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## TRANSCRANIAL PULSED BIPOLAR ELECTRIC STIMULATOR “DOCTOR TES-03”, SELF-CONTAINED

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### USER'S GUIDE

#### INTRODUCTION

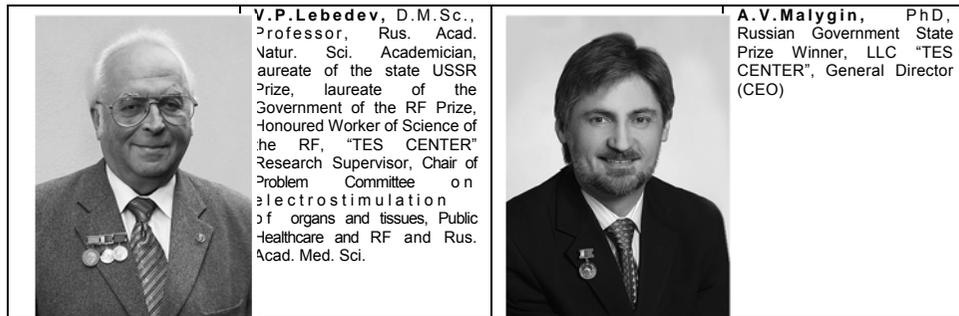
Dear customer, you just bought an up-to-date medical device designed for performing prophylactic and therapeutic sessions under different diseases, and based on applying the breakthrough scientific data obtained by Russian scientists.

This device, hereinafter the Unit, was developed by the body of scientists from the Pavlov Institute of Physiology, Russian Academy of Sciences, Saint-Petersburg. Therapeutic effect of the Unit is based on the scientific discovery registered in 1996, and awarded with the Peter L. Kapitza Prize (Nobel Prize Laureate, Academician). In 2004 Professor V.P.Lebedev (Doctor of Medical Science) and his scientific team were awarded with prize of the Government of the Russian Federation for achievements in science and technology. At the International Industrial Forum “Russian Industrialist-2008” the Units and TES-approach were awarded with Grand Prix “The Best Innovation Project for Public Healthcare”. In 2009 at the Second International Inventor's Day Convention (Bangkok, Thailand) the Devices were awarded with Grand Prix in the nomination “High Impact Invention”. Ten thousand professional TES Units have been successfully applied both in Russia and abroad. Aside from mentioned prizes they have won many other Russian and foreign top awards.

**ATTENTION! Before use read thoroughly the User's Guide which contains all the information necessary to reach the most effective therapeutic result with observing safety precautions.**

The Unit is designed for the individual usage. It may be operated without special certification. However, in case there are questions or doubts a Customer should consult to the specialist. If you are prescribed by your attending physician to carry out TES-procedures you should strictly follow the recommendations.

When you buy the Unit make sure that the warranty coupon is correctly filled out, contains all the necessary stamps and signatures verifying it.



## PURPOSE OF USE

Transcranial Pulsed Bipolar Electric Stimulator «DOCTOR TES-03», Self-Contained, performs a unique systemic and complex activating effect on defense and regulatory structures of the body.

## MODE OF THERAPEUTIC ACTION

It has been obvious and undoubtful for a long time that the vast majority of in vivo life-supporting processes are orchestrated by the brain. It represents the true command center that controls our mind, emotions, behavior as well as normal activity of the organs and functional systems.

Our brain sends commands which are in fact mediated by different chemical compounds that interact with the cells in the body. Such mediators released from the brain are called neurohormones. Each of them is responsible for a particular function or final result. Among them **endorphins** could be truly considered as the most important neurohormones.

Endorphins – are peptides which are produced and released in the hypothalamic-pituitary region of the brain. Originally they were discovered in the 1970s. Firstly, there was found that brain electric stimulation may give rise to a high quality analgesia. While studying the mechanisms responsible for this effect there was found out that in human such analgesic effect is mediated by opioids able to relieve pain with much higher efficacy as compared with any known analgesics. So, such new compounds were dubbed as endorphins, or “endogenous morphines”.

Later, there was established that aside from analgesia endorphins serve many other important tasks. In particular, they are powerful anti-stress compounds, can normalize immune status, accelerate healing of the damaged tissues, may substantially improve life's quality etc. Moreover, they were even called as “hormones of joy”, as small amounts of endorphins were found to be released in humans in response to positive emotions. If endorphins are at the sufficient level then a person can withstand a severe stress and duties, resist diseases, and recover faster after illness. In addition, unpleasant events will not be taken as a disaster, and hope to find a way out will not be wiped out.

