

Prostatech PPM1000

Users manual
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PPM1000 is a portable electric stimulator designed for stimulation of rectal and vaginal muscles with simultaneous endogenous electrophoresis of zinc ions, this stimulator is highly effective with wide range of therapeutic applications, stands out for its ease of use and autonomous power supply.

PPM1000 can be used both in medical facilities and at home and it's highly recommended by doctors. It is recommended to consult your doctor before using the stimulator.

1. Purpose.

PPM1000 is a portable electric stimulator designed for stimulation of rectal and vaginal muscles, prostate, cervix by continuous electric impulses.

Electric Stimulator allows non invasive therapy of diseases in the rectal and vaginal areas by emitting continuous electric impulses.

Impulses influence activates metabolism processes, protective reaction, muscle activity and blood circulation in the pelvic area, which provides drainage of still blood, cleansing, restoring of nervous conduction, activates rectal and vaginal muscles, prostate.

Electric impulses cause pain relieve and neurotrophic effect which improves reparative processes. Neurotrophic and blood circulation improvement on one hand and influence on brain and spinal brain on the other greatly improves sexual function both in men and women.

Improvement of the prostate functions stimulates testosterone production by the testicular cells and that raises the sperm count and makes spermatozoids a lot more active.

The stimulation of the vaginal and cervical nerve bundles leads to higher uterus tone and greatly improves blood circulation which leads to improved brain function and it also improves ovaries function and greatly improves sexual function.

Average recommended course should be 10-15 procedures lasting for about 10 to 30 minutes, done one to two times in 24 hours.

PPM1000 can be used in various medical facilities, hospitals, clinics and such and it also is suitable for at home use when recommended or prescribed by a doctor.

PPM1000 electric stimulator is designed to be used continuously by one person. Each patient should have his own personal stimulator either owned by the patient or assigned to him/her if treatment is taking place in a doctor's office.

2. Technical Specifications.

Impulse duration –

Period of impulse following in the pack –

Duration of the pack of impulses –

Period of following of impulses packs –

Maximum electric impulse amplitude through the load of 100 Om, mA –

Minimum electric impulse amplitude through the active load of 400 Om, mA –

Weight gr, not more than –

3. Contents

Electric Stimulator PPM1000 – 1pc.

LED Indicator light – 1pc.

Packaging – 1pc.

Manual – 1pc

4. Safety

Use caution while working with PPM1000 electric stimulator. Try to avoid falls and impacts that could destroy the stimulator or depressurize it.

Each electric stimulator should only be used by one single person. Don't allow anyone to use your stimulator and don't use stimulators belonging to other people.

5. Uses

5.1.1 For Men.

5.1.2 Chronic prostatitis during the stage of moderate exacerbation or remission.

5.1.3 Caused by chronic prostatitis or on its own sexual dysfunction:

- diminished erection
- inability to maintain an erection during intercourse
- reduced length of sexual intercourse
- problems with or lack of ejaculation

5.2 For Women

5.2.1 Irregular period due to ovary dysfunction.

5.2.2 Functional infertility. (Infertility caused by ovary dysfunction).

5.2.3 Recovering after cervical surgery.

5.2.4 Sexual dysfunction.

6. Warnings.

6.1. General Warnings

6.1.1 Do not use if you have a heart implant (pacemaker).

6.1.2 Intolerance to the stimulator.

6.1.3 General contraindication to physiotherapy.

6.1.4 Hemorrhoid vein thrombosis.

6.1.5 Epilepsy.

6.2. For Men

6.2.1 Severe case of hemorrhoids or prostatitis.

6.2.2 Severe urination dysfunction, benign prostate adenoma.

6.2.3 Malignant formations in the urinary and sexual systems.

6.3. For Women

6.3.1 Severe inflammatory diseases of women sex organs.

6.3.2 Hormonal diseases of women sexual system.

6.3.3 Malignant diseases of women sex organs.

6.3.4 Non healed stitches, wounds, sores, cracks inside the vagina.

6.3.5 Central sexual dysfunction.

6.3.6 Do not use if pregnant. There is a great risk of self induced abortion on early stages of pregnancy.

7. Directions.

Before using the electric stimulator make sure it is in proper working condition. To do that take the stimulator out its box, take LED indicator light and spread its legs 6-8mm apart. Press LED's legs to the caps of the capsule with your fingers and hold for about 10 seconds. Then change polarity by changing place of LED's legs and repeat. In one of the positions LED will light up every 3 seconds which tells you that device is working.

