

# Advances in Treating Sleep Apnea

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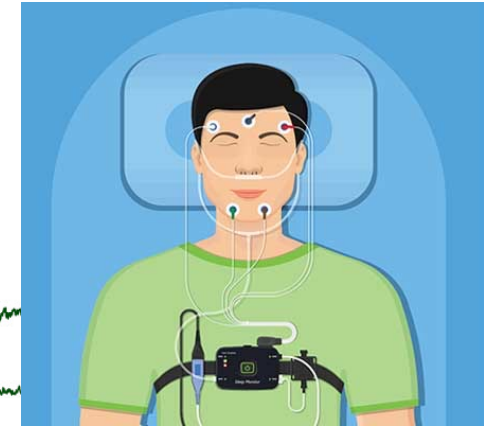
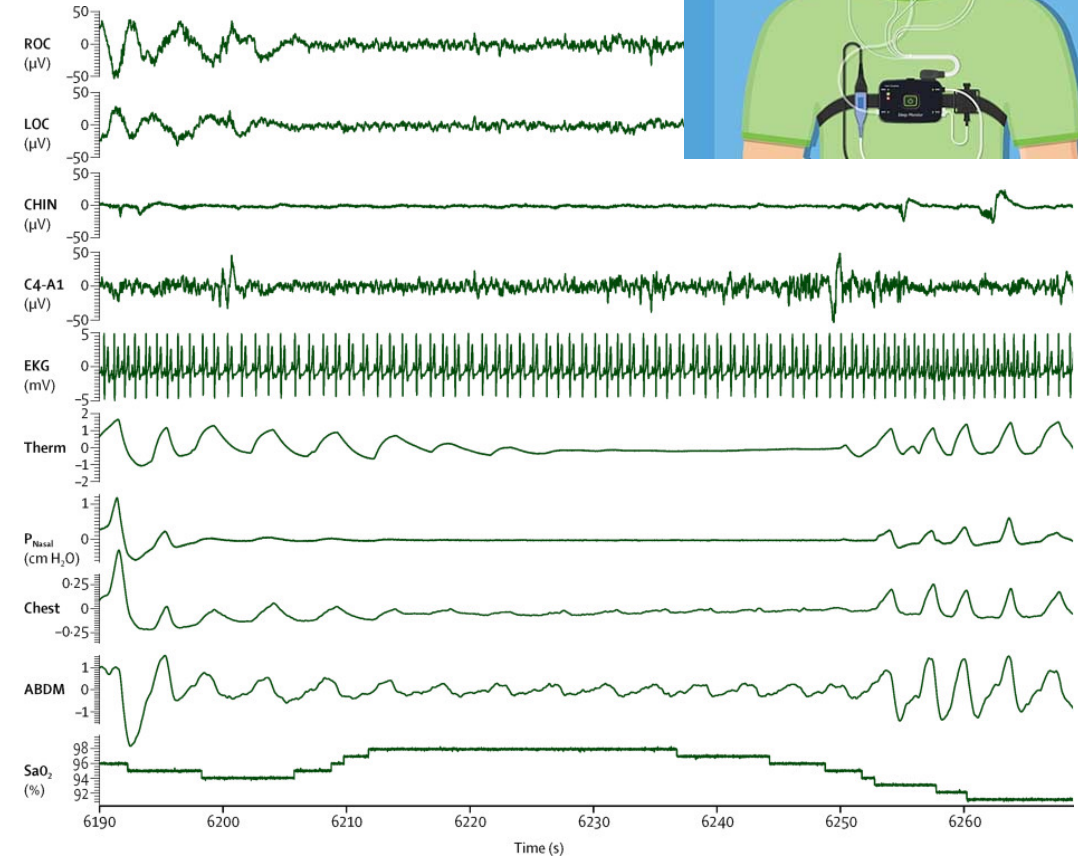
# Tonight's Agenda

- Diagnosis of Sleep Apnea
- Types of Sleep Apnea
- Typical Treatments
- Beyond the Typical - Hypoglossal Nerve Stimulation



