to Di-be reduced by inadequate adherence to treatment. We evaluated the clinical safety Carte Montelore, State 503-11, 349 and effectiveness of upper-airway stimulation at 12 months for the treatment of 5 ffth Ave. Pittsburgh, Ph. 15213-2582, or moderate-to-severe obstructive sleep apnea.

Using a multicenter, prospective, single-group, cohort design, we surgically implanted an upper-airway stimulation device in patients with obstructive sleep apnea who had difficulty either accepting or adhering to CPAP therapy. The primary at NEJM.org outcome measures were the apnea-hypopnea index (AHI; the number of apnea or N Engl J Med 2014;700:138hypopnea events per hour, with a score of ≥15 indicating moderate-to-severe apnea) and the oxygen desaturation index (ODI; the number of times per hour of sleep that copyright to 2014 the blood oxygen level drops by ≥4 percentage points from baseline). Secondary outcome measures were the Epworth Sleepiness Scale, the Functional Outcomes of Sleep Questionnaire (FOSQ), and the percentage of sleep time with the oxygen saturation less than 90%. Consecutive participants with a response were included

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Is Inspire Right For You?

- Not significantly overweight (<35 Body Mass Index)
- Do not tolerate or get sufficient benefit from CPAP
- Sleep Study within last 2-3 years (home test or in-lab)
- Moderate to severe OSA (15-65 events per hour)
- Pass an airway anatomy exam
- Age 22+





More Information

To schedule a face-to-face or telemedicine Inspire appointment with Dr. Bryan Richards, please call:

Tanner Clinic office:801-773-4840

Prior to appointment, please watch videos at www.lnspireSleep.com/FAQ



