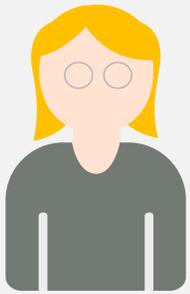


Epilepsy tVNS® Treatment - Testimonial

Katja Seiffert - 'Without side effects - in the midst of life'



Katja Seiffert had her first epileptic seizure, a grand mal, at 15 years of age. Now, 21 years later and after many and varied therapeutic attempts, she is finally seeing improvements. For this, she has to thank a little medical device - the transcutaneous vagus nerve stimulator NEMOS®.

Mrs Seiffert, can you still remember your first seizure?

Very well, indeed. It was 1992, I was 15 years old and with a friend on a language-learning holiday in Malta. We were in a disco one evening where there was a lot of flickering lights. This upset me a lot already on the evening itself. Of course we were out late, so there was sleep deprivation and alcohol involved as well. The seizure happened the next day at noon - there were figures on the wall in our hotel - as I looked at them they started to shift, to turn. I came around again in the ambulance. This was my first grand mal seizure, a typical convulsive seizure, where I turned blue and foamed at the mouth.



How did it develop after that?



In the hospital, they gave me epilepsy medication immediately. However, they administered it too fast and dosed me too highly, to ensure I wouldn't get any more seizures on holiday. The side effects were correspondingly extreme, I had visual disturbances and balance problems. When I got home, which at that time was in Hessen, they did a CT, but found nothing. So, the doctors decided to stop the medication, because a single seizure isn't enough to say that one actually has epilepsy. Three quarters of a year later - at which stage we lived in Bavaria - I had my second grand mal seizure. Again, this was foretold by an aura where I felt unwell. After the convulsions, I slept, after which everything was OK again. My big brother and smaller sister were with me. Both went very quiet, because they knew something like this had happened before. The diagnosis of epilepsy came in 1997, in Munich, after I had two grand mal seizures in a day.

How frequently did the seizures happen at the time, and how did they manifest themselves?

Luckily, I didn't have that many grand mal seizures. However, in 1997 I started having complex focal seizures, that is, epileptic seizures with disturbances of consciousness. These seizures are also foretold by an aura, which was almost like absences. I roll my eyes, and sometimes jerk my right arm up. Then I get up suddenly, pack my things, and go. I am hardly aware of any of this myself, but my family, colleagues and friends notice - 'Ah, she's just had another epileptic seizure!' Often, I then just go to the toilet, or if I am at home, I go into the bedroom, put on my pyjamas and go to bed, no matter what time it is. As a rule, I get these seizures predominantly during my period. However, before the therapy with NEMOS®, the seizures often came during the rest of my cycle too.

Which therapies did you try before NEMOS®?

Essentially, I tried all the normal anti-epileptic medications. This was always very difficult for me, as I always struggled a lot with side effects. With one medication I felt sick every afternoon, I had to throw up every day - after which I was OK again. I lost so much weight with another medicine that I had to stop taking it really quickly.

Was an operation suggested to you at any stage?



Yes, the topic was raised in 2008. Because I belong to the group of therapy [drug]-resistant epilepsy patients, and have both grand mal and complex focal seizures, it is difficult to adjust the medicine correctly for me. So I was admitted to a video monitoring ward, to find out whether they could identify an epileptic focus they could remove surgically. They wanted to trigger the seizure through sleep deprivation, which worked immediately in my case. It was terrible for me, I had one grand mal seizure after the other. I just lay around and slept, even walking to the toilet was exhausting, I stumbled around. To come down again, they gave me an emergency medication. Unfortunately, they noticed that the epileptic focus was very close to the visual and memory centres. An intervention would represent a high risk of damaging these centres. So I decided against an operation, and continued medicinal therapy.

How did you learn about NEMOS®?

I was not coping very well with the medicine. I was taking a combination of the emergency and other medications. It was terrible, I was tired and exhausted all the time. I discontinued an operation, which would have implanted a deep brain stimulator, because the risks were just too high for me. Then, in the summer of 2012, my neurologist told me about a new medicinal product, which may offer success without an operation. I was interested in it immediately, and I got NEMOS® in December 2012.

How has NEMOS® helped you?



After a short time using it, I had a grand mal seizure, which worried me. Now I think it was because it changed my brain, and my body was reacting to that. In the meantime, I feel considerably better. Now I really only have seizures during my period, after which I [am] calm, and am seizure free for three weeks, not even small ones. Altogether, I have fewer seizures, these are milder, and don't last as long. After a seizure I recover faster. This is what my husband notices most, because I myself am not that aware of the seizures. Previously, after a seizure I had to sleep, but this is no longer necessary with NEMOS®. On holiday I didn't have the slightest seizure, not even during my menstruation. Since I started the NEMOS® therapy, I have only had three of the seizures where I run away [absence], and after which [I] am disoriented. And what is also terrific - before NEMOS®, I would have taken an additional dose of my medicine if I had an aura. Now I have been able to reduce this, often it doesn't progress beyond the aura.

How can you integrate NEMOS® into your daily routine?

This works well, I can always integrate the 4 hours of stimulation a day. I don't just use NEMOS® at home, I take it to work too. I have even used it to stimulate during meetings, and using it while working at the PC is not a problem. The people around me know, and they treat me normally. I can openly take care of my epilepsy and my NEMOS® therapy.

Summary of experiences from Katja Seiffert

"It is terrific with NEMOS® I have found a therapy that makes me feel better without an operation and without side effects."

NEMOS®

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



Clinically Effective



Non-invasive
Non-drug



Easy-to-use

NEMOS® is intended for the treatment of epilepsies. Please note that treatment with NEMOS® 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) or persons with cerebral shunts. The electrode should not be applied to sore or diseased skin. The possibility that NEMOS® may influence the cardiac system should be excluded. Patients with cardiac arrhythmia must therefore ask their doctor whether NEMOS® is appropriate for them. For full use instructions and safety information, please see user manuals.

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