

# Beat pain the healthy way with Acticare TSE

If you suffer from back pain, arthritis or almost any other sort of chronic, persistent pain, Acticare TSE can give you a simple, safe and effective way of obtaining lasting relief without drugs.

## Simple

- Pain relief in just two steps - attach the pads and switch on
- Easy, consistent pad positioning
- Non-invasive
- Virtually sensationless in use - no unpleasant tingling or vibration
- May be worn under clothes or in bed.

## Safe

- No known side effects when used correctly
- Used in hospitals and by over 12,000 people in the UK and Australia
- Acticare TSE, should not be used to relieve pain of unknown origin, since it may mask underlying illness - always check with your doctor.

## Effective

- Pain relief starts in minutes and lasts for hours
- Degree and duration of relief increase with repeated use
- Sleep, mood and motivation all improve
- Reduced need for pain killing drugs.

You should not use Acticare TSE if:

- you have a heart pacemaker
- you are pregnant or epileptic, since safety with these conditions has not yet been established

TSE treatments may cause drowsiness, you should not drive or operate machinery if affected.

Never alter your prescribed medication without the advice of your doctor.

## Your letters say it all

*"I have suffered with continuous pain and discomfort for over 15 years generated by a problem with my neck vertebrae.*

*I have over the years tried physio and treatment from a chiropractor, all to no avail. I have now had four treatments with the TSE and for the first time have experienced 7 days free of pain and discomfort. This has been a tremendous relief to me and for the first time in years I have been able to enjoy the basic things in life, such as a meal, sleeping and taking the dog for a walk. Most importantly my concentration has returned and at last I am able to experience a clear head."*  
**Mr RF, Bristol.**

*"I have been using a TSE machine for the past few months. After a couple of weeks using the device I fell asleep in my chair with it switched on. I'd forgotten I was wearing the machine but when I awoke 3 hours later I felt very different. Not only did I feel relaxed and rested, having had the best sleep for a number of months, but I noticed that for the first time in years I was entirely pain free. It was a wonderful feeling after ten years of suffering with osteoarthritis. I thoroughly recommend TSE to anybody in my position."*  
**Mrs JM, Bournemouth.**

acticare TSE



# The healthy way to help you conquer pain

New

acticare TSE

A unique and highly effective method of relieving chronic pain, without pills, injections or drugs of any sort.



Relief from aches and pains associated with:

- Back pain
- Arthritis
- Joint pains
- Headache
- Neuralgia
- Migraine
- Sciatica
- Period pain
- Neck pain
- Spondylitis
- Muscle pain
- Post-operative pain
- Post-injury pain
- Stress

Want more  
information?

Ring the Acticare adviceline on **1800 07 04 08**

Lines open 9am-6pm Mon-Fri, or visit [www.acticare.com.au](http://www.acticare.com.au)  
Acticare Customer Services, PO Box 176, MOOROOKA, QLD, 4105.



**Guaranteed - complete satisfaction or your money back\***

\*if returned within 28 days

New

# acticare TSE



New Acticare TSE

no pills



no injections



no side-effects



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## A simple, safe choice for the relief of pain

Acticare TSE uses tiny, high voltage, high frequency electronic pulses to suppress pain signals on their way to your brain. These pulses are so short that many people cannot feel them at all. All you will notice is that your pain gets better and your mood lifts.

### Lasting relief

With Acticare TSE, two thirds of chronic pain sufferers obtain between 50% and 100% relief. Most users get relief from their pain, lasting for many hours, after only 20 minutes of Acticare TSE treatment.

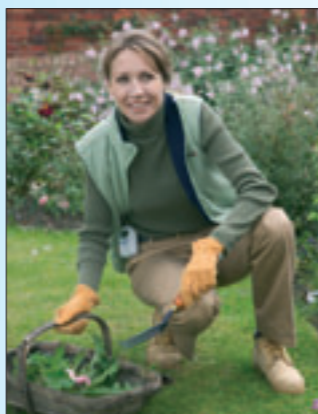
### No interference with other medicines

Acticare TSE is very different to traditional drug treatment for pain. It has no known harmful side effects, nor does it interfere with any other medicine you may be taking.

### More effective with time

Unlike many other forms of treatment, the more you use Acticare TSE, the more effective it gets. Over time the cumulative benefit builds up and the need for treatment is reduced.

## Treatment with Acticare TSE



Treatment with Acticare TSE need not interfere with your normal routine either. Because it is so small and unobtrusive, you can wear it under clothing and carry on with everyday activities at home while it is delivering your pain relief.