For Men:

Lubricate the capsule of the electric stimulator with some vegetable oil (olive, corn, grape seed oil or any other vegetable oil found in your household will do fine). While lying on the left side, in fetal position with your knees pressed against your chest gently and smoothly insert the capsule into your rectal passage 5 to 8 cm deep in order for the capsule to reach the prostate area. Stimulation begins automatically when device's electrodes come in contact with mucus from your rectum. If stimulator is positioned correctly you will feel rectum muscles, perineum muscles, pubic muscles and muscles along the urinary tract contracting.

If you don't feel any muscle contractions that means that stimulator is not positioned correctly. Adjust its position until you start feeling those contractions. Once you've found the spot it will be easy for you to locate it next time. You need to hold the stimulator in this position for the procedure duration (8-10 minutes).

If you feel comfortable enough you can leave the stimulator in its position inside the rectum while having a sexual intercourse.

7.3. For Women:

7.3.1 A woman need to lie on her back and spread the hips. Electric Stimulator capsule needs to be carefully inserted into the vagina following the lower wall of the vagina until it stops. After that you can straighten your legs or lay on your side. Electric Stimulator starts working automatically when it comes in contact with vaginal mucous. You will feel tingling, pushes and waves and other unusual for you sensations. Duration of the session is 10-15 minutes, each next session should be prolonged by 5 minutes until you reach 25-30 minutes sessions.

7.3.2 The therapy course consists of 10-15 procedures done every other day or daily – one per day. You can do therapy courses ever 3 to 4 month, 2-3 times per year.

For both men and women.

After the procedure is over, gently take the stimulator out and thoroughly wash it under warm water using disinfecting soap. Disinfect it by wiping it down two times with 15 minutes intervals, with 6% hydrogen peroxide solution. Wipe it dry then and put it back in its box. Note that wet stimulator continues to work, draining its battery, so make sure it is dry.

8. Care

Before using the stimulator inspect it visually to make sure it's not broken, that it doesn't have any holes in it or any mechanical damage.

Before using the stimulator for the first time thoroughly wash it under warm water using disinfecting soap or disinfect it by wiping it down two times with 15 minutes intervals, with 6% hydrogen peroxide solution. Wipe it dry with clean flannel cloth.

Check if stimulator is in working order every time before using it, use LED light method described above.

9. Warranty.

Manufactures backs the PPM1000 electric stimulator for two years from its build date until first use.

Usual working range is 70 hours.

During the warranty period manufacturer replaces any stimulator that doesn't work during the pre sale inspection.

Damaged stimulators will not be covered.

Warranty period starts on the date the stimulator was built.

Electric stimulator is good for use until the indicator LED light is working.

For replacements contact the distributor who sold you the stimulator.

PPM1000. Portable Electric Stimulator Instruction Manual.

Introduction

In this manual you will find information about treating a whole range of illnesses of the small pelvic area organs for both men and women. PPM1000 electric stimulator is designed for treating illnesses like chronic prostatitis, congestive prostatitis, sexual dysfunction in men, irregular periods, inflammatory disease of internal sex organs, infertility and more in women.

This instruction manual was written for trained medical professionals working in the field and it also can be helpful and useful for those users without medical training because it contains description of different therapy methods and treatment techniques.

Psychologically correct approach is crucial while working with the patients because of sensitive nature of their health problems.

Chapter 1

Description and technical specifications.

PPM1000 is a portable autonomous electric stimulator with attached tube and a handle for convenient use in rectal and vaginal areas.

The capsule of the stimulator consists of two hemispherical metal caps mounted on dielectric electrode. Tube is attached to one of the caps. Inside the capsule there are three batteries and generator chip emitting loads of 100-400 Ohm and electric rectangular impulses with following parameters:

- Amplitude of voltage – 3-4 v
- Impulse duration – 6 ms
- Impulse period – 24 ms
- Duration of one pack of impulses – 380 ms
- Impulse packs period – 3 sec
- Minimum guaranteed work time – no less than 75 hours of continuous operation.

Before each use check the stimulator's working condition. To do that take the stimulator out of its box, take out the LED indicator light and spread its legs 6-8mm apart. Press LED's legs to the caps of the capsule with your fingers and hold for about 10 seconds. Then change polarity by changing place of LED's legs and repeat. In one of the positions LED will light up every 3 seconds which tells you that device is working. If LED light is not flashing in any position that means that stimulator is not functioning.

PPM1000 electric stimulator turns on automatically when it comes in contact with mucus inside rectum or vagina. Stimulator does not work when it's dry so it won't drain its batteries.