Unfortunately, most of us suffer from the acute lack of endorphins which is caused by numerous stress conditions, environmental pollutions, encounters with infectious agents, extreme physical and mental loads etc. Altogether, they cause a body self-regulating work to fail, which is followed by appearance of acute and chronic diseases, pain syndromes, disturbed healing processes, compromised immunity, psychosomatic disturbances, which influence a quality of dreams, performance, and quality of life as a whole.

## What complaints, symptoms and conditions might be associated with an endorphin deficiency?

- ❖ Acute headache, of unreasonably high intensity;
- ❖ Unexplained repeated headaches, chronic migraine;
- ❖ Migrating chronic pains associated with the spine and joints;
- ❖ Long-lasting small nonhealing wounds and abrasions;
- ❖ Frequent changes of arterial blood pressure, meteosensitivity;
- ❖ Menstrual disorders, premenstrual syndrome, climacteric disorders;
- ❖ Slow progressive sensorineural hearing loss;
- ❖ Computer visual fatigue;
- ❖ Insomnia, or excessive sleepiness;
- ❖ Unexplained asthenia, rapid fatigability;
- ❖ Failure to focus attention, inability to think clearly, make decisions;
- ❖ Low sad mood, tearfulness, anxiety, groundless fears;
- ❖ Intolerance, soreness;
- ❖ Chronic constipations or diarrhea not associated with infections or apparent causes of malnutrition;
- ❖ Severe weight loss / elevation associated with low mood;
- ❖ Unexplained frequent all-season cold-related diseases or relapses of chronic nasopharyngeal diseases;
- ❖ Preschool-school deadaptation, children with attention deficit hyperactivity disorder;
- ❖ Game addiction, drug abuse, alcohol and opium addiction.

## The ways how to activate body defense systems

Since the very first days after an art of healing was introduced doctors were in constant search for the ways of how to activate body defense system by using electric power. Historic records witness that in ancient Rome dating back to as early as the first century AD Scribonius Largus, court physician to the emperor Claudius, was placing electric ray over forehead of noble patients who were suffering from headaches. This procedure was found to take away present pain and prevent it from coming on. It made him famous as a physician among patients from high class.

Historians know many methods and devices that were invented for electrization, galvanization, electric narcosis, dreaming, analgesia. However, most of them vanished in the past.

Nowadays transcranial electric stimulation (TES-therapy) performed by using “DOCTOR TES-03” units represents one of few scientifically proved means able to significantly increase endorphin level release in patients. By emitting unique pulsed low power electric current these Units are able to substantially increase in vivo endorphin production. Moreover, therapeutic effect even from a single short procedure may last between 12 hours for to

up to several days.

This method was found out to be completely safe to patient. The reason for this is because it is based on training of intrinsic body defense (endorphin) system, but not on taking or injecting medications or stimulating agents.

TES-therapy does not elicit habituation, addiction or dependency, as endorphin dosage released during procedure is being consumed by the body structures which are in the highest demand of it, whereas the excess of it is being degraded within several minutes.

#### Effects of TES-therapy confirming that endorphins reached normal level:

- disappearance of stresses and depressions, including their consequences;
- improved well-being and overall condition, sound dreams, improved performance, increased quality of life as a whole;
- pain syndromes disappear or become less intense;
- healing of long-lasting nonhealing wounds and ulcers, including old ones;
- enhanced immunity, body resistance, decreased incidence of infectious diseases;
- accelerated recovery after any type of illness;
- stabilized and normalized blood pressure;
- improved skin condition;
- decreased tobacco and alcohol addiction;
- normalization of the impaired stool passage.

#### SAFETY PRECAUTIONS

- Before reading the User's Guide it is forbidden to use the Unit.
- Use the Unit strictly as intended.
- Follow the work sequence as it is described in Paragraphs “**Work sequence**” and “**Carrying out Procedure**”.
- In case a nonrepairable failure was found, which is not mentioned in the Paragraph “**Common Troubles And Remedies**”, contact to the Technical Support.
- Keep the Unit away from humidity. Do not drop or hit the Unit.
- It is forbidden to open the Unit up and repair it yourself.
- Use power battery “Duracell” or similar (6F22), voltage 8.4-9 V. Similar accumulators with external charger can be used instead.
- In case there are uncertainties or questions regarding medical use of the Unit, consult with physician.

#### UNIT SPECIFICATION

The exterior of the Unit “DOCTOR TES-03” and its controls are shown in the Figure 1.



Figure 1 – : front and rear panels.