What's more, many people find that, because they cannot feel it in use, they can wear their Acticare TSE in bed and get the double benefit of a good night's sleep and a pain free start to the new day.

**CE** The CE mark is your guarantee that Acticare TSE meets or exceeds all of the stringent safety requirements of the Medical Devices Directive.  
**0120**

# Effective pain relief - as demonstrated in clinical studies



acticare TSE

"In monitoring the use of TSE in more than 8,000 UK patients, no significant treatment side effects have ever been reported. There is no known interaction with drug therapies, and TSE has been successfully used in conjunction with other therapies, such as physiotherapy, TENS, acupuncture and osteopathic techniques."

**Hospital Medicine, volume 62, no.12, December 2001**

"Our results show that high intensity TSE treatment... has significant effects on mood consistent with the subjects being more elated, leisurely and less tensed up."

**Behavioural Neurology, volume 10, 1997**

"The analgesic effects of TSE have been found to be significantly superior to a control in a formal randomised double-blind cross-over study in the relief of chronic musculoskeletal pain..."

"Its analgesic effects are as powerful as that provided by opioids, but without side effects."

**Physiotherapy, volume 81, no.11, November 1995**

## What the papers say



"...useful in treating pain in the neck, shoulder, foot, ankle, heel, joints and also migraine...does not prevent the perception of new pain such as in appendicitis or a heart attack...can be used safely at home."

**The Guardian**

"A one hour treatment can bring over 50 hours of relief from agony"

**Daily Express**

"... marked pain relief in a greater number of patients than could be accounted for by chance or any possible placebo effect."

**The Times**

"...impulses block the sensation of pain which has been carried along the peripheral nerves, and unlike the TENS machine, the effect is prolonged."

**The Times**



# Today's most advanced form of electronic pain therapy

The idea of using electricity to control pain is not new.

As far back as 2750BC Egyptians were using "electric fish" to relieve pain. Electric fish were also used by the physician to Emperor Claudius of Rome in AD47 as a treatment for gout. He recommended that the sufferer should stand in the sea with his foot on a live black Torpedo fish until "he feels that his whole foot and ankle are numb up to the knees."

## TENS - the foundation of modern electrotherapy

The age of modern electrotherapy opened in 1967 when Pat Wall and Ron Melzack described their 'gate control' theory of pain reduction that led to the development of the first 'TENS' (Transcutaneous Electrical Nerve Stimulation) machines. TENS is now widely used to treat chronic pain, although patients can require many hours of treatment and may find the tingling sensation produced uncomfortable.

Controlling chronic pain by stimulating the spinal cord was achieved shortly afterwards using implanted stimulators. These 'SCS' (Spinal Cord Stimulation) devices are increasingly used, particularly in the USA.

## TSE - the next step

In 1991 Dr Alex Macdonald and Dr Tim Coates, inspired by TENS and implanted spinal cord stimulators, succeeded in developing a method of stimulating the spinal cord that required no surgical procedure whatsoever - 'TSE' (Transcutaneous Spinal Electroanalgesia). Their method is very easy-to-use, produces little or no tingling sensations, and can treat multiple pains anywhere in the body at the same time.

Today the Macdonald and Coates' approach is available to you in its most advanced and sophisticated form - Acticare TSE.



# If you suffer from persistent pain Acticare TSE can help you

Acticare TSE gives you safe, simple, and effective relief from persistent pain without increasing your intake of drugs. In fact, with the guidance of your doctor, TSE can help reduce, or even eliminate, your requirement for pain killing drugs helping you towards a healthier, pain-free life.

## Take a look at some of the benefits Acticare TSE offers...

- Safe**  
 TSE has been safely used by hospitals and by over 12,000 people in Australia and the UK since its invention in 1991. Although it is a powerful form of pain relief, many people cannot feel TSE at all.
- Effective**  
 In clinical studies, TSE has been demonstrated to relieve chronic pain and improve mood.
- Easy-to-use**  
 You can treat pains no matter where they are in your body by placing the TSE pads in one of two easily identified locations. This allows you to treat yourself at home whenever it is convenient.
- No side effects**  
 TSE has no known harmful side-effects.
- Treat multiple pains at once**  
 Because TSE suppresses pain signals centrally in the spinal cord, it can treat multiple pains anywhere in the body at the same time.
- Drug-free**  
 TSE treatments are entirely drug-free and can help reduce, or eliminate your requirement for pain killing drugs.
- Non-addictive**  
 TSE is not addictive.
- No risk trial**  
 If you are not completely satisfied with Acticare TSE you can return it (within 28 days of purchase) for a full refund.

