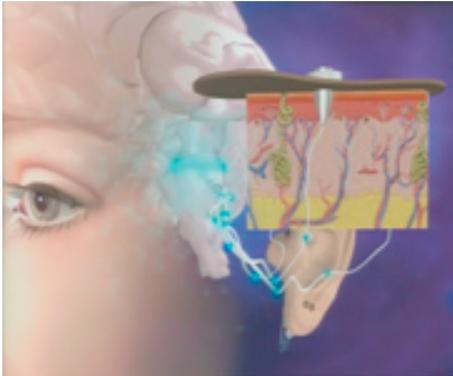


## **P-STIM / HRV Testing For the Treatment of Chronic Pain**

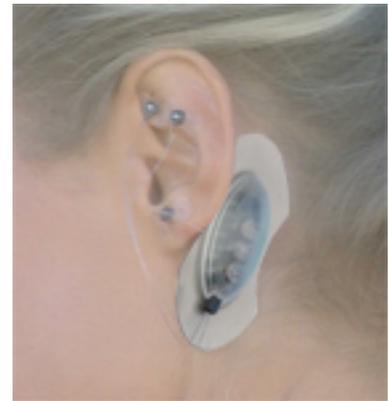


Point-Stimulation Therapy (P-STIM) is a new and highly affective approach to non-narcotic pain management. The P-STIM is a wearable device that is designed to administer continuous pulses of a low-level electrical current at the ear over several days. Electrical pulses are emitted through three selectively positioned acupuncture needles. The advantage of using the ear for such treatment is that it offers numerous points for stimulation within a small area.

The P-STIM is based on Cranial Electrotherapy Stimulation (CES), which has been well researched since the 1950s. CES, combined with auricular acupuncture, has proved to stimulate a number of neuro-chemical and physiological conditions that are known to relieve chronic pain and depression. The key to this relief is the stimulation and release of endorphins, the body's natural opiates; these opiates assist with the increase in blood flow to affected tissues, resulting in the reduction of pain symptoms.

### **How is P-STIM Therapy administered?**

The P-STIM is worn for four days on and three days off and is removed by the patient on the fourth day. Electrical stimulation occurs during those four days in three-hour intervals. The patient may carefully shower during this time, taking care not to get the P-STIM wet. They are requested not to wash their hair until after the device is removed. A new P-STIM is applied every week and does require an office visit for placement. The average patient usually requires 10-12 weeks of treatment. However, this will vary, depending upon the patient's type and level of pain; it can be as few as 4 treatments and as many as 20 treatments before significant reduction in pain is noted. Placement of the P-STIM takes approximately 10-15 minutes.



### **Is P-STIM Therapy safe and are there any side effects?**

P-STIM pain relief treatment is designed to be minimally invasive and has virtually no side effects. However, during treatment, some patients may experience dizziness and/or nausea; this is due to overstimulation of the nerves and is relieved by removing one or two of the auricular needles. The patient is encouraged to seek guidance from their clinician, should this occur.

### **What is HRV variability testing and is it safe?**

In addition to the P-STIM treatment, a Heart Rate Variability (HRV) test using the ANSiscope® HRV Device will be administered to quantitatively assess the patient's level of autonomic dysfunction and autonomic nervous system (ANS) balance. Electrodes are attached to the patient's inner wrists and ankles and a modified EKG is taken. This test takes approximately 15 minutes and is non-invasive. Patients' with chronic pain will have their ANS balance skewed towards the sympathetic, which promotes body action. As treatment with the P-STIM progresses, the patient's level of ANS balance will improve by moving towards the parasympathetic, which promotes body relaxation. The HRV test will also be used to optimize placement of the P-STIM during each treatment.

### **Are the P-STIM and HRV Testing FDA Cleared?**

Both the P-STIM and ANSiscope HRV Device are FDA cleared. Contraindications against the use of the P-STIM are certain heart conditions, pacemakers, recent organ transplants, history of seizures, and use of anti-coagulants. The physician will make the final determination if you are a candidate for this treatment program.