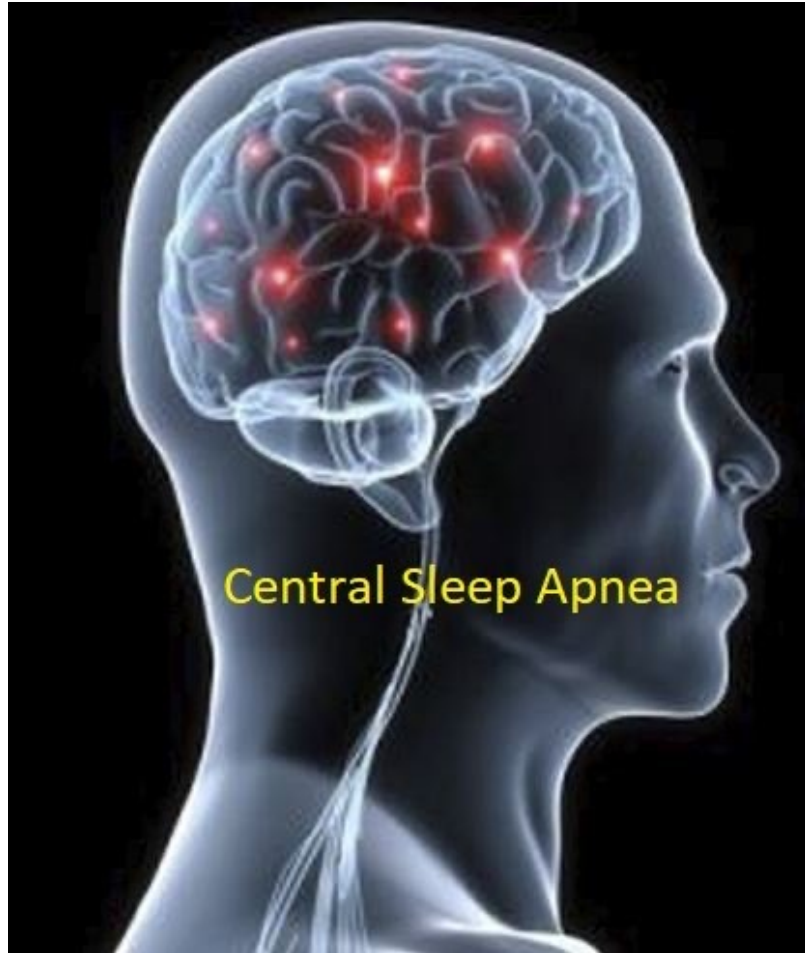
# Diagnosis of Sleep Apnea

- Signs and Symptoms
- Sleep History
- Home Sleep Test
- Nocturnal Polysomnography



