

## Evidence and NICE

The company's website contains references to a library of internationally-published studies and scientific papers showing the positive effect of IQoro rehabilitation training on all aspects of swallowing dysfunction - especially those with a neurological cause. The National Institute for Health and Care Excellence (NICE) has issued two MedTech Innovation Briefings (MIB 175 and 176) that reference the effectiveness of IQoro in treating dysphagia and Hiatus hernia.

IQoro is an CE marked Class 1 Medical Device. It is not available on prescription, but can be purchased at [iqoro.com](http://iqoro.com).

Read more and order at [iqoro.com](http://iqoro.com)  
or telephone 020 396 607 23



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# IQoro<sup>®</sup>

IQoro helps care home residents regain the ability to eat and enjoy their food



IQoro<sup>®</sup>

A NEUROMUSCULAR TRAINING DEVICE FROM

MYOROFACE<sup>®</sup>

## IQoro - a neuromuscular training device that treats:

- Eating and swallowing difficulties (dysphagia)
- Hiatal hernia (eg. reflux, heartburn, dry cough)
- Snoring and sleep apnoea
- EASY TO USE
- 90 SECOND'S TRAINING PER DAY
- SCIENTIFICALLY PROVEN EFFECT



A recent internationally-published study\* showed that the prevalence of swallowing difficulties across 385 older residents in care homes was 63%.

## The challenge of malnutrition in older people

Malnutrition and dehydration are constant challenges when caring for the elderly. No amount of care and attention to mealtime quality can help though, if the resident cannot swallow. PEG feeding, modified foods and thickened drinks are workarounds, but restoring a normal swallow should be the goal.

## Restoring swallow

Swallowing ability in the elderly often deteriorates as muscles weaken and muscle control worsens. Conditions like stroke, dementia, neurological degenerative diseases, age-related frailty or a combination of these may contribute to the problem too. These anatomical and neurological functions can be improved by IQoro training - often to the point of a normal swallow.

## How to use IQoro

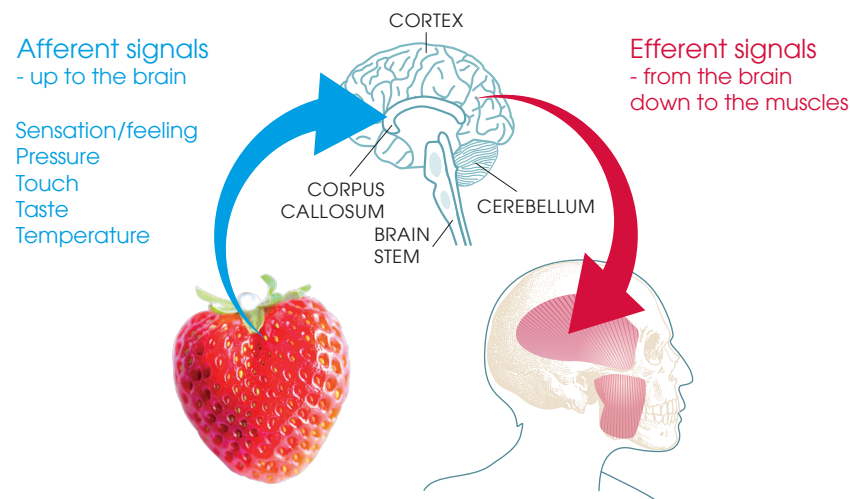
IQoro is a simple hand-held device which is inserted inside the lips and in front of the teeth. Then, providing assistance if required, the lips are sealed on the device and it is pulled forwards to create a partial vacuum in the oral cavity. Full compliance is 3 ten second pulls, repeated 3 times per day. Smaller initial interventions often build to this level of compliance. In complex cases an SLT referral would be advisable.



## How IQoro works

When first inserted, and during the training sequence, IQoro stimulates the sensory nerves to send an intense burst of messages to the brain stem via the upward transmitting "afferent" nerves. This stimulation provokes a sensory motor nerve reflex arc that causes the downward transmitting "efferent" nerves to send motor signals to the 148 muscles in the swallowing chain, and to other muscles controlled by the autonomic system.

## The sensory motor nerve reflex arc



## Effective at any stage

In scientific studies, people with swallowing difficulties, facial paralysis, speech weakness and drooling all improved and the majority regained a normal swallow. PEG feeds were removed in all cases in one study, and all results show that the treatment is equally effective irrespective of age or time from stroke onset to start of treatment where this was the underlying condition.

## Care Home project and study

A recent internationally-published study\* showed that the prevalence of swallowing difficulties amongst 385 older patients, with a variety of conditions and co-morbidities was 63%. A group of these patients were randomised to 18 care homes who used IQoro treatment, and 18 care homes who used conventional or compensatory therapies. Results in the IQoro group were 60% better after just five weeks.

\*Hägglund P., Fält A., Hägg M., Wester P., Levring Jäghagen E. (2019) **Swallowing dysfunction as risk factor for undernutrition in older people admitted to Swedish short-term care: a cross-sectional study.**