



## AVACEN 100 Medical Device Evaluated By National Pain Report



**Arlene Grau** is a young mother who suffers from rheumatoid arthritis, fibromyalgia, lupus, migraine, vasculitis, and Sjogren's disease.

In her column for the **National Pain Report\***, Arlene writes about the many ways chronic pain sufferers are misunderstood by families, friends and physicians.

\*The #1 online independent news source covering chronic pain and pain management from a patient's perspective reaching over 60,000 pain patients each month.

### AVACEN trial: Week 1

March 10th, 2015 by Arlene Grau, Columnist



*The CEO of AVACEN Medical is Thomas Muehlbauer who was interested in having her try out the company's device which is heat therapy technology. Arlene is going to write her observations of trying the device.*

*Here's her first entry.*

I was fortunate enough to have been selected to use AVACEN for a trial period by the CEO of the company. Before doing so I viewed many of the testimonials on [www.AVACENarthritisrelief.com](http://www.AVACENarthritisrelief.com) as well as some that were posted on you tube, just to get familiar with how the equipment works and the timeline in which most people saw results. During my first week, I used the AVACEN treatment once a day for 30 minutes (15 minutes each hand). However, it is recommended that you use it twice a day for 30 minutes, in the morning and evening time.

I used the AVACEN treatment in the evening due to the fact that I woke up every morning with my hands in a closed fist due to stiffness and they wouldn't open up until the afternoon.

When it arrived I have to admit, it was the easiest thing to assemble. The entire device came intact. I only needed to attach the extension cord and remove the tape that was placed over it. It comes with sanitary gloves that you use with

every session and basic instructions. I'm the worst person at putting things together so the fact that I was able to do so without having to look at the instructions says a lot.

Beginning the AVACEN treatment is a short process. You power it on and wait for it to warm up, in the meantime it reminds you to remove all jewelry (from your hands). Once it's ready to go you put your sanitary glove on and place your hand in the device, select your time and wait for the cuff to tighten around your wrist. I would suggest sitting in a comfortable chair during your session because it becomes a relaxing experience. My first time using the device I felt strange because it was new to me and I had never felt anything like it before, but by day two I enjoyed it.

**Days 1-3:** I didn't notice any drastic changes, I did however have a bit more mobility in my fingers after using the AVACEN treatment but my hands were still suffering from stiffness and swelling every morning. I still relied on additional assistance just to get from one room to another.

**Day 4:** When I woke up on the fourth day I had less stiffness and more mobility in my fingers. Although I was still having pain in one foot when I walked, I felt like I was finally beginning to make some progress. I wouldn't say that all my pain was gone or that there wasn't an aching joint left in my body, but for only having been using the device four times I thought the progress I made was huge.

**Day 5-6:** When I was ready to start my session on day five I decided I would experiment with my medication dosage. I eliminated my Baclofen (muscle relaxer), Ambien (sleeping pills), and one of my pain pills (Hydrocodone). I took the remainder of my prescribed medications and went on to use the AVACEN treatment. As soon as I finished my thirty minute session I felt an immediate sense of calm, as if I had taken a sedative, and once my head hit the pillow I immediately fell asleep and stayed that way until my alarm went off the next morning. Something that hasn't happened without the aid of sleeping pills in over six months. Insomnia is one of the worst symptoms I suffer from on a daily basis, so the fact that I found relief two nights in a row was a triumph in and of itself. I repeated the same process on day six and had the same results.

**Day 7:** When I woke up I felt refreshed, my joints however felt stiff and swollen. Although I was able to bend my knees, elbows, fingers, etc. I knew something was wrong when I touched my back and immediately felt severe pain. I'm usually not as unaware of how sensitive my body is to the slightest touch, but I had been doing so much better over the last few days that it caught me by surprise.

What I was experiencing was my second severe arthritis/fibromyalgia flare in the last month that required me being hospitalized. I have high hopes that once I am

discharged I will be able to continue with my trial and use the device as it was recommended, twice a day for half an hour.

So far, the results I've seen have ignited a flicker of hope. If that's what a week with AVACEN can do, I can't wait to keep going.

### **AVACEN trial: Week 2 and 3**

March 17th, 2015 by Arlene Grau, Columnist



By my second week with the AVACEN equipment I was very familiar and comfortable with it. I went from using it once a day for 30 minutes, to twice a day for 30 minutes. My first week gave me one great result: sleep. To some people that may not seem like much, but if you suffer from insomnia like I do, then you understand that it's a big deal. So going into my second week I was very excited to see if I noticed any changes.

**Week 2:** It was very similar to week one, with the exception that I fell asleep a lot faster and stayed asleep. I didn't wake up tired or drowsy but instead I felt rested. My arthritis had no changes yet, but I was still hopeful. Just like any medication you start, it takes time. You don't always see results right away and in some cases it takes one to two months.

**Week 3:** By the end of the week, the inflammation I had in my left foot that I had been suffering from for several weeks was gone. My pain was minimal and I wasn't limping anymore. My doctor had tried injecting my foot with a cortisone shot and it worked temporarily but the pain came back, I'm on prednisone but it isn't helping my foot at all and I've been taking most of my medications for months so it's safe to say that the only change is the AVACEN trial.

I was sure that the first thing AVACEN would fix was my hands, just because that's what I'm putting in there every time I use it. Even though I read the information about how it works and what it does, "it incorporates heat therapy and negative pressure to increase local circulation to infuse heat into a unique vascular network, located in the palm of the hand. Raising the blood temperature at this "single point treatment" (the palm) increases blood temperature throughout the body naturally via the circulatory system. This can benefit the entire body."

My first thought was simply that I had to be able to put whatever body part I wanted fixed inside of the equipment in order for it to work, but it truly does what the description stated. I've always had tingling and numbness in my fingers and toes. Since I've been using the AVACEN treatment there are some days when I don't feel tingling in either one. To me, that's pretty amazing.

Going into the trial, I was a bit skeptical. Not because I didn't think the AVACEN treatment worked, but because I thought I was beyond repair. I didn't think anything could help me, I've changed medications several times in the past few years and my illness has been getting worse over the years as well. However, in speaking with the CEO I felt more confident about it because he truly wanted it to work for me and he gave me so many testimonials of people who are a lot sicker than I am.

I like to live a hopeful life. So if in a matter of three weeks these small victories were made in the fight against rheumatoid arthritis, imagine what can happen in six months to a year. Remission is an attainable goal.