



Relieving the pain of endometriosis

Meet the **Oska Pulse** — a gentle, drug-free device that many people are turning to for natural pain relief.

The Oska Pulse produces specially designed, pre-programmed pulses of gentle energy, delivered in four separate stages. Each stage runs its own carefully crafted program, all working towards the same goal: helping to ease the debilitating pain that so often comes with endometriosis.



What is endometriosis?

Endometriosis is a condition where tissue similar to the lining of the womb (the uterus) starts to grow in places outside it, where it shouldn't. The most common symptoms are pelvic pain, painful periods, cramping, and irregular menstrual cycles.

In plain terms: *The uterus (womb) is normally lined with tissue that sheds during a period. With endometriosis, similar tissue grows elsewhere in the body — but it still behaves like that lining, which can cause pain and inflammation.*

If this is you, please know you're in good company. Endometriosis is thought to affect around 1 in 7 women, most often between the ages of 14 and 44. That's over 830,000 women here in Australia, and roughly 200 million worldwide — so while it can feel isolating, you are far from alone.

How endometriosis pain is usually treated

Doctors often begin by prescribing **NSAIDs** — that's short for non-steroidal anti-inflammatory drugs — such as ibuprofen. For more severe symptoms that don't ease with medication, more extensive surgery is sometimes recommended, which may include a hysterectomy (an operation to remove the uterus, and sometimes the cervix and fallopian tubes too). Where surgery is needed, the Oska Pulse can be a comforting companion afterwards, helping to support healing and a smoother recovery.

A couple of terms explained: *NSAIDs are everyday anti-inflammatory painkillers like ibuprofen. A hysterectomy is surgery to remove the uterus (womb), sometimes along with nearby parts such as the cervix and fallopian tubes.*

Endometriosis and PEMF therapy

Pulsed Electromagnetic Field Therapy — **PEMF** for short — has been recognised for over 70 years as a drug-free way to help calm inflammation and relieve pain. Inflammation is a natural and necessary part of how the body heals, but when it becomes ongoing (chronic), as it does with endometriosis, the pain can become almost unbearable.

PEMF, made simple: *PEMF therapy sends gentle, pulsing energy into the body to encourage its own natural healing. You don't feel anything while it works — there's no heat, buzzing or tingling.*



By helping to restore the body's natural electrical balance right down at the cellular level, PEMF may help to reduce period pain, pelvic pain, and the pain of cramping.

As more of us become aware of the downsides of long-term prescription medication, PEMF therapy is finally being recognised as an excellent — and possibly one of the most cost-effective — ways to help manage endometriosis. It offers plenty of health benefits, and it's wonderfully flexible: you can use it on its own, or comfortably alongside your usual treatments.

A few things people love about the Oska Pulse

- **Pre-programmed and easy** — just press the button to turn it on, and it switches off automatically. The battery is rechargeable.
- **Non-invasive and drug-free** — it doesn't vibrate or create any sensation at all; you simply pop it on and carry on with your day.
- **No sticky pads or wires** — nothing to attach; wear it anywhere, any time.
- **Fully portable** — it doesn't get in the way of your normal activities, and you can wear it over your clothing.

While the Oska Pulse isn't a cure, the gentle pulsed energy it creates is known to help break the exhausting cycle of physical pain and emotional distress. It's registered in Australia by the **Therapeutic Goods Administration (TGA)** — the body that checks medical devices are safe — as a Class 2a medical device. For many women living with endometriosis, Oska offers a safe, convenient and reassuring alternative worth exploring.

This document is for informational purposes only and is not a substitute for professional medical advice. Please do not change or stop any current medication without first consulting your doctor.

Warm regards,
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