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“RECOMMENDED” TREATMENT PERIODS

EXAMPLE OF INITIAL TREATMENT: 6 MONTHS

1 MONTH	ACTIVE
1 WEEK	BREAK
1 MONTH	ACTIVE
1 WEEK	BREAK
1 MONTH	ACTIVE
1 WEEK	BREAK
1 MONTH	ACTIVE
1 WEEK	BREAK
1 MONTH	ACTIVE

Total: 5 ACTIVE MONTHS, 1 MONTH OF BREAK (4 weeks) 6 MONTHS

DAILY SESSIONS: in the absence of specific or more intensive medical prescriptions, the “Typical” treatment involves 1 20-minute session with headphones once a day.

The choice of the appropriate moment will depend on the patient’s perception of greatest need - for example: if the most critical moment is sleep, the session will take place before bedtime; if it is the daily noise, it will be done in the morning. .

N.B.: The treating doctor will be able to guide the type of treatment towards different settings, in cases where there are more specific needs (e.g. more sessions, more power, change of frequencies, etc.).

PREPARATION AND MEDICAL FOLLOW-UP: the treatment will include setup visits and subsequent adjustments agreed with the doctor or the hearing aid center chosen by the patient.

RECOMMENDATIONS:

- **Therapeutic framework:** the correct setting of the treatment depends on tests and results of the treating doctor which establish the acoustic and, if necessary, psychosomatic parameters of the disorder.

A. medical prescription of “multimodal rehabilitation therapy for tinnitus” with Acufree;

B. medical tests: perform MRI (brain with/without contrast) if free for 12-18 months in the presence of serious or worsening tinnitus; alternatively for lighter cases ABR test.

C. acoustic tests: audiometry, impedance measurement and acuphenometry.





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- **Active treatment and value of the break:** even in cases of harmless effects, the organism compensates for any external intervention by counteracting it with natural defenses (N.B.: principle of inertia: every body wants to maintain the status quo unless forced to change). The ACUFREE break periods are to be considered part of the treatment as they protect the benefits by avoiding eventualities common to all therapies:
 - the body becoming accustomed to the treatment which could reduce its effects.
 - the cumulative effect, with the consequent activation of organic defenses which would see the treatment as a set of forces foreign to the organism and would therefore be activated to reduce its effectiveness.

RECOMMENDED METHOD OF USE:

- **purchase**, which ensures “easy, systematic, reliable” use in the phases of building one’s defenses or in specific needs;
- **prolonged treatment**, especially the first time, to assist a new phase in which efforts are made to weaken the symptoms by altering the ways in which tinnitus propagates, both temporary and consolidated.

For example: lower intensity, change of frequency, different location, etc.

- **resort to new treatments for no less than 1 month**, in cases of sudden or progressive recrudescence. This is the home and/or mobile therapeutic advantage of ACUFREE compared to treatments of the past;
- **exploiting the versatility of the device**, for example: number of sessions; their durations; capacitive signal level; expansion of the audio signal (multi-frequency) if the worsening is dependent on an imperfect equivalence of the generated signals; white noise, for the best reproduction in cases of so-called “hiss”.

Adaptations recommended after medical consultation.

CONCLUSIONS

Tinnitus is a symptom that involves the most complex physiological and neurological “control room” of our body, which revolves around the central nervous system or CNS.

ACUFREE activates effective but harmless elements that work best with a progressive effect and recommend prolonged use, for example the 6 months described here.

The objective is an effect of increasing reduction and increasingly satisfying relief.

The SLOGAN of Acufree is: “put Tinnitus in a corner where it becomes marginal for the patient’s quality of life”.

