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Apollo TeleHealth brings programme for treatment and diagnosis of Sleep Apnea

17 March 2022 | News

The programme includes screening & diagnosis at home/hospital through latest technology-based devices that are cost effective and convenient



On the occasion of World Sleep Day on 18th March, Apollo Telehealth has come up with a Good Nidra Programme which will provide physicians and Obstructive sleep apnea (OSA) patients with a new, patient-preferred alternative therapy that is simple, comfortable, effective, and easy to use.

OSA is a condition characterized by complete/partial obstruction of the upper airway that disrupts normal sleep patterns. It has become highly prevalent and negatively affects the quality of life of a person.

OSA is independently associated with an increased likelihood of cardiovascular disease, hypertension and diminished quality of life. Hence, it becomes a prime concern for healthcare personnel to diagnose it at the earliest.

“93 per cent of Indians are sleep deprived and 65 per cent of them are potential patients for Sleep Apnea. We believe that there is an unmet need for many individuals who haven't yet been officially diagnosed with OSA and are looking for comfortable or curative treatment options”, said Vikram Thaploo, CEO, Apollo TeleHealth.

Commenting on the launch of the new programme, Dr. Ayesha Nazneen - Chief Medical Officer, Apollo TeleHealth said “Sleep apnea is a serious chronic condition that impacts much more than just sleep – it impacts patients’ quality of life and overall health. All one has to do is to fill up a questionnaire then, Sleep expert will connect to assist diagnose, counsel and interpret various clinical reports which will be followed by installation of Connected CPAP device at home. Program will also support the patient with constant treatment compliance monitoring and lifestyle management."