1 – Button “On/Off”, indicates power supply; 2 – Button “Current Down”; 3 – Button “Current Up”; 4 – Indicator “Protection”; 5 – Indicator “Battery”; 6 – Indicator “Current Mode”; 7 – Indicator “TES”; 8 – Socket to connect headband electrodes; 9 – Clip; 10 – Clip lock; 11 – Battery compartment cover; 12 – Cover lock pin; 13 – Socket to connect power battery; 14 – power battery “Crona” (6F22).



Figure 2 – Power battery mounting

## WORK SEQUENCE

### 1. Preparation of the Unit for Start-up

In case the Unit was transported or kept at low temperature before start-up it is necessary to keep it at room temperature for at least 2 hours.

Before Start-up or after keeping it long time unplugged you should examine the exterior of the Unit to check that: a seal is not broken; set items correspond to Description; no any visual mechanical damage of the Unit and headband with electrodes.

Make sure that the power battery is installed in the battery compartment or properly connect it yourself by taking it from the standard set.

To do this (see Figure 1) remove Clip (9), by pressing on Clip lock (10) and pulling it upwards at the same time. Remove (see Figure 2) Battery compartment cover (11), by turning up cover lock pin (12). Connect socket with power cable (13) to battery by putting it (14) inside a battery compartment, and placing Cover back (11).

The Unit can be used without Clip (9) installed. However, in case of using it outside Clip may let to comfortably fix the Unit to the waist belt or pocket.

### 2. AutoChecking Procedure

Switch on the Unit by pressing button (1).

After that the Unit:

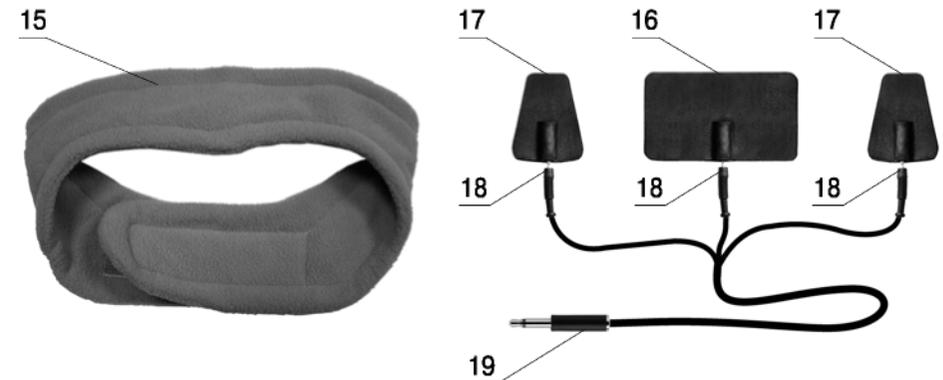
- will be performing autochecking procedure for 5–6 sec, accompanied with sequential display at the indicator “**Current Mode**” (6) LED ranging from 0 to 1.5 mA followed by range 1.5-0 mA;
- sound signal is being heard after procedure complete notifying that the Unit is ready to use.

### 3. Checking headband with electrodes

Connect (see Figure 3) socket of the headband electrodes (19) to the hole at the upper end face (8) in the Unit.

Plug male connectors (18) in the adhesive electrodes (16, 17) as shown in the Figure 3. Frontal electrode (16) has the size 40x80 mm, and retromastoid electrodes – 40x40 mm.

After that, close the frontal electrode (16) onto any of retromastoid electrodes (17), by holding them with flat surfaces (15). Press button (3) and hold it on. In case the electrodes work fine current will be smoothly increasing from 0 to 1.5 mA, which is accompanied by sequential highlighting of LED indicator “**Current Mode**” (6).



15 – headband; 16 – frontal electrode; 17 – retromastoid electrodes; 18 – male connectors ; 19 – socket of the headband electrodes.

Figure 3 – Headband for fixing set of electrodes

By holding electrodes closed-loop press button (2), and make sure that current decreases from 1.5 to 0 mA as shown at the indicator “**Current Mode**” (6). Release button (2).

Disconnect electrodes and proceed to the paragraph “**Carrying out Procedures**”.

**ATTENTION! In case electric current does not change refer to the paragraph “Common troubles and remedies”. If trouble is not listed in the Guidelines contact to the Manufacturer or Service Center.**

**ATTENTION! Check electrodes only in case you have doubts that the Unit operates properly, or the checking procedure has failed, or you think that wires might have lost integrity.**

The Unit is supplied with power battery “Crona” (type 6F22). Due to the low current consumption one battery may allow to perform at least 20 procedures. Equivalent batteries can be used instead of “Crona” battery. It is recommended to switch battery off and remove it from the compartment in case the Unit is not in use.