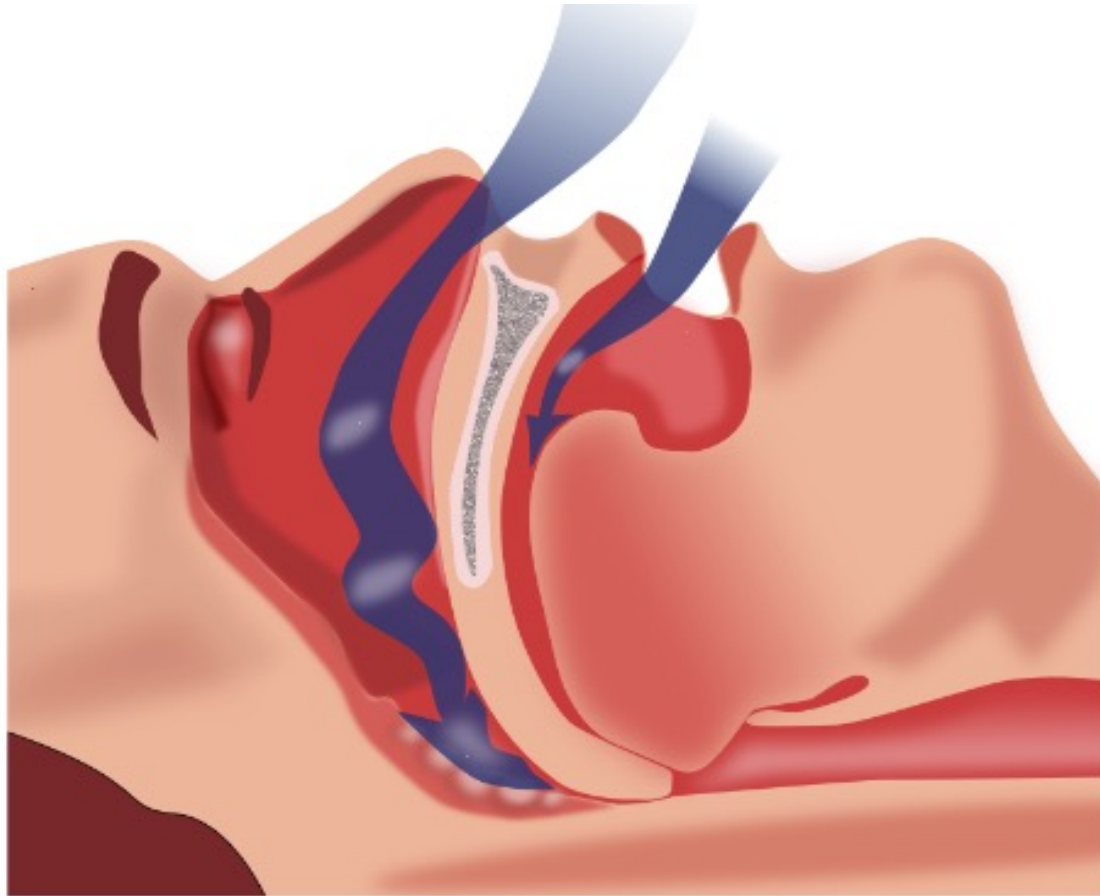


# Central Sleep Apnea (CSA)

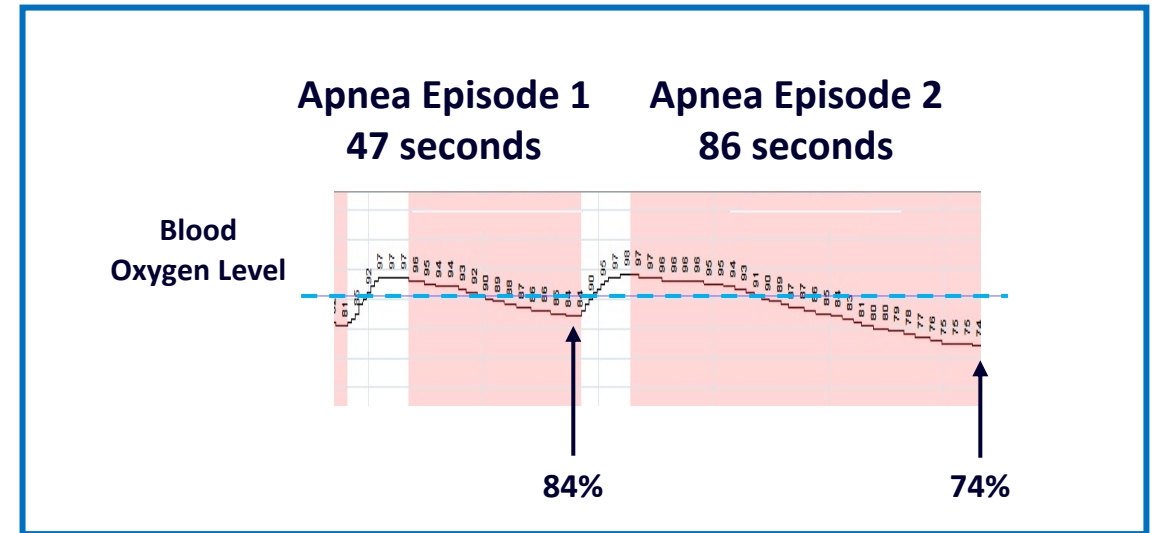


- Brain fails to send signal to muscles to breathe
- ~1% of adults over 40
- More common with high altitude

# Obstructive Sleep Apnea (OSA)



- Tongue and Soft Palate relax during sleep and block airflow
- Over 20 million Americans have moderate to severe (OSA)



