

Thanks for joining! We'll begin momentarily.

## Life before Inspire



Dr. Mark Hunter ———

ENT & Inspire Surgeon



Dr. Angela Paddack

ENT & Inspire Surgeon

Thanks for joining! We'll begin momentarily.

## **Deciding on Inspire**



Dr. Mark Hunter

ENT & Inspire Surgeon



Dr. Angela Paddack ———

ENT & Inspire Surgeon

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## Living life with Inspire



Dr. Mark Hunter

ENT & Inspire Surgeon



Dr. Angela Paddack

ENT & Inspire Surgeon

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Dr. Mark Hunter

ENT& Inspire Surgeon



Paddack ENT&

Thanks for joining! We'll begin momentarily.

# Advancements in the Treatment of OSA: Inspire Therapy

**January 13th, 2021** 

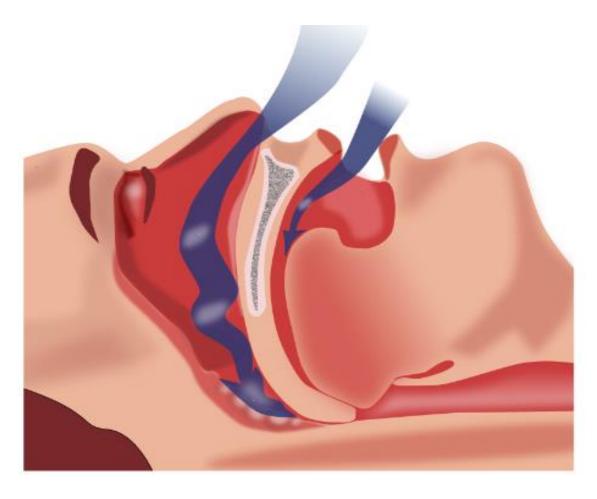
Presented by Boulder Community Health

Dr. Mark Hunter – ENT Surgeon

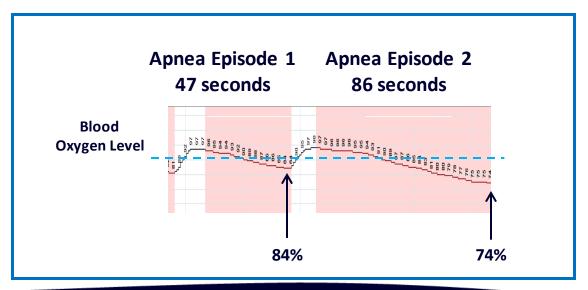
Dr. Angela Paddack – ENT Surgeon



## Obstructive Sleep Apnea (OSA)



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





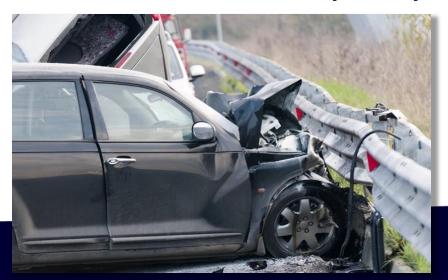
### Consequences Untreated OSA

**Snoring – Bed Partner** 

**Fatigue, Diminished Productivity** 



**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

Safe, outpatient procedure

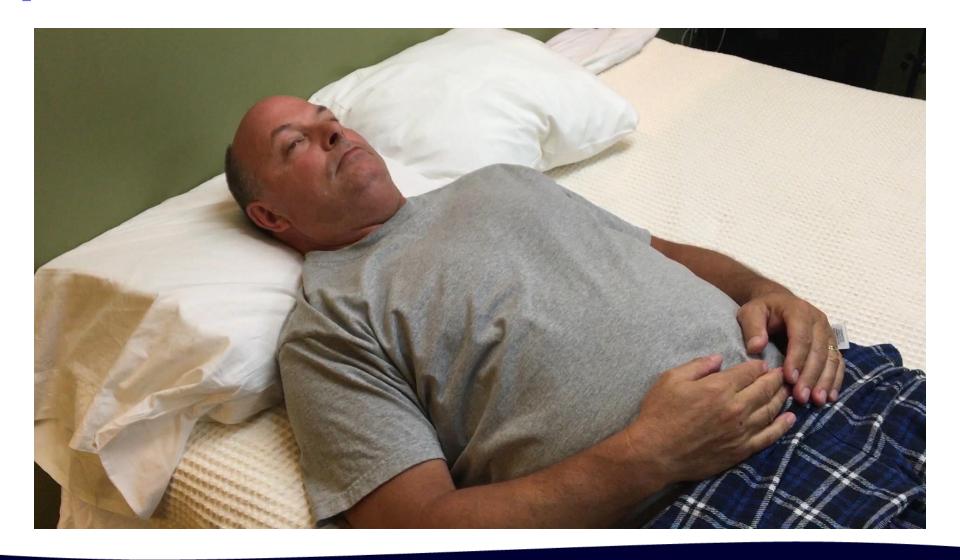


Press a button – Go to sleep



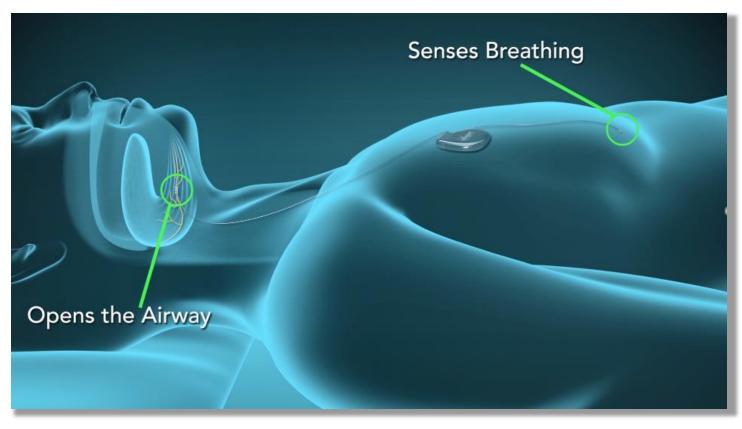


## Inspire – How It Works





### 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



#### Office Visit After Your Procedure



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

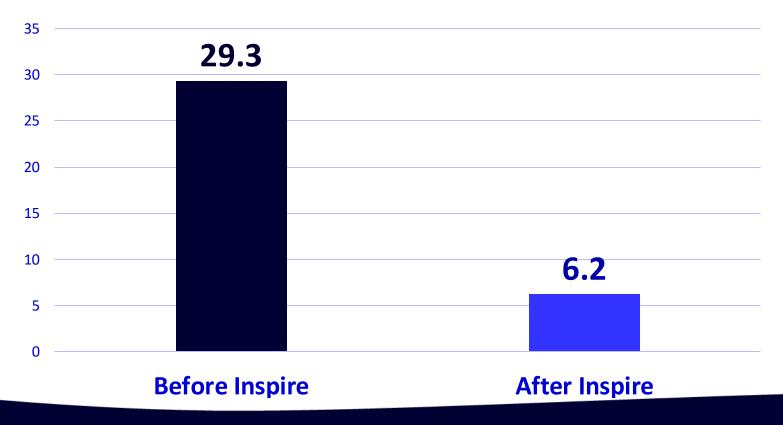


### Clinically Proven

Significant and sustained reduction in sleep apnea events

#### **Average Sleep Apnea Events per Hour**

(Apnea-Hypopnea Index)



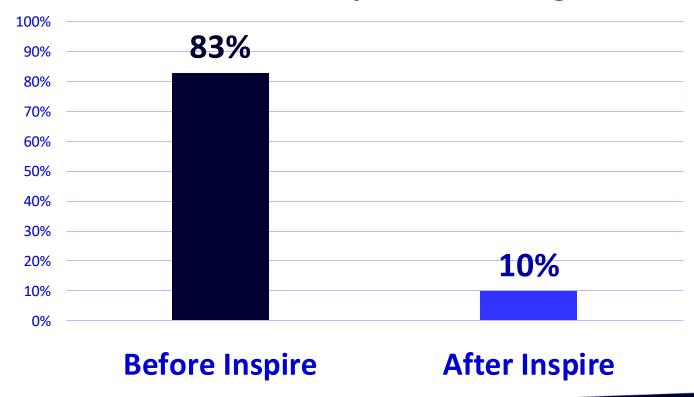




## Clinically Proven

Significantly decreased bed-partner reported snoring

#### **Bed Partner Reported Snoring**



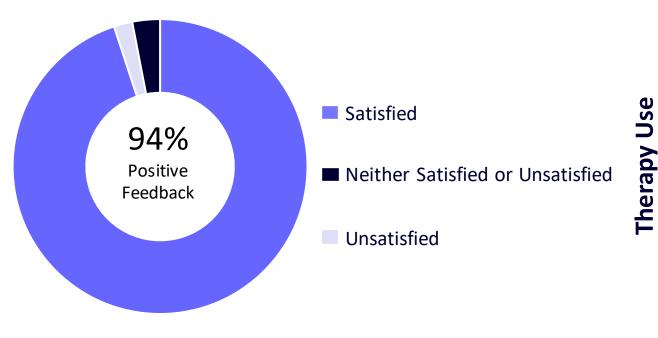




