

Sooma Pain Therapy

An opioid-free therapy option for effective pain relief

Information for patients

Sooma Pain Therapy



Sooma Pain Therapy is an effective treatment for chronic pain conditions such as Fibromyalgia and Chronic Neuropathic pain.

It is a drug-free option that is suitable as a stand-alone treatment or when used in combination with other treatment methods.

The sensation of chronic pain comes from how the brain interprets pain signals. With Sooma's easy-to-use portable device, a weak direct current is delivered to the brain in order to stimulate the areas responsible for pain processing, and relieve the pain symptoms. This method of brain neuromodulation is called transcranial direct current stimulation (tDCS).

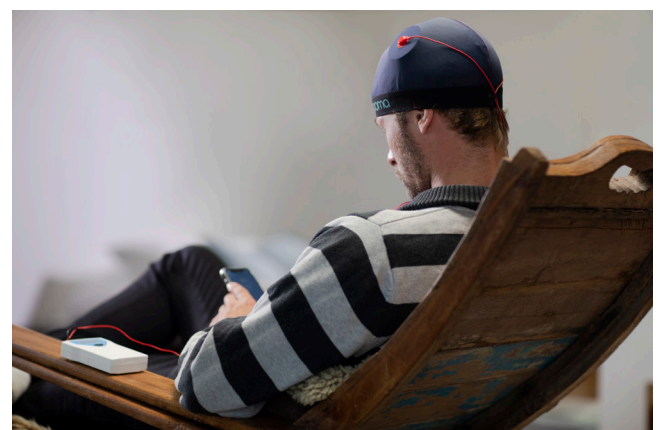
	Mo	Tu	We	Th	Fr	Sa	Su
Week 1	●	●	●	●	●	○	○
Week 2	●	●	●	●	●	○	○

Home-based therapy

The first therapy session is given by a healthcare professional, but after that you can perform the therapy independently at home. The preparation of a therapy session is easy and takes only a few minutes.



The duration of one session is 20 minutes and is repeated five times a week for a minimum of two weeks. During the treatment you can relax or do your usual daily tasks.



Efficacy of the therapy

The efficacy of transcranial direct current stimulation (tDCS) has been proven in research and has been repeatedly shown to be safe for adult, adolescent and elderly patients. Studies have shown up to 62% pain score reduction, along with significant decrease in the use of painkillers after the treatment. For most, the effect is not immediate, and the pain starts to ease in the second week of treatment. The treatment is recognised and recommended in international treatment guidelines.

Safety

Sooma Pain Therapy is well tolerated and does not cause any serious side-effects. The therapy is non-addictive and is suitable for patients who have not received a satisfactory response from medication, or wish to avoid excessive use of painkillers.

Sooma Pain Therapy is painless, but during the first minutes of the treatment session you might feel some itching in the stimulation area. A small proportion of patients experience mild short-term headache or tiredness after treatment. The skin under the electrodes may also become slightly red.

Starting the therapy

Sooma Pain Therapy is started after a discussion with your doctor. The doctor adjusts the treatment protocol to best fit your personal situation. Because the effect of the treatment is created by repeating the therapy for several weeks, it is important that you do not miss any therapy sessions.

Read more about Sooma Pain Therapy:
www.soomamedical.com



Sooma Oy

Sooma Oy is a Finnish medical device company developing accessible therapy solutions for routine care.

Sooma tDCS medical devices are manufactured in Finland in accordance with the international ISO 13485 quality management system for medical devices.

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