

THE NEXT WAVE IN PAIN MANAGEMENT FOR AN AGEING POPULATION

by Prasob Kumar



Armed with a Master's Degree in Accounting and an MBA from Victoria University, Melbourne, Australia, Prasob Kumar used to work with WorldSpace Satellite Radio, a NASDAQ listed company, as Business Development Director for Southeast Asia. Upon witnessing the miraculously fast recovery of a stroke patient treated with microcurrent, Prasob made the decision to work with the German developer of the device to introduce it to Singapore.

He is currently a committee member and an auditor of the Professional Manipulative Therapist Association (PMTA) Singapore. He has also been trained in Microcurrent Therapy in Germany.

SINGAPORE'S AGEING POPULATION

Challenges and Opportunities

The 3 February 2006 Committee on Ageing Issues: Report on the Ageing Population to the Prime Minister of Singapore stated, “Between now and 2030, Singapore will witness an unprecedented profound age shift. The number of residents aged 65 years or older will multiply threefold from the current 300,000 to 900,000 in 2030. By then, one in every five residents will be a senior.” Many older individuals experience chronic pain associated with the general wear and tear on bones, joints and muscles. They are also more apt to suffer from osteoarthritis, back pain, and joint pain and stiffness.

Life expectancy in Singapore is noted to be one of the highest in the world and is comparable to that of the US, the U.K. and Japan. As people live longer, the age of retirement steadily increases.

However, living longer does not necessarily mean people will be able to work longer. Senior citizens in an ageing workforce are faced with age-related pains and functional disabilities from joint degeneration, rheumatism, arthritis, Carpal Tunnel Syndrome, fibromyalgia, stroke, Parkinson's disease, etc.

Some people think “old age pains” come naturally with ageing, something that senior citizens have to live with. The truth is that they are not. While they are more common among the elderly, they are not the direct result of ageing. In fact, “old age pains” are symptoms or by-products of illnesses which may be related to old age. These illnesses need to be treated or managed so that senior citizens can enjoy a pain-free lifestyle, reduce their dependency in basic activities of daily living, work longer, and live happier.

The National Stroke Association reports that stroke is the “*fourth most common cause of death and the biggest cause of long-term disability in Singapore*,” with approximately 10,400 people admitted to Singapore hospitals annually.

The baby boomers are the biggest contributor to the growth of the ageing population. They fuelled the economy in the past and have now begun to grow old, forming the key ‘silver-industry’ consumer market.

This currently presents challenges and opportunities for innovative, revolutionary, and affordable pain management and post-illness rehabilitative technologies and systems to address the need of the growing number of senior citizens. It is also critical that the proposed treatments are not only effective, but has minimal side effects and are also affordable to benefit all sectors of society.

Microcurrent Therapy for Pain

What is microcurrent therapy?

Microcurrent therapy is a breakthrough revolutionary process of supplying extremely low electrical current, similar to that found naturally in the body, to the affected pain area, where it can reach injured cells,

restore and regenerate them and alleviate chronic pain.

Apart from pain relief, the cell-regenerative capability of microcurrent therapy greatly assists in the rehabilitative care of stroke, Parkinson's disease, and motor neuron patients.

It is a medical fact that every function in the human body is electricity-based. Electricity made inside the body cells, using low levels of electric currents at one-millionth of an Ampere—called a microcurrent—provides power for the body.

Injured cells resist the body's natural microcurrent. This causes the natural microcurrent to take the path of least resistance around the area of injury rather than through it. This prevents the supply of blood, oxygen, and vital nutrients to the injured cells, causing pain and retarding the healing process.

The microcurrent device acts as an external battery that sends the body's natural microcurrent through the area of injury. Therefore, the effectiveness of microcurrent therapy stems from its ability to closely mimic the human body's natural current. It acts at the cellular level and helps increase ATP production (the major energy currency molecule of a cell), which corrects and re-establishes proper cellular functions, thereby accelerating the healing process.

Three variables that are understood to be critical to the injury healing process are ATP (Adenosine TriPhosphate), protein synthesis, and membrane transport.

Research published in 1987 by Ngok Cheng, MD showed that microcurrent increases the rate of energy (ATP) production in cells by 500% and increases the rate of protein synthesis and waste product removal by 70%. Currents above 1000 micro amps (1 milli amp) actually reduced energy production.

The ARNDT-SCHULTZ Law states that: “Weak stimuli increases physiological activity and very strong stimuli inhibit or abolish activity.”

The proven and accepted properties and applications of microcurrent therapy are: pain alleviation, wound and tissue healing, reduction of swelling and inflammation, stimulation of soft tissue regeneration, muscle

rehabilitation, lymphatic flow and detoxification.

Another huge benefit of microcurrent therapy is that pain and inflammation are reduced quickly and naturally. This also reduces reliance on drugs, some of which may have been proven to cause kidney, liver and gastrointestinal problems.

