

Chronic obstructive pulmonary disease

Factsheet



STMedical® – an effective supplementary therapy for COPD

Chronic obstructive pulmonary disease (COPD) is characterised by the constriction of the respiratory passages with continuous inflammatory reactions and the symptoms of respiratory distress (shortness of breath), chronic cough and sputum production. Systemic side effects such as weight loss, cardiovascular diseases and muscle weakness contribute significantly to the severity of the disease.

Effectively countering respiratory muscle insufficiencies

A key aspect of COPD is the reduction in physical fitness which is frequently accompanied by shortness of breath. The condition proves limiting in everyday situations (e.g. when climbing stairs) and significantly reduces a patient's quality of life. The structural and functional damage caused to the lungs is also accompanied by systemic diseases. The specific respiratory muscle weakness is caused by the narrowing of the airways and this places an attendant stress on the respiratory system, leading therefore to the chronic overstraining of the respiratory muscle system.

An additional weakening of the

muscles can be caused by drugs containing cortisone or reduced physical activity. Specific respiratory muscle therapy is therefore recommended. Contemporary scientific studies show respiratory muscle therapy to be an effective supplementary treatment to conventional physiotherapy in patients with COPD.

How STMedical® respiratory therapy works

The STMedical® device can be simply and effectively integrated into COPD therapy. The inhalation and exhalation forced by the STMedical® device selectively strengthens the respiratory muscles and the whole thoracic region is mobilised. This facilitates the effective expectoration of mucus, thereby reducing the potential sources of infection. The overall flow of respiratory movements is coordinated in a functional manner and strengthened. In this way, endurance, strength and coordination deficits are effectively countered.

Following brief instruction by a healthcare professional the STMedical® device can, thanks to its simple operation, be used unsupervised by the patient either at the

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- Increased respiratory muscle endurance/strength
- Improved physical capacity
- Increased quality of life



clinic, as an outpatient undergoing therapy or by himself at home. The primary requirement for successful therapy is regular treatment.

Scientific findings relating to respiratory therapy

As a result of the scientifically proven effects of regular respiratory therapy for COPD patients, a positive development in the patient's health is apparent after just a few weeks: Breathlessness is reduced, physical capacity improved and an increase in the quality of life is to be expected.

Scientific studies indicate significant improvements in respiratory muscle endurance/strength by 258% and



Headquarters / Switzerland

idiag AG
Mülistrasse 18
CH-8320 Fehraltorf

Phone +41 (0)44 908 58 58
Fax +41 (0)44 908 58 59

www.idiag.ch
info@idiag.ch

Germany

idiag GmbH
Schaubingerstrasse 7
D-79713 Bad Säckingen

Phone +49-(0)7761-933 83 63
Fax +49-(0)7761-933 83 62

www.idiag.de
info@idiag.de



18% respectively and by 10% in the 6-min walking distance test. This represents a significant increase in the evaluation of quality of life and a clear reduction in a patient's awareness of respiratory distress.

Payment of the cost by the statutory health insurance funds in Switzerland

In Switzerland, the treatment is prescribed by the doctor/respiratory physician and the cost is normally covered by the basic insurance policy provided by the statutory health insurance funds. Possibilities for the payment of the cost in other countries have to be checked individually.

Scientific publications

- Scherer TA et al., 2000. Am J Crit Care Med 162: 1709-14
- Boutellier U, 2007. ETH und Universität Zürich (CH), Essay
- Geddes EL et al., 2008. Respir Med 102: 1715-29
- Gosselink R et al., 2011. Eur Respir J 37, 416-25

Contact us for further information on the device or on respiratory muscle therapy.

Headquarters / Switzerland

idiag AG Mülistrasse 18 CH-8320 Fehraltorf	Phone +41 (0)44 908 58 58 Fax +41 (0)44 908 58 59	www.idiag.ch info@idiag.ch
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Germany

idiag GmbH Schaubingerstrasse 7 D-79713 Bad Säckingen	Phone +49-(0)7761-933 83 63 Fax +49-(0)7761-933 83 62	www.idiag.de info@idiag.de
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