## TSE and TENS - what is the difference?

Acticare TSE provides both TSE and TENS treatments, including high-frequency TENS, a powerful form of TENS. We recommend TSE for most chronic conditions, but sometimes the strong tingling sensation from TENS is helpful with new injury. The table below lists the differences between the two treatments.

	TSE	TENS
Electrode positioning	Always over your spine in one of two standard positions.	Placed over the nerve supplying the painful region. Non-standardised location that often requires expert advice.
Sensation	TSE is virtually sensationless, allowing use whilst asleep.	TENS creates a tingling sensation that is sometimes uncomfortable and often keeps people awake.
Treatable regions	Whole body simultaneously.	One per channel.
Typical time to gain relief	20 minutes.	30 minutes.
Percentage of pain sufferers who obtain relief	More than 70%.	50%.
Post-treatment relief	Several hours or more.	30-120 minutes.
Long term effectiveness	Can be cumulative.	Diminishing with time.
Beneficial mood changes	Makes you feel more elated, leisurely, and less tense.	None known.

References: Macdonald and Coates 1994-2000; Johnson et al 1991; Towell 1997



Dr Alex Macdonald, co-inventor of TSE

## Pain relief without drugs - in two easy steps



Using Acticare TSE couldn't be easier. All you have to do is:

1. Attach the pads - one at the base of your neck and one in the middle of your back for any pain below your neck (A), or one either side of your neck for pain in the head, neck or arms (B).
2. Switch on - Acticare TSE will deliver your treatment automatically.



Want more information?  
 Ring the Acticare Adviceline on 1800 07 04 08  
 9am-6pm Mon-Fri,  
 or visit our website:  
[www.acticare.com.au](http://www.acticare.com.au)

## Your Questions Answered

These are just some of the questions dealt with every day by the dedicated Acticare Adviceline, which is there to help and advise Acticare TSE users and anyone else who wants to know more about pain relief. If you do not find the answer to your query here, or elsewhere in this brochure, please call us on 1800 07 04 08 or visit our website at [www.acticare.com.au](http://www.acticare.com.au)

### q What is TSE?

a TSE stands for Transcutaneous (through the skin) Spinal Electroanalgesia (electronic pain relief). TSE provides safe, effective relief of persistent aches and pains by suppressing pain signals with tiny electronic pulses. Although these pulses are repeated thousands of times a second, they produce little or no tingling sensations.

### q How does TSE work?

a TSE is thought to act directly on receptors in the spinal cord to provide relief from pain. At high levels of stimulation TSE also stimulates the production of endogenous opioids which are the body's natural pain killers.

### q Will TSE relieve any sort of pain?

a TSE is a powerful form of pain relief. However, the Acticare TSE machine is set at a level which will provide relief from persistent painful conditions like backache and arthritis, but not new pains such as appendicitis that need your doctor's immediate attention.

### q Does TSE provide any other benefits?

a Yes. As well as relieving aches and pains, Acticare TSE can:

- Reduce or eliminate the need for pain killing drugs
- Work alongside drug therapy without harmful interactions or side effects
- Improve your mobility and your ability to cope with everyday tasks
- Improve your sleep and your mood

### q My doctor has recommended TENS, is Acticare TSE suitable?

a Acticare TSE has both TSE and TENS modes of operation, including high-frequency TENS, a powerful form of TENS. Some find the strong tingling with the TENS modes helpful for treating new injuries in the acute phase.

### q How widely is TSE used?

a At present, TSE is used by many hospital pain clinics, and by over 12,000 pain sufferers in their own homes.

### q Why are the electrodes placed over my spine?

a All pain signals have to travel through your spinal cord no matter where they come from. TSE works by suppressing these signals to provide pain relief.

### q Can TSE treat pains anywhere in my body?

a Yes. Because TSE works by suppressing pain signals in the spinal cord it makes no difference where your pains are - they are all treated simultaneously even if you have pains in several places.

### q Is TSE curative?

a TSE improves quality of life by helping you to manage pain but has not been proven to cure any underlying condition.

### q How quickly can I expect to get relief with Acticare TSE?

a This depends on the severity of your condition. Most people gain valuable relief after about 20 minutes of treatment. However, if your condition is very severe it may require several hours of treatment every day, at least to start with.

### q Is TSE safe?

a Yes. Since the invention of the TSE method in 1991 it has been safely and successfully used by more than 12,000 people in Australia and the UK without any known adverse effects.