#### 4. Carrying out Procedures

Perform the stages as indicated in Articles 1 and 2, paragraph “**Work sequence**”.

Make sure that 0 mA LED is highlighted on the indicator “**Current mode**” (6), whereas indicator “**Battery**” (5) is not highlighted or blinking.

Connect a headband with electrodes to the Unit.

Make sure that skin at the site of fixing electrodes is clean, free of make-up, without rash or damage.

A patient should remove any clips or earrings out of ears.

Put a headband with electrodes over a patient’s head (Figure 4). For this:

– put a headband on (15), slightly tight, avoiding an excessive unpleasant pressure or discomfort, by fixing it with a Velcro closure above forehead;

– large frontal electrode (16) should be placed up beneath a headband, right in the middle of the forehead, keeping it free of hairs. Electrode should be in equal contact with patient’s skin;

– small retromastoid electrodes (17) should be placed beneath a headband behind ears over the area of mastoid processes. Keep it out of hairs and wires. Make sure an electrode is in equal contact with patient’s skin.

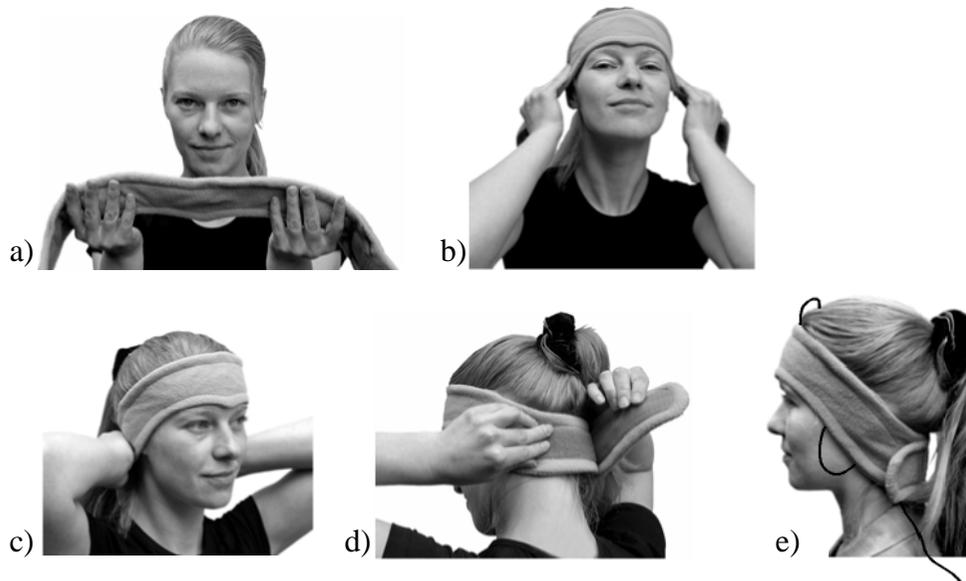


Figure 4 – Position of headband with electrodes over patient’s head

#### MEDICAL INSTRUCTION ON TRANSCRANIAL PULSED ELECTRIC STIMULATOR «DOCTOR TES-03»

##### *Finding out an appropriate magnitude of stimulating current*

Press button (3), and increase the current until patient started to feel tingling or slight vibration beneath electrodes, or subjective feeling of light flickering behind closed eyes. While adapting to the applied current patient may lose such feelings. In this case magnitude of current may be slightly increased until the described feelings come back. In case the applied current causes an irritation, discomfort or no adaptation at all, magnitude of current should be reduced. For this, press button (2) until the uncomfortable sensation is disappeared.

It is recommended that during the 1<sup>st</sup> session stimulating current should not be higher than 0.5 mA. For further procedures it should not exceed higher than 1.5 mA (see pages 16–19).

After procedure completed (in 30 minutes) the Unit will automatically reduce current reaching 0 mA, and sound signal will be heard.

Take the headband with electrodes off of patient’s head. Disconnect the electrodes from the Unit.

Switch off the Unit by pressing button (1).

After procedure electrodes should be wiped with a clean swab soaked in 3% hydrogen peroxide solution or alcohol.

##### **ATTENTION!**

In case protection mode was initiated during the procedure (Indicator “**Protection**” (4) is highlighted), intensity of stimulating current slowly decreases up to 0 mA as displayed on indicator “**Current Mode**” (6), go directly to the Paragraph “**Common Troubles And Remedies**”, page 23.

