

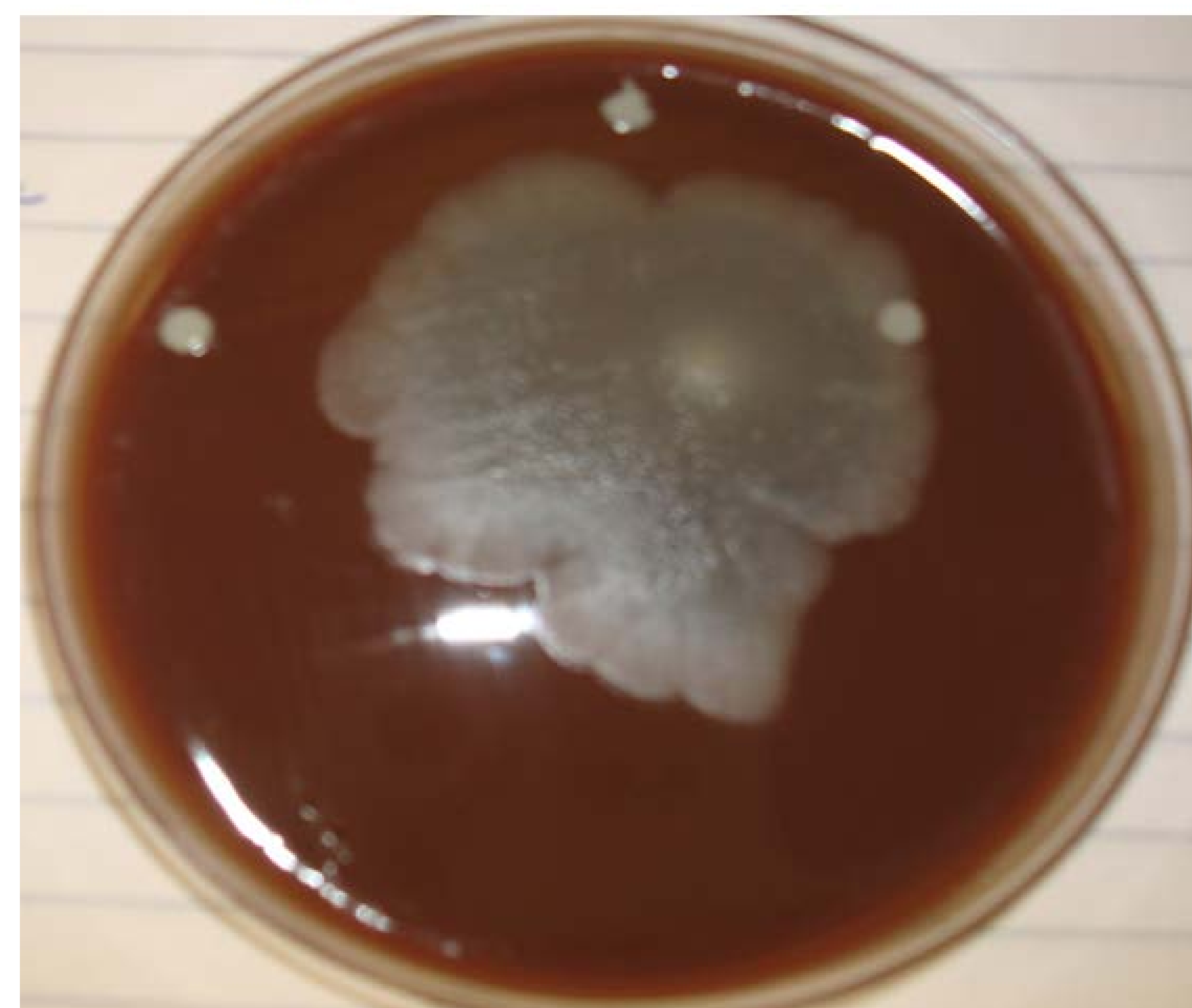
Replacing PAP Masks Routinely

- Research has shown that many PAP masks contain colonies of bacteria and fungal contamination.
- Age of mask seems to be more important (to the extent of-contamination) than either cleaning frequency or severity of (apnoea) condition.
- The data suggests that, in addition to regular cleaning, patients change their masks every three to six months.

