

## Manuela Döhring - Taking VITOS® to Tibet

Manuela suffered half her life from intense migraine attacks. A normal life was hardly possible with pain that was unbearable at times. The 53 year-old had already tried numerous therapies and medicines, but nothing had been able to help her reliably. Help came in the form of an in-ear bud - since she started using the transcutaneous vagus nerve stimulator VITOS®, things have been considerably better - so much better that she even dared to travel with VITOS® to the roof of the world.



### Mrs Döhring, how long have you suffered from migraine?

Almost half my life. I had my first migraine attack when I was 27. My holiday had just started, which is why I can still remember it well. Because I had never really had a strong headache before. I didn't realize that this was a migraine attack. That was only diagnosed years later, after I had gone through a lot of examinations, with different doctors.

### What triggered your migraines at the time?

I think it was due to the extra load of my second vocational training. I had decided to train to be a nursery-school teacher, on top of my secretarial training. I was 27 at the time, already had two children, I was married, and I was working - I lead a group of children in nursery school. At first the migraine attacks came every Thursday - on the day I would go to school. I was putting myself under a lot of pressure at the time.



### How frequently did the attacks come and what were they like?



In the first three years I only had migraine attacks once or twice a week. But the attacks increased over time. In the end I was having migraines on 17 to 20 days a month. And the attacks kept getting worse. I almost could not stand the pain of the more intense attacks. My whole right side of my head would pound and pulse, I would ache in the temple, be oversensitive to sensory stimulation, and my muscles would tighten up. Normally, I would feel so sick that I have to throw up. I simply cannot do anything when I am in such an acute phase, I have to retreat and go to bed. Then I just feel terribly sick.

### Which therapies did you try before VITOS®?

Just about any there are, but nothing helped reliably. Conventional painkillers do nothing for me, and I also tried prophylactic psychopharmacological migraine drugs and beta-blockers without success. Anti-inflammatory triptans helped in acute phases for a short time, but we kept having to increase the dose, until I had to get it injected. In the end it only worked for around an hour, after which the pain came back. I have tried everything - acupuncture, psychotherapy, relaxation techniques. No treatment could provide lasting reduction or relief for my migraine attacks. 12 years ago I was in Baden-Baden [Germany] for pain therapy. Even there, they could only relieve the migraine a little.



### How did you become aware of VITOS®, and what has it changed for you?

In the pain consultation session in the neurologist clinic at the Großhadern Clinic, in Munich, my doctor introduced the device to me as a new treatment possibility for therapy [drug]-resistant migraine patients. The idea of treating migraine without medicine appealed to me immediately. And now, a year and a half after the first application, I have a completely new quality of life. On average, I only have three or four, slight migraine attacks in a month. And in the whole of 2013 I had only two of the really bad migraine days, when I have intense pain and have to throw up.

### What does your life look like with VITOS® today?



I am much more resilient and more efficient at work. And privately I can do much more too. I could fully enjoy my son's wedding, for example, without suffering from painful migraine[s] the next morning. This would never have been possible before VITOS®. Now if I notice a migraine attack is on the way, I take a Triptan pill on time. Then I know I will be OK, because with VITOS® the medicine takes effect again, too. With the device I soon felt so secure that I could finally visit my son who works in China. We travelled to Tibet together. Because I knew I had VITOS® with me, and that means I have my migraine under control.

### Summary of experiences from Manuela

*"Since I have VITOS®, my quality of life has increased. I now have something that helps reliably against my migraines - without any side effects. Privately and professionally I feel considerably better off now."*



VITOS® neurotechnology delivers tVNS treatment through a compatible personally controlled device - a safe and well-tolerated treatment for migraines



Clinically Effective



Non-invasive  
Non-drug



Easy-to-use



VITOS® is intended for the treatment of pain such as headaches and migraines. Please note that treatment with VITOS® is not an acute treatment and may require some weeks or even months to take effect. It is a self-applied personal medical device for use in daily life.

#### IMPORTANT SAFETY INFORMATION

The devices should not be used in pregnant women, persons with active implants (e.g. cochlear implants, vagus nerve stimulators or pacemakers), persons with epilepsy or persons with cerebral shunts. The electrode should not be applied to sore or diseased skin. The possibility that VITOS® may influence the cardiac system cannot be excluded. Patients with cardiac arrhythmia must therefore ask their doctor whether VITOS® is appropriate for them. For full use instructions and safety information, please see user manuals.

PLEASE GET IN TOUCH  
FOR MORE INFORMATION



[www.neuropix.co](http://www.neuropix.co)



[info@neuropix.co](mailto:info@neuropix.co)