

BiPAP machine breathes new life into patient

Sylvia Clark was not used to being inactive. Over the course of her lifetime, she traveled the world, traversed the Rocky Mountain ski slopes and cruised across Michigan on motorcycles. Sylvia loved adventuring and was used to doing it anytime she wanted.



In 2003, her active lifestyle unexpectedly came to a standstill. Little activities like going to the grocery store or exercising in the mornings became so difficult, that she often could not do them. Even getting a good night's sleep became impossible. It was then that Sylvia was diagnosed with sleep apnea.

"I was so tired all the time," Sylvia said. "I just could not function like a normal human being anymore. I had to force myself to get anything done."

Sleep apnea is a condition that causes a person to stop breathing periodically while they sleep. Apnea sufferers typically get very poor sleep, leading to deterioration of physical health. The best treatment is the use of equipment that regulates a patient's breathing while they sleep.

Sylvia wanted to continue living in the comfort, security and privacy of her own home. Her doctor recommended Great Lakes Home Medical Equipment. Shelly, the respiratory therapist at Great Lakes came to visit Sylvia in her home and explained different treatment options that were available. Shelly recommended that Sylvia be fitted with a Resmed Bilevel machine and an 'Activa' nasal mask.



Sylvia took Shelly's advice. She discovered that the mask was unlike any mask she had seen before and was surprised to find that the mask was extremely comfortable. Shelly kept Sylvia confident throughout the process. Shelly would make periodic adjustments to the mask and the machine until she was able to use it without concern. During this time, they became friends.

Soon thereafter, Sylvia returned to her energetic self. "The care I received from Great Lakes Home Medical Equipment was more than I expected," she said. "Now, I'm getting at least eight hours of deep sleep every night using the breathing mask. And I'm never tired."

"Great Lakes respiratory therapists are so personable and friendly. Being friendly helped ease my anxiety with having someone in my home who I didn't know very well. Now when Shelly visits, it's not just about the therapy - we catch up on each other's lives."

The Bilevel machine and mask provided by Great Lakes Home Health Equipment allowed Sylvia to return to her active lifestyle. The unit is portable and easy to travel with. Sylvia decided to head to South America on her first trip with her

new mask, where she went scuba diving off the coast of Brazil.

Sylvia's adventurous ways have led her to Great Lakes before she was ever diagnosed with sleep apnea. She required rehabilitation for a knee injury she sustained in a skiing accident. Not wanting to be stuck in a hospital for long, she decided to seek a home health care provider. She chose Great Lakes Home Health, which provided her with the month long rehabilitation program she needed to walk on her own again. Sylvia was most satisfied with her treatment from Great Lakes as she made a full recovery.

"Since becoming a patient, I have recommended Great Lakes to all my friends." Sylvia said. "I have only great things to say about their methods, attitude and service. If I need them, they're only a phone call away."


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