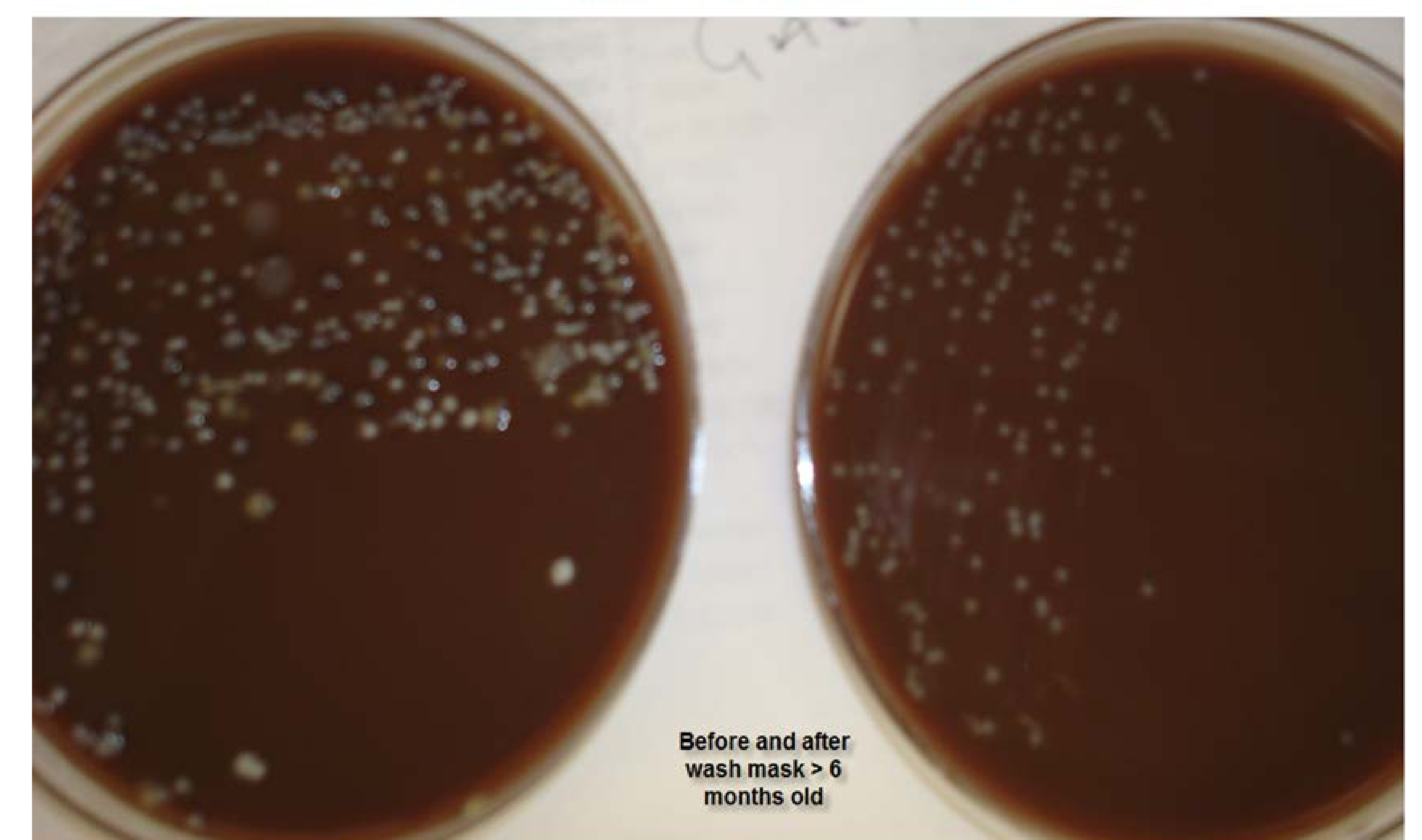
Culture before and after Rewash in Dilute Dish Soap



Fungal Growth



Culture of Mask > 6 months old Before and After Rewash



Reference:

CPAP Masks are Sources of Microbial Contamination
Alex Horowitz, Sandra Horowitz MD FRCP(C),
Chinhak Chun MD
SleepHealth Centers, Division of Sleep Medicine,
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School, Boston