##### *General recommendations*

It is recommended to perform TES-therapy procedures when patient is in comfortable supine or sitting position, in calm atmosphere, in about 1-2 hours after meal.

First session is supposed to be an introductory, and aimed at adapting a patient to a procedure. Thus, intensity of stimulating current must be used at minimum, ranging up to 0.5 mA, for 15–20 min (stop time manually by slowly decreasing current till 0 mA). Even though patient may not have any subjective feelings current intensity should not be higher than recommended.

The main criteria as to how correctly find out an individual regimen for each patient are tolerability as well as positive clinical effect. In vast majority the appropriate current intensity is supposed to be reached if patient started to feel tingling or slight vibration beneath the electrodes, or subjective feeling

of light flickering behind closed eyes. It is important to keep this sensing at the same level during the whole procedure, and avoid too strong reaction. If necessary current intensity may be adjusted.

In case when a therapeutic effect after first TES sessions was detected, all further procedures should be carried out under the same value of current intensity that provided it. Further increase of current is optional.

Starting from the 2<sup>nd</sup> procedure standard duration can be extended for up to 30 min (controlled by the in-built timer, stops automatically). TES therapy can be applied once a day or every other day. In case of severe pain syndromes it is possible to perform TES sessions twice a day (up to 3 times a day) with 6-12 hours interval until pain symptoms are relieved. Usually, positive effect is obtained after the second TES-procedure. In case pain syndrome is not managed after 5-6 sessions TES-therapy should be stopped, and patient must be further examined to verify or correct diagnosis as well as indications for use. Consult to your attending physician.

It is recommended that after each procedure patient has a rest for 15–20 min., especially for those who have unstable blood pressure. In addition, for these patients gently massage jugular area of the neck.

Standard course contains 6–12 sessions. If necessary it can be repeated in 2–3 months. However, in case of new indications for use or diseases a new course may be performed in 2–3 weeks. For treatment of acute diseases or relapses of chronic cases TES-therapy must be applied until main symptoms will be eliminated, meaning that it may be shortened only for up to 4-6 procedures. In case of chronic smoldering course of pathology (remission stage) TES therapy after the first session may be repeated in 3-4 months, for up to three times a year. Total number of TES sessions is prescribed by a physician, but usually it should not exceed more than 50-60 procedures a year.

#### ***Combination of TES-therapy with other therapeutic approaches***

TES sessions are well combined with traditional therapeutic methods: medicated, physiotherapeutic, balneological, manual therapy etc. It is well combined virtually with all medicines. Due to the intrinsic mode of action TES therapy allows to significantly reduce usage of drugs or completely avoid them, in particular, analgetic, antidepressant drugs, immunomodulators, hormonal medicines etc. However, such changes in prescribed medications must be authorized and supervised by physician only. Because of identical mode of action it is useless to simultaneously apply TES therapy together with acupuncture. Acupuncture may be applied before or after TES sessions as an additional therapeutic approach to strengthen effect from treatment.

TES-therapy can be well combined with psychotherapy. Moreover, both Of them can compliment each other and potentiate therapeutic effect.

Due to this additive effect an audio session with music-and-linguistic persuasion was developed (CD-disk is enclosed to Standard Set).

Audio session may be listened simultaneously with TES-therapy or separately as a complimentary means of psychotherapy.

#### ***Recommendations on diet***

It is well-known that virtually any kind of therapy is accompanied with a specific balanced diet. The same is true for healthy people. Due to the fact that TES-therapy improves patient's metabolism it is very important to eat a healthy diet, containing nutrients of sufficient quantity and quality.

The most obvious signs of unhealthy diet are overweight or apparent underweight. Usually overweight represents a consequence of the ongoing stress situations, which are offset by excessive food consumption in order to get some satisfaction from meal or alcohol. However, it does not remove a cause of stress, but instead they gain extra kilos weight that brings new problems.

Additionally, hearts works harder, and it can not as easy as before to pump out blood through the enlarged vascular network, which is getting clogged with cholesterol. Musculoskeletal system experiences increased loads, often becoming overworked. Gut suffers from incomplete depletion, as an extra amount of food exceeds its capacity. Eventually it leads to deposition of intestinal waste inside it that facilitates growth of harmful toxin-producing microorganisms.

As a result, people with imbalanced diet suffer from increased tiredness, soreness, ending up with premature aging and failures of different functional systems. Moreover, frequently condition is deteriorated with self-treatment when patients take tablets, pills etc. basing only on commercials. Thus, such unhealthy conditions substantially obstruct normal functioning of the body.

