



To schedule your appointment, call **636.256.5200**.

### **Mercy Integrative Medicine**

15945 Clayton Rd. | Suite 230  
Ballwin, MO 63011

#### **Calmare® is not recommended for patients who:**

- Have a pacemaker or defibrillator
- Have metal implants or other orthopedic repairs
- Are pregnant
- Have a history of epilepsy or take anti-convulsant medications
- Have nerve blocks within the four weeks prior to initial treatment
- Have wounds or skin irritation in the affected area
- Have had a heart attack or severe arrhythmia in the last six months
- Are on active withdrawal from drugs and/or alcohol
- Have an implanted drug delivery system or spinal cord stimulator

# **Calmare® Therapy at Mercy**

Drug-free relief from chronic pain.

[mercy.net/Calmare](http://mercy.net/Calmare)



*Your life is our life's work.*



## Take back your quality of life.

Chronic pain can sap your energy, disturb your sleep patterns, affect your mood and emotions and impact your ability to enjoy life. Mercy Integrative Medicine now offers Calmare<sup>®</sup>, a powerful new therapy option for immediate pain relief and ongoing pain management.

Calmare<sup>®</sup> is an FDA-cleared device proven to reduce pain in 80 percent of patients in clinical trials. It's non-invasive and drug-free, so you have none of the side effects of opioid drugs and other drugs often prescribed for pain.

### How does Calmare<sup>®</sup> work?

Calmare<sup>®</sup> delivers low-current electrical stimulation through small electrodes that sit on the surface of your skin. This sends a "no-pain" signal to your brain, canceling the sensation of pain and giving you instant relief.

## Calmare<sup>®</sup> can treat these conditions:

- Chemotherapy-related neuropathy
- Post-shingles pain
- Sciatica
- Phantom limb pain
- Failed back surgery syndrome
- Reflex sympathetic dystrophy
- Complex regional pain syndrome
- Trigeminal neuralgia
- Diabetic, post-surgical and brachial plexus pain

## Treatments

Patients relax comfortably in a quiet room during treatment. Most sessions take less than an hour. You can anticipate ten to 12 treatments. Some patients require a booster treatment in a few months.

## Getting ready for Calmare<sup>®</sup>

- Don't wear lotions, creams, powders or ointments on areas being treated.
- Wear comfortable clothing. Hospital gowns can also be worn.
- If you're taking a nerve medication like Gabapentin<sup>®</sup> or Lyrica<sup>®</sup>, consult your doctor. You'll need to stop taking it 48-72 hours prior to treatment.