CEFALY was developed by a Swiss global leader in the field of electrotherapy. It took five years of intensive work to master this technological challenge.

CEFALY is an ergonomic device for analgesic electrotherapy for the head, easy to use, perfectly safe, effective and extremely comfortable.

TENS analgesic electrotherapy has been known about for many years (1, 2) and its effectiveness has been confirmed scientifically (3, 4). This analgesic technique is widely used in pain treatment clinics worldwide in order to suppress pain resistant to pharmacological treatment (5, 6, 7).

Recent publications in top scientific journals describe the effectiveness of TENS electrotherapy in the treatment of headaches and migraines (8, 9, 10, 11, 12, 13, 14). However, the technique was difficult to use and very uncomfortable, CEFALY took up this challenge and has finally given patients suffering from migraines or headaches an efficient electrotherapy system delivered via an extremely comfortable, ergonomic and simple-to-use device.
How it works

Treatment of attacks

The irritation of sensitive intra-cranial structures located above the tentorium cerebelli triggers pain across the surface of the anterior part of the head. Programme 1 on the CEfaly device stimulates the sensitive Aβ nerve fibres in this region at high frequency. It thereby blocks the nociceptive fibres, thus relieving the pain: this is known as the “gate control” method (1, 2, 3, 4). Thanks to its shape and dimensions, the CEfaly electrode can be used on the supraorbital and supratrochlear nerves. The entire region of the first branch of the trigeminal (Willis ophthalmic nerve) nerve is thus subjected to the “gate control” mechanism. A powerful analgesic effect is therefore obtained in the event of a migraine or tension headache.

Prevention

CEfaly’s 2nd programme stimulates the Aδ fibres at low frequency, increasing endorphin levels (6, 7). The rise in endorphins reduces anxiety and stress, altering the trigger threshold for migraines and headaches. The occurrence of painful attacks is therefore reduced.

Studies on safety and effectiveness

The safety and effectiveness of TENS analgesic electrotherapy has been reported on in top scientific journals (8 to 14). Additional clinical trials carried out using CEfaly have confirmed these results.

Safety

Monitoring of more than 5,000 treatments with CEfaly has registered no complaints or major side-effects.

Effectiveness and satisfaction

More than 80% improvement in the treatment of attacks and prevention against attacks and more than 50% in the case of migraines. Generally speaking, 85% of patients state they are satisfied or very satisfied.

Significant therapeutic advantage

The excessive use of analgesic agents can lead to tension headaches becoming chronic, occurring almost every day. In the same way, the over-use of migraine medications can encourage the development of a debilitating “transformed migraine”. CEfaly thus offers a significant therapeutic advantage. With no major side-effects, it can replace or reduce the consumption of analgesic agents, thereby reversing the deterioration of headaches and migraines.
Indications

- Anterior tension headaches
- Migraines with or without aura
- Treatment of stress and anxiety
- Cluster headache
- Ophthalmic shingles
- Frontal sinusitis (symptomatic treatment)
- Trigeminal neuralgia affecting the first branch of the trigeminal nerve (Willis ophthalmic nerve).

Contra-indications and side effects

- Recent trauma to the skull or face
- Skin conditions / rashes in the area of the forehead where the electrode is placed
- Menière’s disease
- Short lasting (10 minutes) redness of the forehead’s skin

Precautions

- Do not use whilst driving
- Should only be used by adults and children aged 8 and over

Directions for use

- **Programme 1: Treatment of attacks**
  - One to two twenty-minute sessions one after the other

- **Programme 2: Prevention**
  - A twenty-minute session a day

- **Programme 3: Anti-stress**
  - Two to three twenty-minute sessions per week

Bibliography

Media

GP

Men’s Health

Independent Nurse

Outlook

Topsante

Zest

PLV
CEFALY Set

- Storage case
- Detailed instruction manual
- CE FALY electrode
- Skin-cleansing wipe
- CE FALY device

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