On the contrary, it is well known that healthy diet contributes much to strengthen body and help it to manage with numerous challenges of environment.

Here we refer to brief recommendations on healthy diet which may not only avoid consequences linked to overweight, but increase efficacy of TES-therapy as well.

#### ***Recommended food that facilitates to increased endorphin release during TES-therapy:***

- Farmer cheese, fermented milk products;
- Food enriched in vegetable protein (soybean, rice, legumes) and animal protein (hen, veal, lean fish);

- Spinach, lettuce, cabbage, banana.

### ***Consumption of food products that should be restricted***

It is worth-mentioning that high fat food (animal oil, dripping) should be gradually excluded from daily diet. The same is true for overdone, smoked, extremely salty or spicy food, carbohydrates (starchy foods, especially sweets, potatoes etc.). Moreover, butter should be substituted for vegetable oil and low calorie mayonnaise etc.

Aside from this it is very important that daily water consumption should be at least 1.5-2 liters which is crucial to create proper conditions for cell metabolism as well as for effective body clearing (e.g. liver, kidney, gut). It is not recommended to drink caffeine-containing coffee and strong black tea known to exacerbate water exchange.

Today it is easy to find numerous dietary guidelines claiming to provide with the best formula. Many such recommendations can be found in internet. However, the best would be to get personal consultation by nutritionist. "TES-CENTER" is ready to provide with this kind of consultations to all customers of TES-Units. Please, visit our webpage [www.doctortes.ru](http://www.doctortes.ru) or by phone 8-800-333-30-35.

### ***Patient's condition during and after therapeutic course***

If TES procedure is carried out strictly according to the user's guide, TES procedure is well tolerated, and does not give rise to any side effects or complications. TES-therapy does not elicit habituation, addiction or dependency. During TES treatment after the first sessions most patients start to feel improved overall condition, sleeping, mood. Pain sense is weakened or fully vanished, healing of damaged tissues is accelerated.

However, if during TES-therapy sessions patient started to feel a subjective deterioration of well-being the procedure should be stopped. After that, there must be analyzed if there were missed contraindications, incorrect diagnosis, or different treatment or medical care should be applied.

Some categories of patients with arterial hypertension or vegetative-vascular dystonia may start feeling orthostatic dizziness after TES-therapy. This feeling will disappear spontaneously after supine resting for 10-15 min. Fewer of them may have modest erythema at the site of electrode fixing that recovers spontaneously. In case of erythema it is recommended to massage an area, and use moisturizing cream.

In rare cases with no satisfactory therapeutic effect after using TES sessions it is possible to assume that patient's diagnosis was not exact or that a major condition is not an indication to apply TES therapy. If it happens a patient should visit a physician to correct diagnosis.

There was found out that under different chronic conditions clinical effects from applied TES-therapy may appear some later (in days-weeks). In addition, under certain circumstances, e.g. sensorineural hearing loss (advanced severity), clinical effect may be revealed after repeated course of TES-therapy performed in 3-4 months after completing the first course.

## **BASIC INDICATIONS AND MEANS OF APPLICATION**

### **Pain syndromes in neurology and other medical conditions**

- Rachialgia, radiculitis.
- Neuralgia of different origin.
- Headaches of different origin.
- Postoperative pains.
- Pains associated with lesions and damage of nerves.
- Myalgia (fibromyalgia).
- Facial pains caused by trigeminal neuritis.
- Toothache and glossalgia.
- Home accident.
- Arthrosis deformans.
- Pain syndromes associated with visceral diseases.

#### ***Acute pain syndromes:***

***5–6 sessions per course, 2–3 times a day, for 30 min. Current up to 1.5 mA .***

#### ***Chronic pain syndromes:***

***10–12 sessions per course, once a day or every other day, for 30 min. Current up to 1.5 mA. Repeat course in 1–2 months.***

### **Psychophysiologic disorders**

■ Neurological, psychosomatic disorders associated with depressive and neurosis-like syndromes.

- Chronic fatigue syndrome, anxiety, “restless legs” syndrome.

Stress manifestations of different intensity under various conditions in patients who suffered during mass disasters, including their relatives as well as rescuers.

- School and preschool deadaptation.
- Military professional deadaptation (within a period of adaptation to a certain life conditions).
- Manifestations of post-traumatic stress.
- Stammering.
- Insomnia, performance decrement in healthy people.

