MedPro Respiratory Care

PRIMARY OXYGEN PROVIDER IN B.C.
OVER 25 YEARS OF SERVICE – 18 LOCATIONS

TRAVEL

JUNE 2026 NEWSLETTER

Helping Patients Maintain Therapy While Traveling



Travel and Preventing CPAP Interruption

Summer is here — and when patients travel, CPAP therapy is often overlooked.

A Common Cause of Symptom Recurrence

Even brief interruptions (1–2 nights) allow OSA to recur, with measurable impacts on oxygenation, daytime function, and cardiovascular stress.

Clinical Impact of Pausing CPAP Therapy

OSA returns immediately
Apneas, hypopneas, and sleep fragmentation recur after 1 night off CPAP[1]

Oxygen desaturation + sympathetic activation
↑ nocturnal hypoxemia, heart rate, and cardiovascular stress[2]

Daytime impairment
↑ sleepiness, ↓ alertness, and impaired functional performance (including driving)[3]

Early cardiovascular effects
↑ blood pressure (~9 mmHg systolic) within 1–2 weeks[4]

Therapeutic benefit is not sustained
CPAP benefits require consistent nightly use, especially in moderate–severe OSA

Clinical note: Maintaining therapy during travel helps prevent symptom recurrence and daytime impairment and improves long-term overall health benefits.

Encouraging patients to plan ahead for their respiratory needs can help them enjoy their summer travel while maintaining good sleep health.

Which Patients Should You Be Thinking About Right Now?

- Patients with inconsistent CPAP adherence
- Patients with hypertension or resistant hypertension
- Patients reporting fatigue after travel
- Patients planning summer vacations or frequent travel

Travel CPAP Options

Compact travel devices such as the ResMed AirMini are designed specifically for patients who travel frequently.

- Smaller and lighter than traditional CPAP machines
- Provide effective therapy
- A convenient option for patients who travel often or want a second machine dedicated to travel



ResMed AirMini



Transcend Micro

MedPro Travel Rental Programs

To ensure patients maintain their respiratory care wherever they go, we offer:

- Travel CPAP rental programs for short trips or vacations
- CPAP Battery rental for camping
- Guidance on travelling safely with respiratory equipment

June Promotion – Travel Support

June is a good opportunity to highlight travel-related respiratory services, including:

- Travel CPAP devices and accessories rental (from $10/day)
- Travel-friendly CPAP supplies and masks



Contact MedPro:

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Scan for CPAP Requisition

References:

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4 Bratton DJ, et al. Thorax 2014;69:1128–1135. doi:10.1136/thoraxjnl-2013-204993