

## SUMMARY RESULTS FOR SCENAR RUSSIAN MEDICAL TECHNOLOGY DEVICE

The National Institute For Holistic Addiction Studies (NIFHAS) is a non-profit focused on research and development of innovative and promising treatment modalities: *Where Science Meets Recovery*. Since February of 2010 NIFHAS has been collecting data and observing the use and effects of the Scenar device designed to diminish the experience and effects pain. All observations were collected at G & G Holistic Addiction Treatment, Inc., in North Miami Beach, Florida. This report discusses the methods, findings and results of these observations.

Scenar treatment was offered to all clients complaining of pain free of charge as part of treatment at G & G Holistic Addiction Treatment, Inc. Clients were all enrolled in residential treatment for a minimum of 28 days, had met ASAM criteria and were all diagnosed with a substance abuse disorder.

A description of the product used (retrieved from <http://www.scenar.info/>) follows: SCENAR -Space Age Medical Technology - The S.C.E.N.A.R., Self-Controlled Energo Neuro Adaptive Regulation, was developed for the Russian space program to overcome the unique problems of space travel. The scenar uses biofeedback - by stimulating the nervous system, it is able to teach the body to heal itself.

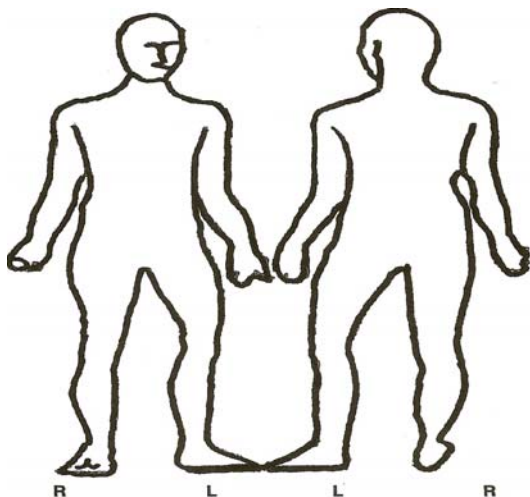
SCENAR was evaluated in 14 individuals with complaints of pain. The group was demographically diverse as were the severity and location of their pain. Pain was evaluated using the following diagrams and questions. Prior to and immediately following use of the SCENAR device, participants were asked to score the severity of their pain as well as describe the quality and frequency of the pain.

PAIN ASSESSMENT- Severity:



Quality of Pain:  Burning  Sharp  Dull  Radiating  Numb  
Frequency:  Constant  Intermittent

LOCATION OF PAIN:



Individuals were also asked to identify the location of their pain using the diagram below.

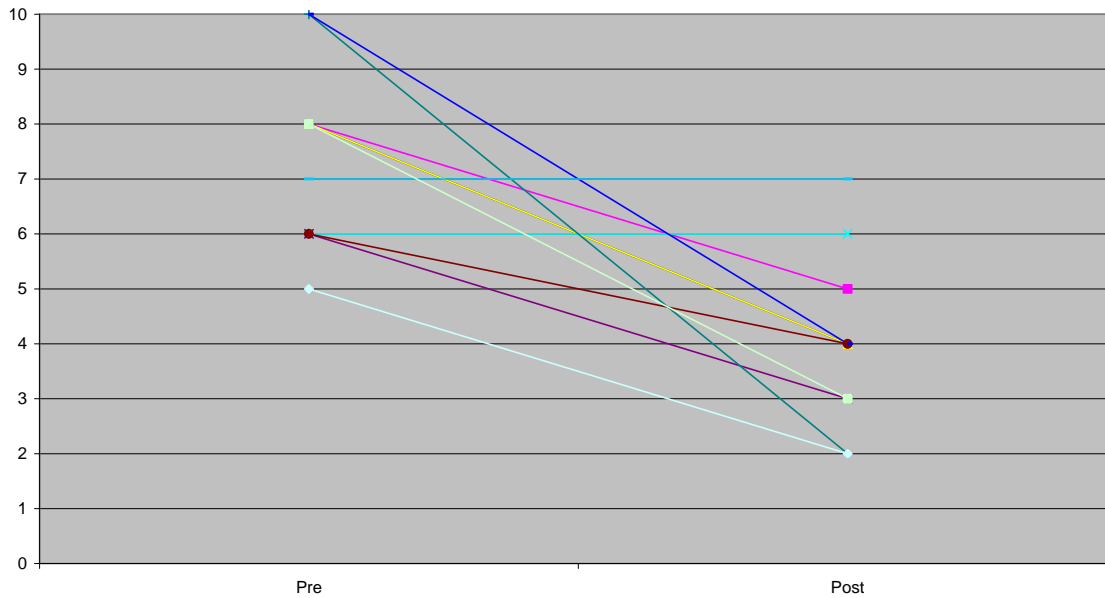
Of the 14 participants, the most commonly reported quality of pain was "dull". The most commonly reported frequency of pain was "constant".