# Consequences Untreated Sleep Apnea

## Snoring – Bed Partner



## Fatigue, Diminished Productivity



## Heart and Brain Health



## Accident Risk – Community Safety



# PAP Therapies

**Great results when used regularly**



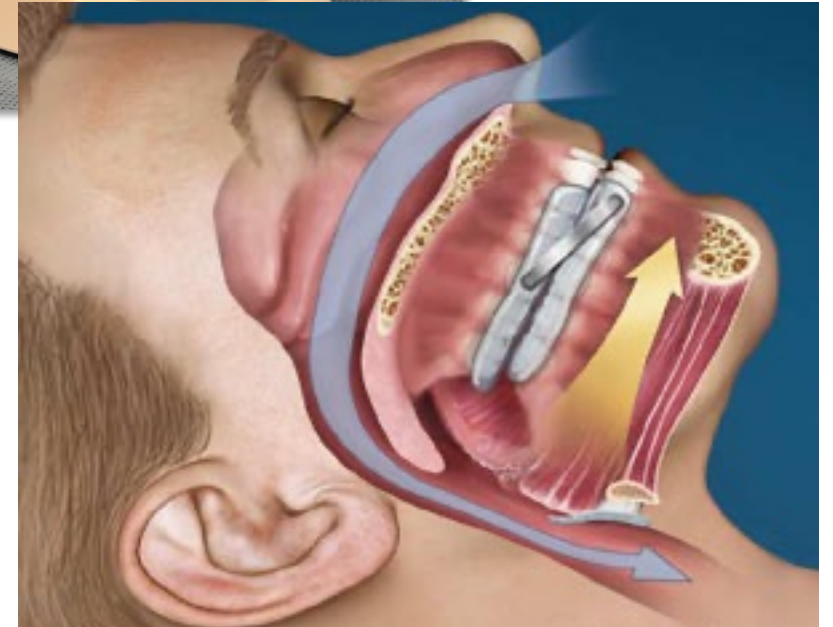
**Intolerance a significant problem**





# Oral Appliances

- **Oral Appliances** are custom mouthpieces intended to pull the jaw forward during sleep.
- **Indications**
- **Limitations**



# Positional Therapy

- **Positional Therapy** is designed to keep the sleeper in a position that minimizes their obstruction.
- **Indications**
- **Limitations**