***10–12 sessions per course, once a day or every other day, for 30 min. Current up to 1.5mA. Repeat course in 3–4 months.***

### **Cardiology**

- Hypertension disease (stage I-II).
- Hypotension syndromes.
- Neurocirculatory (vegetative-vascular) dystonia.
- Patients recovering after uncomplicated heart attack.

***10–12 sessions per course, once a day, for 30 min. Current up to 1.0 mA. Repeat course in 3–4 months.***

### **Gastroenterology**

- Gastric and duodenal ulcers, gastritis, duodenitis (treatment during relapses and prophylaxis during remissions).
- Intestinal dysperistalsis, irritable bowel syndrome, gastroesophageal reflux disease.
- Prophylaxis of disease relapses.
- Post-hapatitis liver failures.
- Alcoholic liver disease.

***10–12 sessions per course, once a day or every other day, for 30 min. Current up to 1.5 mA. Repeat course in 3–4 months.***

### **Diseases of ENT organs and respiratory tract**

- Sensorineural hearing loss.
- Tinnitus aurium.
- Improvement or restoration of hearing.
- Allergic and vasomotor rhinitis.
- Chronic relapsing nasal hemorrhage.
- Disturbed postoperative repair.
- Amelioration of acute respiratory viral infections at prodromal period (prior to the acute phase symptoms).
- Bronchial asthma.

***Up to 15 sessions per course, every other day, for 30 min. Current up to 1.0 mA. Repeat course in 4-5 months.***

### Pediatrics

- Children with Attention Deficit Hyperactivity Disorder.
- School and preschool deadaptation (deadaptation to school and preschool institutions).
- Enhanced body resistance in sickly children during seasonal outbreaks of the acute respiratory viral infections.

**3–7 sessions per course, once a day, for 20 min.  
Current up to 1.0 mA. Repeat course – in 5-6 months.**

**Comments:** children as early as 5 years old are allowed to be treated with transcranial electric stimulation, according to the abovementioned indications, including those stated in other paragraphs.

### Ophthalmology

- Acute and chronic ocular pains.
- Spasm of accommodation and mild myopia.
- Decrement in visual acuity.
- Computer, television visual fatigue.

**10 sessions per course, once a day, for 30 min. Current up to 1.0 mA.  
Repeat course – in 2-3 months.**

### Narcology

- Alcohol withdrawal syndrome without medical care (when physician applies it together with detoxication procedures it enhances efficacy of therapy).
- Post-abstinence affective and somatic disorders (including insomnia, performance impairment etc.).
- Morbid attraction to alcohol consumption.
- Alcoholic liver dysfunctions.
- Morbid addiction to tobacco smoking.

**Up to 15 sessions per course, once a day, for 30 min.  
Current up to 1.5 mA. Repeat course – according to indications  
it may correspond as close as possible to the previous one.**

### Obstetrics and Gynecology

- Menstrual disorders in pubertal girl.
- Premenstrual syndrome.
- Menstrual disorders and endocrine infertility (under obligatory medical supervision).
- Vomiting during recent pregnancy.
- Menopausal disorders.

**10-15 sessions per course, once a day, for 30 min. Current up to 1.5 mA. Repeat course – in 3-4 months.**

### Oncology

For more than 15 years TES-therapy has been used in oncology as an anesthetic means and for improvement of the quality of oncologic patients' life. It is obligatory that TES-therapy is prescribed by a physician.

### Dermatology and Cosmetology

- Itching dermatosis of different location.
- Superficial seborrhea.
- Psoriasis.
- Trophic ulcers.
- Pyodermias (acne vulgaris, dyshormonal acne).
- Increased fragility and loss of hairs.

**Up to 10 sessions per course, once a day, for 30 min.  
Current up to 1.5 mA. After the course has completed sessions  
should be continued once a week, for up to 3 months. Repeat  
course if necessary twice a year.**

### Sports medicine

- Decline of efficiency in training, and tolerance to peak exercise.
- Manifestations of stress and depression caused by sports activities.
- Time lag deadaptation (habituation) and disordered acclimatization.
- Delayed recovery after sports traumas.

**10–12 sessions per course, once a day, for 30 min. Current  
up to 1.5 mA. Repeat course – according to indications.**

## **BASIC CONTRA-INDICATIONS FOR APPLICATION**

- Convulsive state, epilepsy.
- Traumas and brain tumors, infectious diseases of central nervous system (acute stage).
- Hypertensive disease stage III, hypertensive crisis.
- Hydrocephaly.
- Acute psychiatric disorders.
- Thyrotoxicosis.
- Atrial fibrillation.
- Skin lesions at the site of applied electrodes.
- Implanted cardiostimulators.
- Age under 5 years.