### Clinically Proven

### 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 Fifth 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 outcome measures were the apnea-bypopnea index (AHI; the number of apnea or N Engl J Med 2014;790:318hypopnea events per hour, with a score of ≥15 indicating moderate-to-severe apnea) and the oxygen desaturation in dex (ODI; the number of times per hour of sleep that Copyright D 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



#### **Most US Insurance Covers Inspire**



- Over 100 Peer-Reviewed Publications
- 5-Year Follow-Up Data; STAR Trial
- Enrollment goal of 5,000pts in ADHERE Registry
- Broad private insurance coverage
- Medicare coverage across the US
- Many VA and military hospitals



### Is Inspire Right For You?

- 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



### Inspiresleep.com

Review Full List of Benefits and Important Safety Information

Patient Ambassador Program

### Inspire Sleep App



Scan this QR code with your smartphone's camera app to download.





- Learn how Inspire works
- Watch short videos answering the most common questions
- Connect with people who have Inspire
- Watch instructional videos and how to use Inspire





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

#### Dr. Mark Hunter & Dr. Angela Paddack

Call: 720-445-8179

#### Four Office Locations in the greater Boulder Area

- Boulder: 2750 Broadway Street, Boulder, CO 80304
- Boulder: 4745 Arapahoe Ave, Suite 200, Boulder, CO 80303
- Longmont: 2030 Mountain View Ave, Suite 400, Longmont, CO 80501
- 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



### The Inspire Advisor Care Program (ACP)

#### **Advisors**

- Answer basic questions
- Communicate FDA & insurance requirements to accurately set expectations
- Remind you to bring most recent sleep study to the appointment via a verbal reminder or text message
- Transfer you to Dr. Hunter & Dr. Paddack's scheduling team