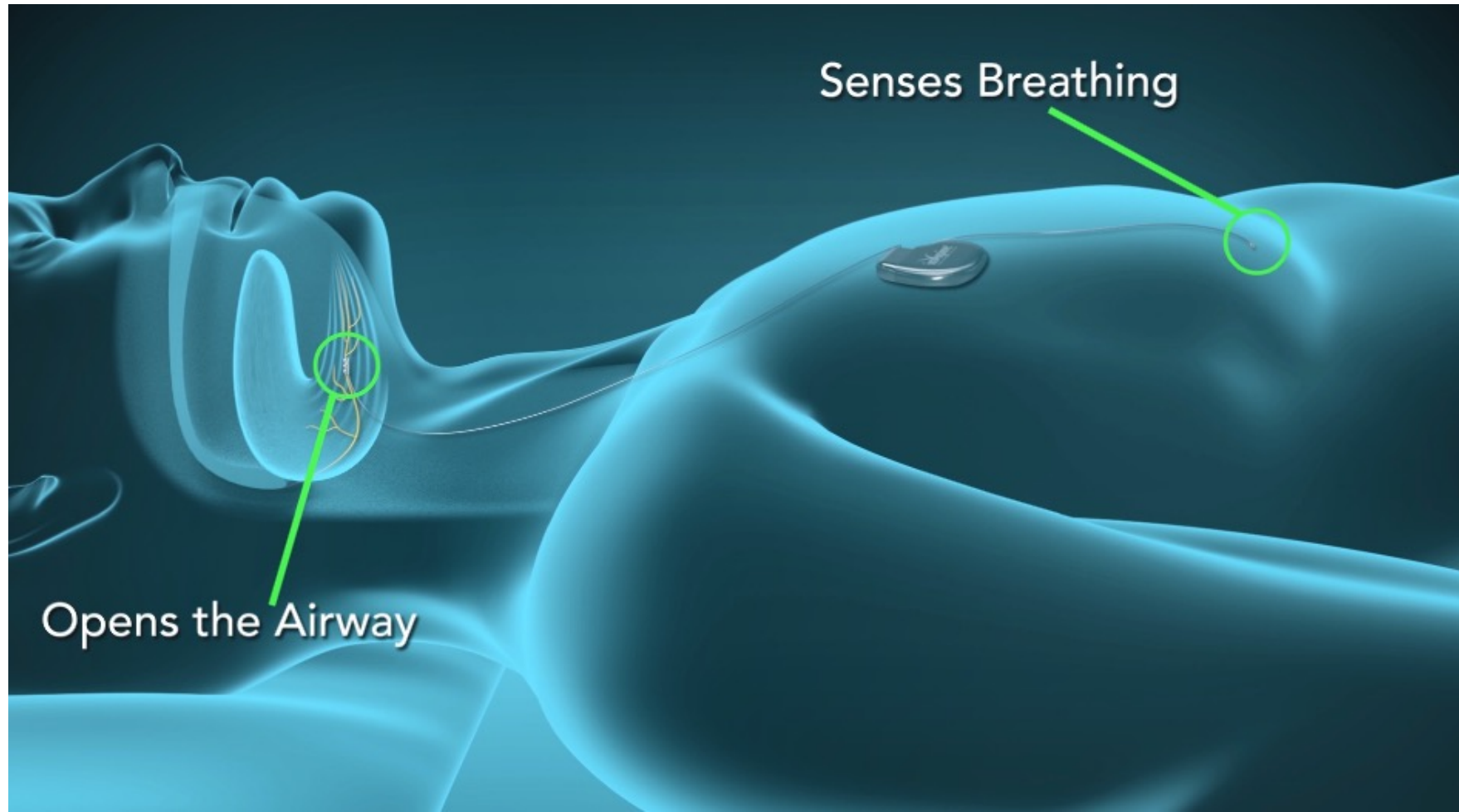


# Surgical Treatment Options

- **Anatomy Altering Surgery** is surgery to change or remove parts of the nose, jaw, tongue, or throat to improve the airway.
- **Types**
- **Indications**
- **Limitations**



# Hypoglossal Nerve Stimulation - Inspire





# Inspire Indications

- **Moderate to severe obstructive sleep apnea**
- **Unable to get consistent benefit from CPAP**
- **Not significantly overweight**
- **Pass an airway anatomy exam**
- **Age 18+**