## **CLEANING AND CLEANSING OF UNIT AND HEADBAND**

In case of individual use the Unit and headband should not obligatorily be disinfected. If necessary the exterior of the Unit can be cleaned by using 70% alcohol.

A headband may be washed depending on frequency of use. For this, headband should be disconnected from the wire that plugs it into the Unit, as well as from electrodes which are made of conductive rubber. After a headband was washed and dried up wire and electrodes must be reconnected, as depicted on page 10.

## **TECHNICAL SUPPORT**

Implies before-the-fact battery replacement or charging of accumulator. Other technical support should not be performed at home.

## **RECYCLING**

The used batteries are not considered as household rubbish, and must be recycled at the battery collection points.

The Unit contains no materials hazardous to human or environment. It does not need special precautions during recycling.

## SPECIFICATIONS

Stimulating Current.....	pulsed bipolar
Frequency, Hz.....	77.5
Current intensity, mA .....	0-1.5
Timer automatic, min.....	30
Electric power, W .....	6-9
Battery consumption current, mA .....	up to 25
Weight, w/o battery, kg.....	0.1
Dimensions, mm .....	60 x 114 x 52

## STANDARD SET CONTAINS:

unit, items.....	1
Headband, items.....	1
Frontal electrode, items.....	1
Retromastoid electrodes, items.....	2
Power battery “Duracell” (6F22), items .....	1
CD-disk with recorded psychotherapy session, items .....	1
User’s guide, items.....	1
Packing, items.....	1

## COMMON TROUBLES AND REMEDIES

Revealed trouble	Probable cause	Remedies
The Unit is being switched on, auto-checking procedure is in process, however LED “Battery” is blinking	Battery / accumulator capacity is running low	It may need to replace battery or charge accumulator
Unable to switch the Unit on, autochecking procedure is not started, light indicators are off	Battery / accumulator is out or not connected	Check battery connection, replace battery or charge accumulator
The Unit is being switched on, auto-checking procedure is in process, TES session proceeds fine. However, during the session indicator “Battery” blinks	Battery /accumulator capacity started to run low during procedure	Finish procedure, and then replace battery or charge accumulator
The Unit is being switched on, auto-checking procedure is in process. However, indicator “Battery” does not highlight nor blink. Intensity of current does not increase	Wires and electrodes are not connected or connected improperly. Hairs or wires could have been put beneath electrodes	Check electrodes according to the Paragraph 3. If checking continues right, put the electrodes back on. Make sure no hairs or wires are beneath them. In case checking procedure fails – disconnect them and reconnect. Start checking again. If failure repeats – contact to Technical support
New battery / charged accumulator is mounted, but unable to switch the Unit on, LEDs are not highlighted. Unable to perform a session	The Unit is out of order	Contact to the Technical Support

## **STORAGE AND TRANSPORTATION**

In case the Unit is expected not to be used for a long period of time remove battery from the battery compartment.

Keep the Unit in dry place. Avoid from direct sun light. Storage temperature should be between  $-20^{\circ}\text{C}$  till  $+40^{\circ}\text{C}$ . Do not drop or hit the Unit.

## **WARRANTY**

Manufacturer guarantees that Unit complies with technical conditions TU-9444-005-44333151-2005 if customer subject to the operating rules, storage and transportation, as stated at the User's Guide.

Guarantee period covers 12 months since date of purchase. In case the "date of purchase" is not stamped "guarantee period" starts since date of manufacture.

Manufacturer is responsible to provide with free-of-charge repair service or to replace Unit if repair is impossible.

Operating life – 5 years since date of manufacture.

After warranty period has expired the Manufacturer will charge for providing with repair service.

Warranty and post-warranty repair is performed by the Manufacturer or by certified district service centers.

## **ACCEPTANCE CERTIFICATE**

Unit «DOCTOR TES-03» has been manufactured and certified according to the technical conditions by TU-9444-005-44333151-2005, and found to qualify for service.

The Unit complies with GOST R 50444-92, GOST R 50267.0-92, GOST R 50267.0.2-2005, GOST R 50267.10-93.

Registration Certificate issued by Federal Service for the Supervision of Public Health and Social Development Q PH.C 02262005/1739-0, dated of 09.06.2005

The Unit is certified by



## **MANUFACTURER**

LLC "TES CENTER"

Makarov embankment, 6, 199034, Saint-Petersburg, Russia

[www.doctortes.ru](http://www.doctortes.ru)