### q Should I use TSE if I am having physiotherapy?

a Yes. TSE is the perfect complement to physiotherapy, osteopathy, chiropractic and acupuncture because it helps you to healthily manage pain between consultations.

## Some surprising facts about pain

- 90% of physiotherapists use electrical pain relief devices everyday to treat their patients.
- Many people continue to feel pain long after an injury has fully healed. This can be caused by an increase in sensitivity of the nerves.
- As many as 80% of people in Australia are affected at some time in their lives by back pain. Back pain can strike anyone at any age, but people are most vulnerable between the ages of 45 and 59.
- Each year, close to \$10 billion in productivity is lost due to pain.
- Arthritis is very common. About one person in 10 will suffer from osteoarthritis of the hands, knees or hips. Arthritis is especially common in women and the elderly.
- Around 33% of osteoarthritis sufferers use complementary treatments such as homeopathy and acupuncture.
- The Australian government spends \$320 million a year on pain relieving drugs.
- Less than 50% of pain sufferers gain access to proper treatments.
- Although non-steroidal anti-inflammatory drugs (like ibuprofen) are useful as pain killers, over a third of regular users suffer adverse side-effects. With your doctor's guidance, Acticare TSE can help you to reduce, or eliminate, your requirement for these drugs.

## What other advantages do I get with Acticare TSE?

Acticare TSE was developed to deliver the unique patented electrotherapy technology of TSE in a convenient package for home use. But along the way we built in a host of features that makes Acticare TSE one of the most flexible electrotherapy devices available in the world today:

- **Three different TSE modes** - two proven to relieve pain, the other proven to lift mood.
- **A comprehensive selection of TENS modes** - including "high frequency" TENS - a powerful form of TENS.
- **An advanced mode** - this allows doctors and other experienced therapists to setup many other common electrotherapy treatments.

Every unit is supplied with a battery charger cradle and rechargeable batteries to minimise the cost of ownership and a high quality carry case so that you can take Acticare TSE with you wherever you need it.



## Just some of the comments we receive from users of TSE...

"TSE is more effective than I would have believed. Within 10 to 15 minutes the pain diminished rapidly and the relief lasted for hours. Words cannot express how grateful I have been, and still am, that I was introduced to this magical machine by my son whose wife has used one. I would have no hesitation in recommending this to friends and family." **Mrs MW, Wolverhampton, UK.**

### Back Pain

"I used to be doubled up in pain it was so severe I wanted to bang my head on the floor. Now when I feel pain coming I switch it on. You do not feel anything but after a short while you become relaxed and sleep comes easily. I was being prescribed 250ml of morphine every month but now I never use it." **Mr GB, Brisbane.**

"Saves me from using Temgesic regularly (3 times a day). Now I have only used 10 tablets in the last 6 months. Thank you." **Mrs SH, Geelong.**

### Sciatica

"I bought a TSE machine three years ago and this has helped me a great deal. It is similar to TENS but I find it more beneficial." **Ms CD, Edinburgh, UK.**

### Arthritis

"It enables me to live almost a normal life and to enjoy my grandchildren to the full." **Mrs JJ, Gosford.**

### Osteoporosis

"My husband has emphysema and osteoporosis. The pain was very acute at times and pain killers didn't seem to help. We now use TSE for an hour every two or three days and he is so much better... One evening last week while my daughter was visiting he was winding me up and we ended up in fits of laughter, my daughter said she never thought she'd see her dad laugh again like that, but it's hard to laugh when you're in severe pain." **Mr & Mrs EJ, Maryborough.**

### Migraine

"I was going to bed with pain and waking up with pain. But I haven't had a headache since the treatments." **Mr JW, Mildura.**

### Other conditions

"At last an effective form of pain control has been found! Transcutaneous Spinal Electroanalgesia seems to me to be a miracle! My whole life has changed. One hour's treatment by TSE gives me fourteen hours of relief from pain." **Mrs AA, Canterbury, UK.**

"Just brilliant. The pain I suffered after a stomach operation was so bad it stopped me from sleeping. Now I am 70% better" **Ms JM, Portishead, UK.**

"TSE has proved more helpful than TENS. It is more effective" **Mrs JG, Norwich, UK.**

"For me it has worked to reduce the stress caused by my illness and the pain associated with it" **Ms YA, Isle of Wight, UK.**

## Want more information?



Ring the Acticare advice line on  
freephone **1800 07 04 08**

or visit  
**[www.acticare.com.au](http://www.acticare.com.au)**

Calls may be recorded for training and quality control purposes