*If you have not had a recent sleep study, you may need a new one.*

# Inspire – How It Works

Outpatient procedure



Press a button – Go to sleep



# Inspire – A Safe Outpatient Procedure



- Inserted through ~~3 small incisions~~ 2 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



# Office Visit After the Procedure



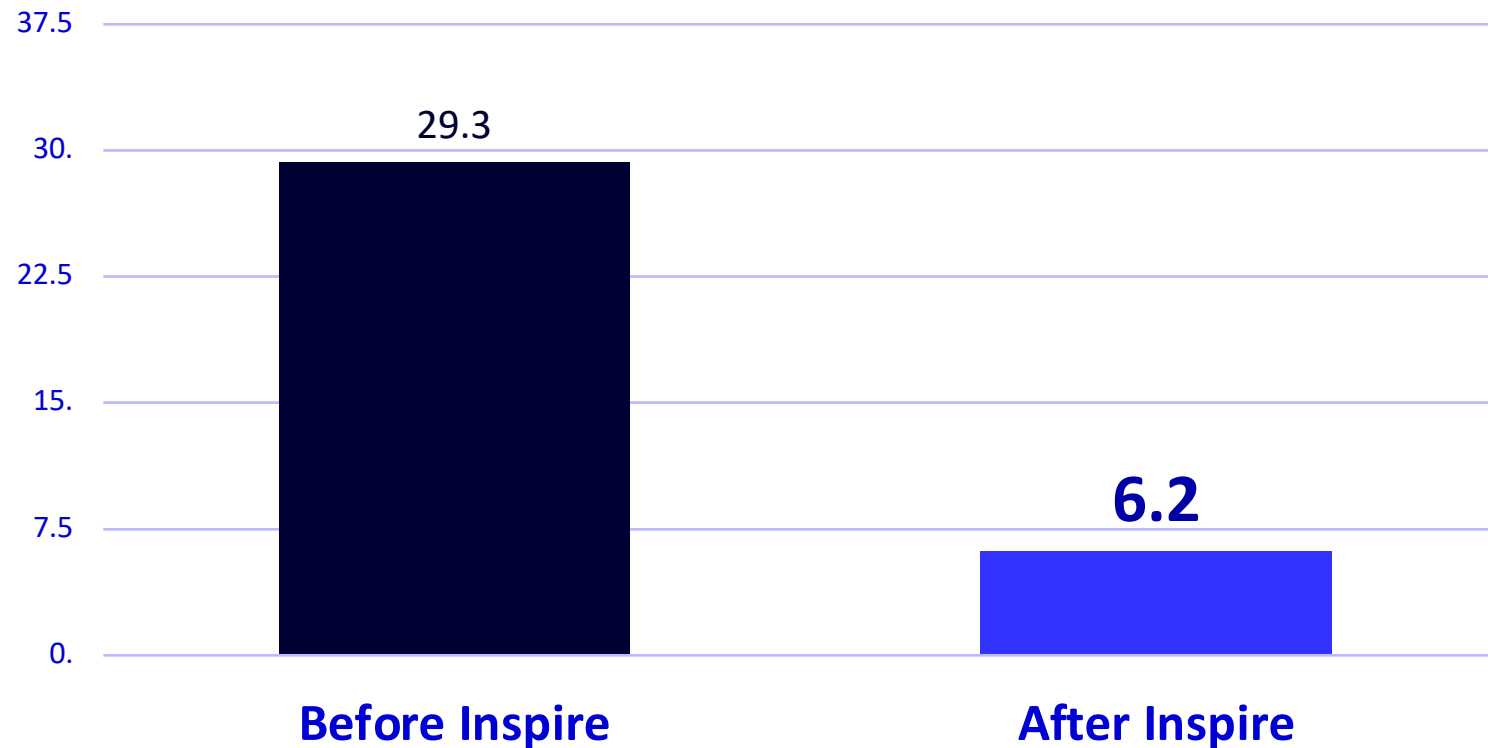
- Turn on Inspire therapy for the first time
- Establish initial settings
  - Comfortable
  - Effective
- Learn how to use the Inspire sleep remote



