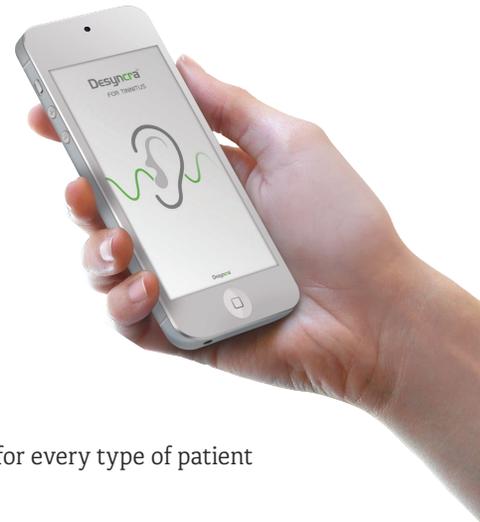


# Quick Therapy Guide

## Desyncra™ For Tinnitus

Desyncra™ for Tinnitus is a device based therapy for chronic, tonal tinnitus. Desyncra™ for Tinnitus employs CR® Neuromodulation to desynchronize the neuronal hyperactivity associated with tinnitus symptoms.

This guide gives an overview of the therapy process starting with the selection of candidates. Please consult the instructions for use for more detailed explanations and to familiarize yourself with recommendations and warnings.



## Candidate Selection

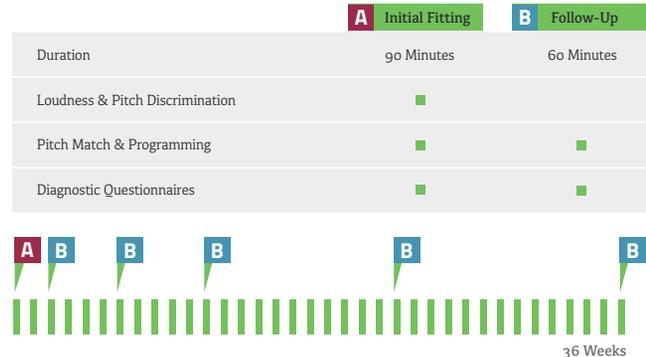
Careful selection of patients will ensure the best results. Desyncra™ for Tinnitus is not suitable for every type of patient and so certain minimum requirements have been established.

Patients must be adult, have had chronic tonal tinnitus for over 3 months and have a tinnitus pitch between 400 Hz and 10,000 Hz. The patients' should be able to hear all the therapeutic tones (typically hearing loss should not be greater than 70dB). Furthermore, patients should not have medical conditions such as Menière's disease, brain stem diseases or untreated psychiatric problems. In our experience certain patient types have greater success and so we have established additional recommendations for selecting the candidates. Please consult the [Candidate Selection Guide](#) for a detailed list of requirements and recommendations.

## Therapy Timeline

Desyncra™ for Tinnitus recommends a 36 week therapy schedule with an initial fitting appointment followed by five followup sessions.

The initial fitting session includes loudness and pitch discrimination to ensure the patient is able to identify the frequency of their tinnitus tone. Subsequent followup appointments allow the audiologist to periodically check the pitch of the tinnitus. This ensures that the Desyncra™ algorithm is continually optimized to the exact nature of the patient's tinnitus.



### *Therapy over 36 weeks, with follow-up appointments after 3, 8, 12, 24 and 36 weeks*

These periodic follow up sessions also provide an opportunity to track any changes in the patient's tinnitus as reported in outcome questionnaires. Typically patients complete the questionnaire just before their session with the audiologist. The questionnaire is included on the patient's device and the patient may complete this activity without the need for professional guidance.

## Tinnitus Outcome Questionnaires

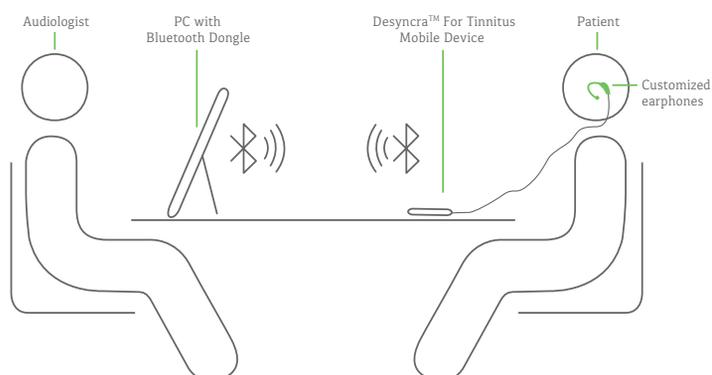
A range of questionnaires are suitable for use with Desyncra™ for Tinnitus. We recommend the following:

**Tinnitus Handicap Inventory (THI):** the THI questionnaire is widely used and understood, ensuring that clinicians are familiar with the development of the patient's progress.

**Tinnitus Sample Case History Questionnaire (TSCHQ):** the TSCHQ questionnaire focuses on the exact nature of the tinnitus symptoms and so clinicians may use this questionnaire to track how symptoms develop.

## Programming the Device

Programming the Desyncra™ for Tinnitus Mobile Devices is a simple procedure. Once the Bluetooth dongle and the Desyncra™ for Tinnitus PRO software are installed on the audiologist's PC computer, the patient's Desyncra™ for Tinnitus device is turned on and the 3-step programming process can begin.



### Programming is a simple 3-step process

**Step 1:** The audiologist ensures that the candidate can distinguish between differences in loudness and differences in pitch. Pitch discrimination testing is included in the software.

**Step 2:** The patient and audiologist identify the exact pitch of the patient's tinnitus. This is a multi-step process using bracketing, similarity testing and fine tuning.

**Step 3:** Once the pitch has been identified, the program is set to deliver the appropriate algorithm. The software then balances the loudness to ensure an optimized and comfortable therapy.

Consult the [Programming Guide](#) for further details on how to use the software.



## Fitting the Earphones

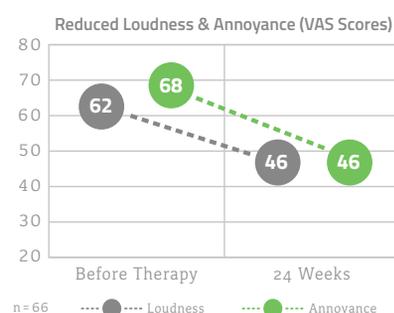
The Desyncra™ earphones are available in different sizes to ensure a comfortable and secure fit. Place the earphones as shown in the diagrams here.

Consult the instructions for further details of how to wear the earphones.

## Long Lasting Relief from Tinnitus

Typically patients experience benefit within a few weeks of starting therapy.

However further improvements are gained throughout the therapy period and the benefits are sustained beyond.



## Discover more at [desyncra.com](https://desyncra.com)

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*Desyncra™ for Tinnitus has FDA clearance and carries the CE Mark.*