Anodyne Therapy –
A New Hope for Pain and Circulatory Problems
Agenda

- What Causes Pain?
- How Anodyne Works
- Research
- Getting Treatment
- Home Systems
K.W. (Hampstead, NH)

"I use Anodyne Therapy 6-7 times a week and it has changed the pain in my feet more than tremendously! Prior to treatment, I cried everyday because the pain was so so bad. Burning - FIRE like pain, feeling like I was being sliced by a knife and more. Now there are actually times I have none of that at all. I thank God for Anodyne Therapy"
70 Million People Have Chronic Pain

What Can Cause It?

- Poor circulation
  - Lack of oxygen and blood flow/nutrients to nerves
- Inflammation or swelling; muscle spasms
  - Pinch nerves causing pain
- Scar tissue from injury or surgery
  - Can reduce flexibility and cause tearing of surrounding tissue, which can cause pain
- Nerve damage from trauma or disease
Conditions that can cause painful circulatory problems

- Metabolic Conditions (Diabetes, Hypothyroidism)
- Vascular disease – PVD, PAD, Intermittent Claudication
- Alcoholism
- Cancer (Chemotherapy-related)
- Drugs (Statins, antibiotics, antivirals)
- Infectious diseases - HIV/AIDS, Lyme Disease
- Anemias
- Vitamin deficiencies (B₁₂, Folate, Magnesium)
- Raynauds Syndrome/Scleroderma
- Poisoning from toxins (Lead, Mercury, Agent Orange)
- Spinal Compression/Stenosis
Clues that You May Have Circulation Problems

- Burning, shooting, throbbing pain or like electrical shocks or pins and needles in feet and legs
- Numbness in feet, legs, hands
- Balance problems
- Sores that do not heal
- Discoloration or swelling
- Lack of foot and leg hair, toenails
- Night leg pain, restless leg syndrome
- Cold feet
Painful Circulatory Problems are Difficult to Treat

- Often described as burning, shooting, stabbing, like electrical shocks or pins and needles
- **Medications**
  - Anti-seizure medications
  - Antidepressants
  - Topical pain creams
  - Over the counter pain relievers
  - Certain vitamins
  - Narcotics as last resort
- Most drugs only deal with symptoms – not underlying problem
What is Anodyne Therapy?

Professional System
Model 480

Model 120 for Patients or Nursing Professionals
Treatment can be applied be anywhere you have pain
Anodyne Therapy is Offered at nearly 6,000 Clinical Sites
Navy SEALS Team 5, San Diego

Also used at Walter Reed and numerous other military bases
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R.P. (Auburn, WA)

"If it weren't for your machine, I know I would be in a wheelchair. My pain has improved so much! I would love to get hold of our local TV station here because I want people to know about this and that there is help out there. Thank you so much."
Infrared Light Causes Local Nitric Oxide Release From Hemoglobin

- 1998 Nobel Prize
- 60,000 papers published on N.O. in the past 10 years
- NO = 1 Molecule Oxygen, 1 Molecule Nitrogen
What is Nitric Oxide (NO)?

* NOT nitrous oxide (at the dentist!)
* NO is made from
  - Nitrogen (From protein)
  - Oxygen
* Nitric oxide drugs
  - Nitroglycerin (dilates blood vessels to treat angina)
  - Viagra (dilates blood vessels too!)
  - Morphine (pain-relieving effects)
* An important molecule for circulation and healing
  - Many people with chronic pain don’t have enough NO
Nitric Oxide - Vascular Effects

Nitric Oxide increases blood flow
- Dilates arteries, capillaries
- Dilates veins, lymphatics
- Mediator of angiogenesis and other growth factors
- Reduced platelet aggregation
Why is Nitric Oxide So Important?

- Capillaries in extremities are of a single RBC
  - Pre-capillary sphincters can constrict blood flow into capillaries
- High cholesterol and diabetes contribute to
  - Endothelial dysfunction
  - Blood vessel narrowing and reduced elasticity leading to hypertension
- High levels of blood glucose
  - Reduce availability of nitric oxide

Red blood cells squeezing through capillary
Nitric Oxide – Pain Relief

Nitric Oxide reduces pain

- Direct mediator of the analgesic effect of morphine
- Indirect
  - Reduces hypoxia, ischemia
  - Delivers nutrients to nerves
  - Reduces inflammation, swelling impinging on nerves
Conditions that can cause painful circulatory problems

- Metabolic Conditions (Diabetes, Hypothyroidism)
- Vascular disease – PVD, PAD, Intermittent Claudication
- Alcoholism
- Cancer (Chemotherapy-related)
- Drugs (Statins, antibiotics, antivirals)
- Anemias
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Published Clinical Data

- 13 Published, peer-reviewed studies
- Over 4,500 subjects
67% Pain Reduction
(0-10 Numeric VAS Scale)

