

## FOR IMMEDIATE RELEASE

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## RELIABLE RESPIRATORY NAMES JUDY BARRY, RRT, CLINICAL DIRECTOR

NORWOOD, MASS. (Issued OCTOBER 2009) -- "When patients are properly educated on the operation of their equipment, they become more confident and more compliant," says Judy R. Barry, Clinical Manager and Registered Respiratory Therapist (RRT) for Reliable Respiratory of Norwood, Mass., one of New England's leading home respiratory equipment and services providers.

Barry, who has over 25 years of direct patient care, manages a team of eight therapists throughout New England whose primary mission is to ensure compliance by individuals suffering from such respiratory conditions as asthma, COPD (chronic obstructive pulmonary disease), and lung cancer, and sleep disordered breathing, or sleep apnea.

"We try to familiarize patients with the functions and operation of their in-home medical devices such as CPAP or BiPap units or nebulizers," says Barry. "Once a patient understands that their equipment is a lot more than an 'on and off' button, and they are educated on the options to customize their equipment, they realize that the machine can become a personal treatment, resulting in better compliance. Often they become less depressed, and they have more hope. That makes them more compliant. A properly used machine can help immensely."

Barry worked extensively with open heart patients and was part of the Shock Trauma Team at Washington Hospital Center, Washington D.C. She was part of the initial start-up crew of MediPlex of Weymouth and, among several clinical positions, was a clinical instructor for Northeastern Respiratory students. In 1998 she traded the hospital world for the home health field. Among her duties at Reliable, Barry teaches new technologies and treatments to the RT staff, organizes mask fitting clinics for CPAP users, and provides in-service session to medical staff associated with sleep labs.

CPAP units are used to control sleep apnea that afflicts over 12 million Americans. Untreated, sleep apnea has been linked to high blood pressure, heart disease, stroke, memory loss, obesity, and insulin resistance, a precursor to type 2 diabetes, and even premature death. Daytime sleepiness can also be a public health hazard, especially if you happen to be an airline pilot or a 16-wheel truck driver

Reliable Respiratory provides home CPAP/bilevel units for patients suffering from sleep-disordered breathing, compliance programs and recurring supplies for patients with sleep disordered breathing, nebulizers for those requiring medication dispensed as a liquid mist, and oxygen cylinders and concentrators for people with lung disease. In addition, it distributes through doctors' offices instant diagnostic kits for flu and strep.

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