

## Snoring and Sleep Apnoea

Snoring and sleep apnoea directly or indirectly affect a growing number of us. Sleep apnoea can cause breathing suspensions during the night, each leading to a reduction in the blood's oxygen levels and prompting a 'mini wake-up'. Apnoea brings:

- a feeling of never being rested
- frequent night-time urination
- a tendency to fall asleep in various everyday situations
- an increased risk of heart attack, stroke and type 2 diabetes

Obstructive Sleep Apnoea (OSA) occurs when slack muscles in the back of the throat relax and allow a temporary collapse that prevents breathing. NHS treatment guidelines include prescribing a bedside CPAP machine which keeps the airways open at night. In contrast, IQoro training restores muscle strength and treats the underlying cause.

## IQORO - HOW IT WORKS

**IQoro is a simple-to-use, handheld, neuromuscular training device used three times a day for 30 seconds per treatment session.**

Insert the device behind your lips and in front of your teeth and seal your lips around its handle. Pull forward strongly to create a partial vacuum in your oral cavity and all the way down to your diaphragm.

As the muscles and organs are flexed they stimulate the nerves to the brain provoking a sensory motor reflex arc that sends commands to your underperforming muscles. In other words, you stimulate your body's natural processes to regain muscle strength and nerve function and regain your former quality of life.

**IQoro is an CE marked Class 1 Medical Device**

**For more information visit [iqoro.com](https://iqoro.com)**



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A NEUROMUSCULAR TRAINING DEVICE FROM

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**IQoro®**





# REGAIN YOUR QUALITY OF LIFE

**If you have swallowing difficulties: either in eating and drinking normally, or in reflux and GORD; then these cases can usually be successfully treated with IQoro - even after many years.**

- 90 seconds' training per day
- Use at home, in hospital or in care
- Proved by clinical studies, and by thousands of users
- Subject of NICE Medtech Innovation Briefings (MIBs 175, 176) to the NHS
- Successful interventions proven - even after 10 or more years of suffering

## IQORO SUCCESSFULLY TREATS:

**Swallowing difficulties - Dysphagia**  
**Hiatus hernia - Reflux, GORD and LPR**  
**Snoring and Sleep Apnoea**

### Swallowing difficulties - Dysphagia

If you have suffered a stroke you are likely to have had dysphagia - difficulty in swallowing. Working with your Speech and Language Therapist there is a good chance that you have recovered your ability but, if not, now is the time to begin recovering your former quality of life. Visit our website [iqoro.com](http://iqoro.com) or ask your SLT about IQoro. You will find that there are scientific studies that prove the effect of treatment - in some cases up to 10 years or more after the stroke event. PEG operations have been reversed, modified diets of thickened liquids and puréed foods have been ceased - under the supervision of an a clinician of course. In studies, and in clinical practice, the following symptoms have been successfully addressed, with improvements in quality of life still present at long-term follow up.

- |                         |                             |              |
|-------------------------|-----------------------------|--------------|
| • Dysfunctional swallow | • Recurring pneumonias      | • Reflux     |
| • Drooling              | • Impaired postural control | • Aspiration |
| • Weak speech           | • Facial paralysis          |              |

In studies referenced by the National Institute for Care and Health Excellence (NICE) in a Medtech Innovation Briefing (MIB) to the NHS <https://www.nice.org.uk/advice/mib175>, 97% of patients with dysphagia after stroke improved their swallow and 63% regained a normal swallow, after 5 - 8 weeks' training. In another, 5 patients presented with PEG feeds and at end-of-treatment (13 weeks) all PEGs had been removed and the patients could eat and drink normally.

“... intended place in therapy would be as well as standard speech and language therapy in people with stroke-related dysphagia”

- NICE MIB 175



### Hiatus hernia - Reflux, GORD and LPR

A sliding Hiatus hernia is not always successfully diagnosed, but usually brings with it symptoms that directly affect your quality of life. GORD (GERD), LPR, silent reflux are all effects of a hiatus hernia, and can produce the following symptoms:

- |                            |                                    |
|----------------------------|------------------------------------|
| • Reflux and heartburn     | • Night-time or morning discomfort |
| • Persistent nagging cough | • A 'stuck food' feeling           |
| • Thick saliva or phlegm   | • Intense pain in the chest        |

A Hiatus hernia allows the neck of the stomach to slide up into the chest cavity through a weakened or ruptured diaphragm. Once in this wrong position, stomach contents can reflux into the oesophagus causing the painful and distressing symptoms listed.

IQoro treatment does not aim to mask the symptoms of this reflux with drugs, but to exercise and re-engage the muscles and the nerves that control them to repair the diaphragm rupture.

See <https://www.nice.org.uk/advice/mib176>

“The NICE MIB highlights the innovative nature of IQoro as being its uniqueness in treating Hiatus hernia through an exercise regime with an oral device... - our analysis of possible cost savings in this briefing is the device's potential to be resource releasing when compared to long term PPI maintenance.”

- NICE Spokesman