Before MIRE

After MIRE

N = 2239

Protocol:
• 35 minutes
• 3x per week
• Average of 5 weeks

P < 0.0001
Improved Microcirculation

*Scanning Laser Doppler Images*

**Elbow**

**Heel**

**Knee**

Up to 1300% increase in circulation after 20 minutes treatment
Anodyne vs. Heating Pad

**Pre-Scan**

Anodyne

**Post-Scan**

Heating Pad

- **Pre-Scan Comparison:**
  - Anodyne: -45%
  - Heating Pad: +164%

- **Post-Scan Comparison:**
  - Anodyne: +164%
  - Heating Pad: -45%
J.O (Atlanta, GA)

“When I discovered that Anodyne was FDA approved to improve microcirculation, I knew I had to try it. The very personable Ms. Maddy helped me order a reconditioned unit over the phone and the results have been nothing less than miraculous. The very first time I used it I experienced significant improvement. Amazing, I thought. By the third treatment, there was no doubt I was not dreaming this, and in less than a week MY FEET ARE ALMOST COMPLETELY NORMAL! I would say they are now more than 90% as I only have wisps of symptoms left and am able to stand and walk and work quite a bit throughout my entire day. To me, that is phenomenal.”
**Duration of Effect**

* **Chronic Patients:**
  - Patients with diabetes, PVD, high cholesterol or high blood pressure will require lifetime use – as these underlying conditions cause circulation to be poor in the extremities
  - Overuse injuries will continue to re-occur unless the patient modifies their activities

* **Acute Injuries/Wounds:**
  - Typically do not require lifetime use – clinical treatments are sufficient to resolve most issues

* **Chemotherapy Patients:**
  - May require ongoing Anodyne® treatments depending on the severity of damage, and the length of condition

* **3 Anodyne Home Systems Available**
Moor Scanning Laser Doppler Perfusion
Increased Blood Flow in Treated Area

Scan at Three Year Follow-up

Treated Tissue is outlined (Brighter colors indicate better perfusion)

Degree of perfusion
3 years after MIRE treatments ceased

184.4

59.4

Treated Tissue
Untreated Tissue

4 Year Venous Ulcer (40 Year History) 3 Year Follow-up

Scan at Three Year Follow-up

4 Year Venous Ulcer (40 Year History)

3 Year Follow-up
Anodyne® Home Systems

* No paperwork required for Providers
* Referral only needed to waive tax in Florida, Michigan and Virginia
* Home Systems
  - Model 120 System – Treat pain anywhere
  - Freedom 300 – Treat foot and leg pain
* Purchase Options
  - VISA Health 1 Financing (0% for those that qualify)
  - Payment Plans

Note: Home systems are not covered by most major insurance companies.
Anodyne® Home Systems

* Patient Model 120
  - Flexible pain relief
  - Same ‘Therapy Pad’ style as our Professional Models 480 and 120
  - 60 diodes per Therapy Pad – 4 Therapy Pads total
  - Intensity is “Pre-Set” to the equivalent of ‘8 bars’ on a Model 480
  - Lower Extremity Treatment System available
  - Pricing
    - New: $1395
    - Refurbished: $799 (subject to availability)
Anodyne® Home Systems

- **Freedom 300**
  - Freedom from foot and leg pain
  - 300 Recessed LED’s
    - Foot Therapy Pad: 120 Diodes
    - Leg Therapy Pad: 180 Diodes
  - Advanced Cycling Technology
    - 30 minutes on, 20 minutes off, 30 minutes on – Auto Shut Off
  - Easy-to-use, Comfortable
  - Price – New: $597
Our Treatment Program

* Anodyne Therapy
  - Increasing circulation
  - Reducing pain, stiffness, muscle spasm

* Therapeutic exercise
  - Strengthening
  - Flexibility

* Neuromuscular re-education
  - Balance exercises

* Gait training
  - Proper walking techniques

* Other modalities and therapeutic techniques

Protocol:
- 30 minutes
- 3x per week
- 12-24 treatments
What You Can Expect with Treatment

- Patients typically feel a soothing warmth.
- It is not uncommon to feel results after the first session – however most report relief after 3-6.
- You may feel some tingling or minor pain at first as circulation improves.
Getting Treatment

- Ask your doctor for a prescription
- Complete all your treatments unless your doctor or therapist advises you to stop
- Physical therapy is covered by most insurance plans and Medicare.
A.P (Huntsville, AL)

"I have used the treatment in my home. The pain was so intense that I was sleeping 2 or 3 hours a night. After the first treatment I noticed improvement. At present, I am quite active for an 83 year old. I am still able to live alone in my own house, drive my car and live a fairly normal life. Your therapy is very important to me, and my quality of life is greatly improved."
Questions?

Clinic Tel:  
Clinic Website:  
www.anodynetherapy.com