# Clinically Proven

- **Significant and sustained reduction in sleep apnea events**

**Average Sleep Apnea Events per Hour  
(Apnea-Hypopnea Index)**

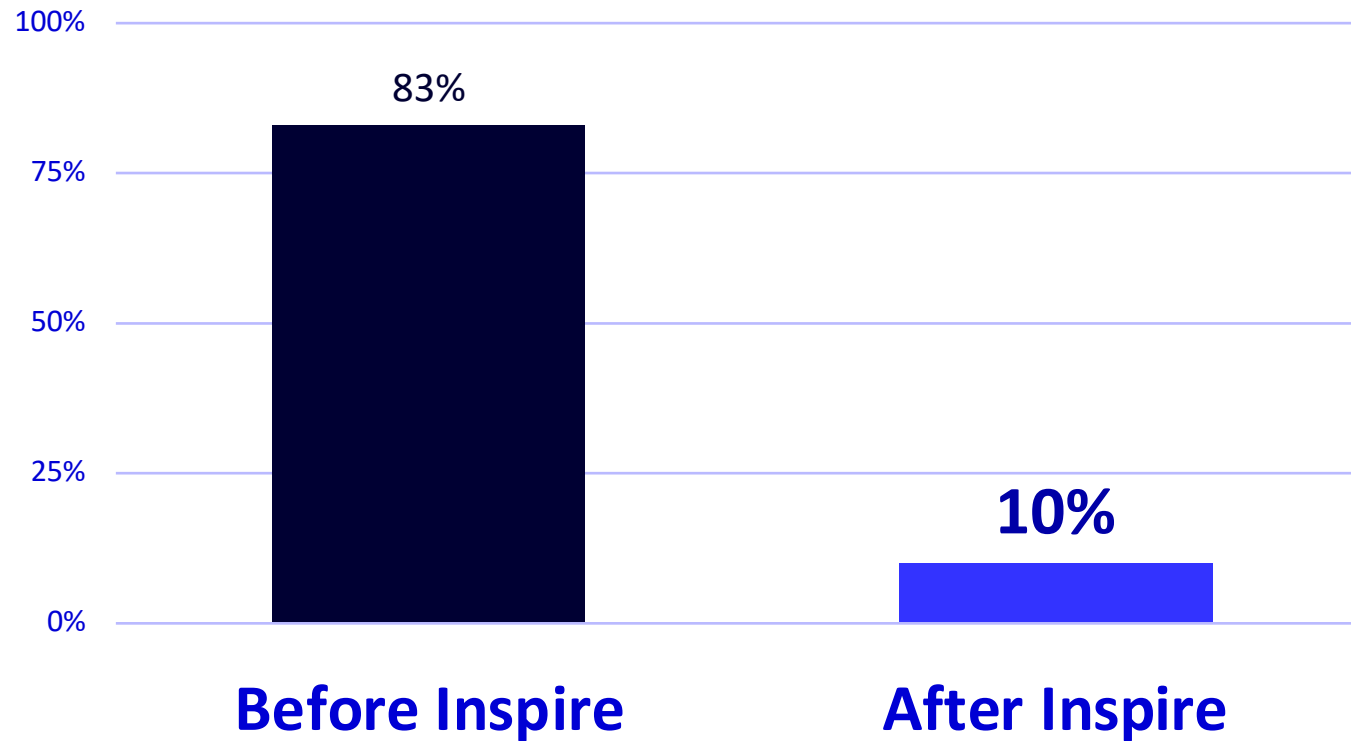


79%  
Reduction

# Clinically Proven

- **Significantly decreased bed-partner reported snoring**

## Bed Partner Reported Snoring

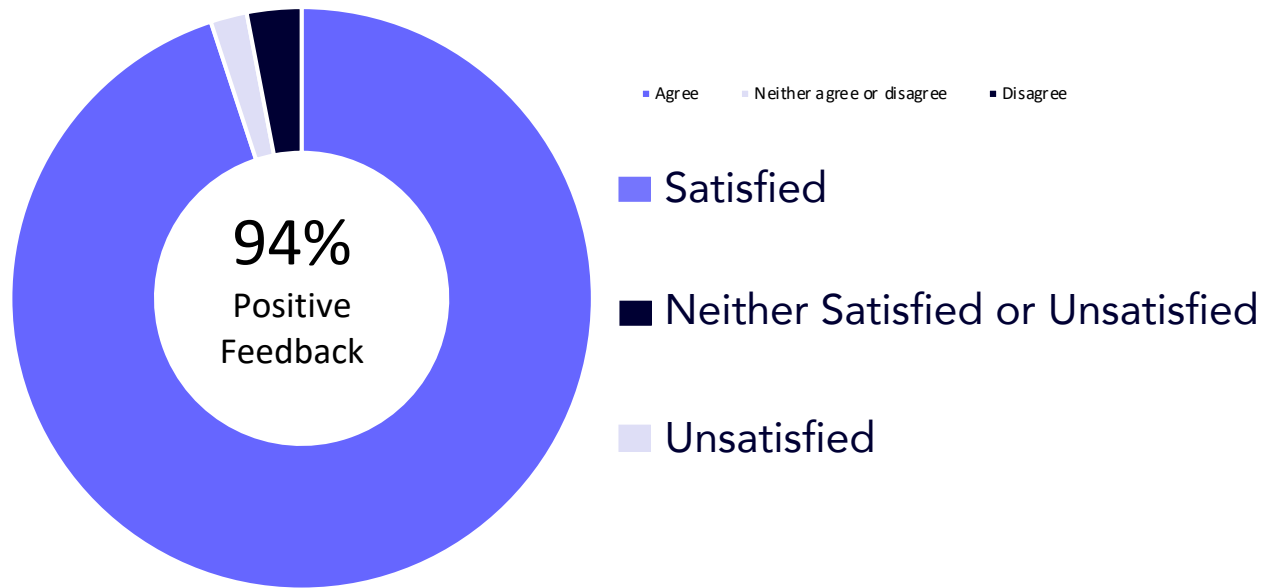


88%  
Reduction

# Clinically Proven

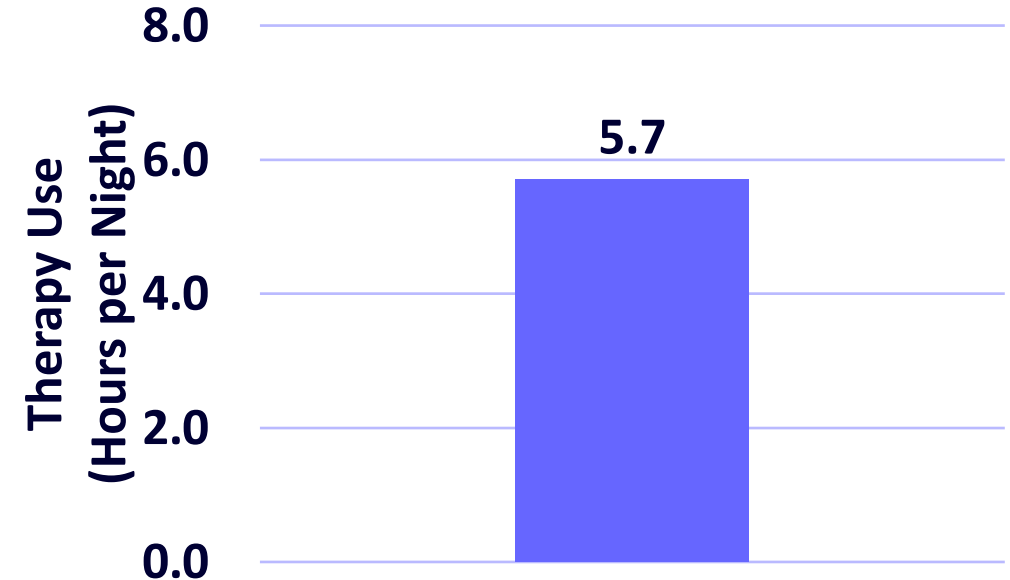
## Patients Like It

### Patient Satisfaction At Final Visit



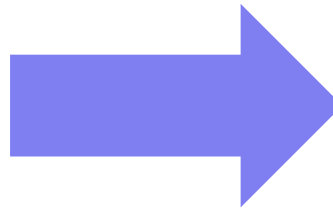
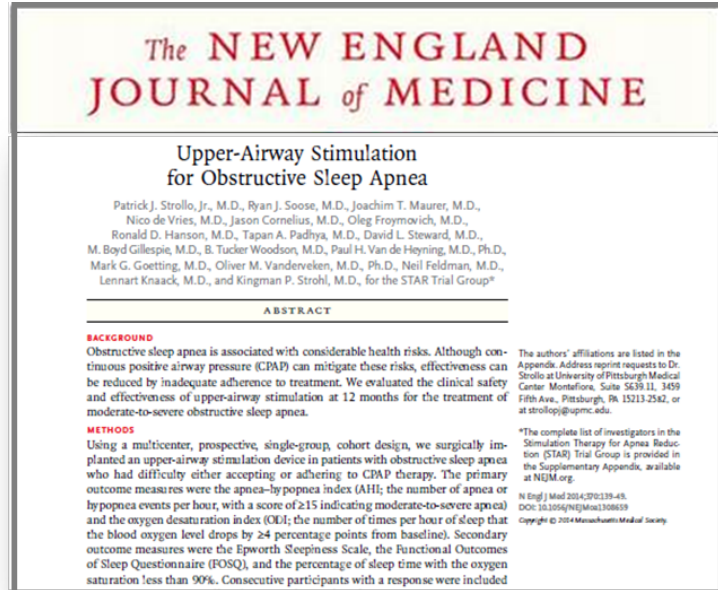
## Patients Use It

### Patient Adherence At Final Visit



# Growing Adoption

## Sustained Clinical Results



## Most US Insurance Covers Inspire



- Over 100 Peer-Reviewed Publications
- 5-Year Follow-Up Data; STAR Trial
- Enrollment goal of 5,000 pts in ADHERE Registry

- Broad private insurance coverage
- Medicare coverage across the US
- Many VA and military hospitals



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# For More Information & To Schedule a Consult...

**Dr. Mark Hunter**

**Call: 303-814-0753**

## Office Locations

- **Boulder:**
  - 2750 Broadway Street
  - Boulder, CO 80304
- **Louisville:**
  - 80 Health Park Drive, Suite 100
  - Louisville, CO 80027

- **For detailed insurance questions, call 844-515-6182**
- **For VA questions, call 1-800-739-6805**

**Dr. Thomas Minor**

**Call: 303-872-4640**

## Office Location

- **Boulder:**
  - 4820 Riverbend Drive
  - Suite 100
  - Boulder, CO 80301



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