"In my 20 years in medicine I have never experienced any treatment or therapy that provides relief and results as quickly as Microcurrent. I have been amazed and pleased." - Robert Lerman, MD, PhD Gig Harbor, WA



The Clinic-Master Microcurrent BCR device



A patient undergoing Microcurrent Therapy

Health maintenance
DETOXIFICATION
REGENERATION
LYMPH DRAINAGE
FYBROMYALGIA
IMMUNE SYSTEM BOOSTING
OEDEMA, ARTHRITIS
RHEUMATISM



HEADACHE
MIGRAINE
DEPRESSION
Rehabilitation care for:
STROKE
PARALYSIS
PARKINSON'S DISEASE
MOTOR NEURON DISEASE



LOWER BACK PAIN
SLIPPED DISK
LUMBAR JOINT PAIN
SACRAL JOINT PAIN
MUSCLE SPASM



How does the microcurrent device differ from other devices?

Traditional electrotherapy units such as TENS, Interferential, and Galvanic deliver current in milliamps, which is a higher level of current. This cannot heal on a cellular level because its current is 1000 times too large. It does not resonate with our body cells in a way that can invoke a healing response. As such, the use of TENS is limited to temporary pain relief. Microcurrent therapy works at a cellular level; it has the ability to heal as its current is compatible with the body's own electrical impulses.

Bio-resonance therapy works on applying wavelengths (frequencies) transforming the body's disturbed frequencies (wavelengths) back to their natural and healthy patterns. Microcurrent is a new treatment. It simulates and applies the body's natural electric current into a pain-affected body area that increases metabolism and cell-regeneration in that area, promoting natural healing and alleviating pain.

Are there side effects?

There have been no side effects recorded for microcurrent therapy, except for a detoxification reaction. Microcurrent therapy increases cell metabolism and removes long-stored waste products so quickly that there may be a detoxification reaction after treatment. Some people have a similar reaction after a massage but the reaction after microcurrent therapy is stronger because it does so much more in a much shorter time. Side effects may include, in rare cases, mild nausea, fatigue and drowsiness. If at all they do occur, they are very minimal, transient, and can be easily mitigated by being well hydrated before and after the treatment.

Although there are no other side effects recorded with its use microcurrent therapy is contraindicated with:

- Patients with pacemakers
- Pregnant women
- Cancer and leukaemia patients
- Small children below five years of age

How many treatments are needed?

Every patient responds individually but the changes seem to be long lasting. About 60% to 80% of the benefits created in one treatment last until the next treatment, about three to seven days. In chronic pain situations, muscles are used to being the way they are for a long time and may return to the same configuration if not treated again. In most cases, as microcurrent therapy has a cumulative effect, the pain relief lasts longer with each successive treatment.

Typically, 3 to 15 treatments should alleviate most pain problems, depending on the severity and duration of the injury, the patient's age, general health and occupation. In most situations, the changes seen are long-lasting, and in many cases, they seem to be permanent.

On the rehabilitative care for stroke, Parkinson's and motor neuron disease patients, the cumulative effect of microcurrent therapy allows the frequency of treatments to be reduced while still achieving similar results.

How much time does one microcurrent therapy session take?

The duration of one microcurrent therapy session is usually under 30 minutes for most pain problems.

Are microcurrent therapies painful?

Microcurrent treatments are pain-free, non-invasive, and do not require surgery or medication.

Are microcurrent therapies expensive?

Even though microcurrent therapy is believed to be miraculously effective in relieving pain symptoms, treatments can be extremely affordable, as only pads and electricity are needed.

A German company, Clinic-Master GmbH, has developed a futuristic and effective medical device for injury-healing and pain alleviation. About 15 years ago, Prof. Bernd Walitschek from Kassel, Germany had a strong belief that pain problems can be treated more quickly and effectively using the correct combinations of some existing treatment modes that included, among other things, microcurrent stimulation, frequency, pulse width, and waveform polarity. Empirical studies were conducted over a ten-year time span on hundreds of patients towards developing the correct combinations to treat the most common pain problems faced by the aged population and sportsmen. These were incorporated into the device, which has been consistently producing astonishing results.

The Clinic-Master Microcurrent device not only treats pain, its Biological Cell-Regulation (BCR) capability is also among the most advanced therapy for speedier recovery from physical disabilities from stroke. It is also provides effective rehabilitative and palliative care for patients with Parkinson's and motor neuron disease.

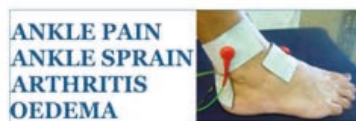
Not all machines are equal

Microcurrent devices range from hundreds of dollars to tens of thousands of dollars. They are not all equal. The way electrical current affects the tissue and the results that are achieved are completely dependent on how sophisticated the engineering is between the power

source and the output accessory.

The Clinic-Master Microcurrent device is a completely computerized diagnosis and treatment system that uses the most modern microprocessor technology. During a treatment session, the Clinic-Master automatically regulates its dispensed currencies (amperage + frequency + current + polarity) irrespective of the skin's resistance. The galvanic separation of each of the four channels and the measurement of the dispensed currencies ensure all treatment requirements are fully met under adverse patient conditions,

a feature not found in cheaper devices. Another distinguishing feature of the Clinic-Master is its more than 70 built-in programs that help standardize most treatments. ■



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PSYCHOLOGICAL THERAPY CENTRE

3 Mt. Elizabeth #09-02
Mt. Elizabeth Medical Centre
Singapore 228510
Tel : 6738 2526