January 28, 2001
Joan--As promised, here are the photos of my mask transformation. First, I removed the back part of that mask. How on earth do other people manage to sleep on this stuff? I cannot see that it serves any function other than to hold the mask on the head--and torture people who have to wear the darned thing. These pieces that I removed weigh about two and a quarter ounces.
Now, to keep the mask on my head, I duct taped it to my ear muffs. This held it solidly onto my head and eliminated the pain at the back of my head. The earmuffs weigh about as much as the pieces I had removed from the mask, however, and this is too heavy for my no-muscle neck--caused a lot of pain to my spine.
So I cut back again. I removed this additional piece on the mask. I had believed that this piece would help stabilize the mask on my head, but once I removed it, I discovered that it made no difference at all in this regard. Then I removed most of the rabbit fur from my earmuffs. This much took another ounce and a half off the weight of the mask.
At this point, the “holding” mechanism is much sleeker. I left the ear portions on the earmuffs because I thought this would add a stabilizing influence, and also because I knew I couldn’t have anything pushing on my temples (which have been excessively sensitive ever since I had polio) and I was afraid that removing the ear portion of this contraption would place pressure on my temples. But it was still a little too heavy.
So I got a plain, plastic headband that is one and a half inches wide at the widest point—plenty wide enough to stabilize the mask. I place this behind my ears, thus avoiding the problem with my temples. Now the entire mask weighs about three and a half ounces, and seems to work fine. Any suggestions or comments?

About the CPAP/PRO— I finally got a response to my e-mail to Thomas Tucker in Houston asking for the phone number of their sales rep. At first he said that he had asked RSVP Homecare to contact me. I wrote him that we don’t have an RSVP Homecare in Omaha and said that nobody had contacted me, and asked for the name and number of their sales rep. He replied that this company is their dealer and they are in Cincinnati, Ohio. He gave me the name Mike Downing at 859/727-7600 there. Tucker does not seem to know anything about the product himself. I have not called Downing yet, since I seem to have worked out the problems with the other mask. But I intend to do this, just to get information about it.

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