Most pain reported was neck, back and/or shoulder pain with 1 chipped/fractured elbow and 1 episode of abdominal pain related to constipation.

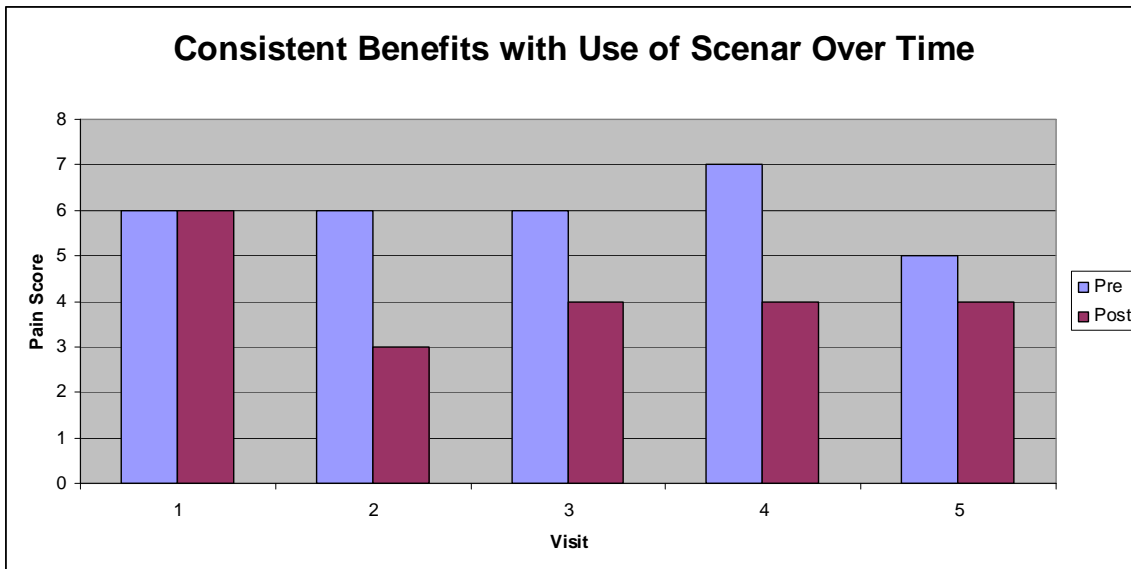
SCENAR results from G & G Holistic Addiction Treatment  
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The combined total pain score for 14 participants and 35 visits at pretreatment was 211. The average total pain score prior to SCENAR treatment for the same individuals was 6.03. The combined total pain score post-treatment pain score for the 14 participants and 35 visits was 105.5 with an average of 3.01. The average change score was -3.03. A 50% overall combined diminishment in pain was observed when reviewing each visit as a separate event. Single session data is reported in the following graph.

### Reported Pain Scores Pre and Post Treatment with Scenar Device



Some participants were able to participate in multiple visits. The following graph represents one such client.



The client’s pain decreased from a 6 at initiation to a 4 at the last visit following treatment which represents a 30% overall decrease in pain. What is interesting to note is that after each of the first four sessions, the pain returned to pretreatment levels between sessions and it took five sessions to achieve a decrease in pretreatment pain severity. This finding is consistent with anecdotal evidence from practitioners using SCENAR on a regular basis.

A novel use of SCENAR was also developed at G & G Holistic Addiction Treatment based on the indication of SCENAR in the use of constipation. SCENAR was used prior to initiation of colon hydrotherapy. In all three cases, the participant noted the ease of release and the effectiveness of the hydrotherapy.

Based on these preliminary results, we at NIFHAS believe that SCENAR is an effective adjunct to the non-narcotic treatment of pain. SCENAR has excellent potential as part of a holistic program for the management of pain, especially chronic pain.

Further investigation using multiple sessions is needed to better define and quantify the potential effects and timing of these effects. Similarly, further investigation into the ability to sustain achieved results with multiple sessions is needed. Use of the SCENAR device and evaluation of these results is ongoing at G & G Holistic Addiction Treatment.

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