



VAGAL NERVE STIMULATION

WHAT DOES THE VAGUS NERVE DO?

The vagus nerve is known to play an important role in the body's ability to manage stress through the parasympathetic nervous system and modulates the neuro-endocrine-immune and gut-brain axis.

Many health symptoms can be linked to nervous system dysregulation where there is an imbalance between the sympathetic and parasympathetic nervous system, leading to chronic inflammatory associated disorders, low and anxious mood states and fatigue.

Studies have shown that vagal nerve stimulation can improve conditions associated with vagal nerve dysfunction.

There are numerous external VNS stimulators available which claim to stimulate the vagus nerve but we think that Nurosym is currently the easiest to use and the most researched device for home use, on the market. It provides another useful treatment strategy with relatively few side effects and a good safety profile.

WHAT IS NUROSYM AND HOW DOES IT WORK?

Nurosym is an external device which clips onto the tragus of the ear. It stimulates the underlying auricular branch of the vagus nerve with an electrical pulse and thus stimulates the vagus nerve. Use for between 30-60 mins per day.

For relief and recovery from chronic autonomic dysregulation symptoms, consistent Nurosym use is crucial, typically taking 4 to 12 weeks. although some report improvement within 5 days.

What does using the device feel like?

Nurosym neuromodulation feels like a tingling sensation on your ear. This sensation is a result of the neuromodulation technology stimulating specific nerves through the skin of your ear with a small electrical current.

Most patients find this sensation to be mild and not uncomfortable.

The intensity of the sensation can vary slightly from person to person but is calibrated to ensure a comfortable experience.



SIDE EFFECTS

- Tingling on the skin where the electrode is applied
- Discomfort on the skin of the ear
- Application site irritation/redness
- In the initial weeks of use, a small proportion of users may also experience temporary effects that typically subside within 1-2 weeks of continuous use due to adaptation. These effects may include nausea, headaches, confusion, malaise, or weakness.

CONTRAINDICATIONS

- Users who have undergone surgery to cut the vagus nerve (cervical vagotomy)
- Users diagnosed with severe bradycardia
- Users with a permanent implanted metallic or electronic device or jewelry in close proximity to the ear tragus that cannot be removed.
- Pregnant women
- Children
- Those with trigeminal neuralgia.

CAUTION WITH SEVERE CORONARY DISEASE OR RECENT MYOCARDIAL INFARCTION WITHIN 5 YEARS

see Nurosym website for more details



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