Impulses with specs shown above originate from electrode-caps and they influence the muscles they come in contact with and also nerve endings and spinal nerve bundles. Impulse period is specifically optimized for muscle tissue of the human.

Universal method of healing.

When PPM1000's electrodes come in contact with mucus inside the rectum or vagina the stimulator turns itself on and starts emitting specifically designed impulses. When pathological changes to organs and systems are present these impulses can jump start the self regulation process. The effect mostly goes to muscle tissue of the organs. These impulses help restore blood circulation and improve organs' activity levels, organs in their turn eject unneeded liquids and substances normalizing their functions. Next important effect of the therapy is greatly improved blood flow in the affected organs. Everything starts healing and normalizing its functions. Testosterone is being produced acting fast to normalize hormones. This way stimulator always influences the affected organ, reducing inflammation and other symptoms.

Electric Impulses have pain relieving effect, which in turn improves reparative effect. Improved blood circulation and stimulation of nerve endings and nerve bundles leads to improved or even restored erection, improved sexual function among men and women.

PPM1000 is perfectly suited for use in andrology and gynecology areas.

Chapter 2.

Use of PPM1000 in andrology practice.

Inflammation of the prostate (prostatitis) is the most common urological illness. It occurs in 70% of men age 35-45.

Due to this finding a good, effective therapy and treatment method of chronic prostatitis is a very important matter for many men in their most active and fertile age. Lately there has been a sharp increase of overlooked cases of prostatitis because many men delay a visit to the doctor's office at all costs. Symptoms of this illness are quite various. Most of the time chronic prostatitis develops without being noticed. At the beginning a patient notices a little diminished sexual function and feels a little dissatisfied with his sexual life. First serious and very noticeable symptoms are diminished pressure of the urine stream, frequent urges to urinate during the day and night, sudden, imperative urges to urinate. Feeling of pain in the perineum area while ejaculating (increase or decrease of pain is possible after the ejaculation). Gradually the whole prostate is being affected and patient observes sharp decline in potency and complications such as infertility.

Pathogenesis of the illness is based on formation of a vicious circle. Prostate is located in the anatomically complicated area with constant venous stagnation, which leads to decreased tissue immunity, which leads to infection and inflammation. Inflammation disrupts natural prostate cleansing and as a result it overfills with its own byproducts disrupting prostate's microcirculation and contracting functions. This in turn creates grounds to further prostate infection, affecting more and more parts of the prostate. By the time the whole process is in the chronic inflammatory state, the original infectious agent stops playing its role. Even if removed or destroyed the inflammation of the prostate will persist.

This means that killing the infection will not cure the problem, it will only lead to short term remission with following reactivation of the process on the whole new level. The key aspect of prostatitis treatment is not in treating the infection it is in normalizing natural prostate cleansing with simultaneous improvement of microcirculation and improvement of pelvic muscles activity.

These methods require a certain technique that will combine all these effects and right now the only technique capable of that is electronic stimulation.

According to the medical literature electric current was first used to treat male sexual health problems back in 1899 by Dr. Elbott. Later in 1916 Dr. Klemner's work reported about specific

research on influence of the electric current while treating male “sexual weakness”. Lately similar electro stimulation methods affecting reflexology zones and erection and ejaculation centers have found find range of application in prostatitis treatment.

Main disadvantage of all known devices is that they are expensive, quite bulky, often require invasive methods and can only be used by doctors and in medical establishments. Taking into account the unwillingness of patients to be hospitalized and their willingness to perform these procedures at home the need of the simple, easy to use, non invasive stimulator is obvious. PPM1000 portable electric stimulator can be used by both doctors and patients in the comfort of their homes. It is safe and easy to use and complies with all demands.

We should note however that you need to consult your doctor first before using this device.

Uses for PPM1000 electric stimulator.

- a). Chronic prostatitis in the moderate stage or in the stage of remission.
- b). Sexual dysfunction caused by chronic prostatitis or on its own:
 - diminished erection
 - inability to maintain an erection during intercourse
 - reduced length of sexual intercourse
 - problems or lack of ejaculation
 - lack of pleasant, emotionally strong sensations during orgasm

Warnings.

- Stimulator should not be used on patients with electronic heart implants (pacemakers).
- Severe case of hemorrhoids
- Severe case of prostatitis, severe chronic prostatitis
- Benign adenoma of the prostate, malignant formation in the urinary and sexual system
- Severe problems with urination
- Age of more than 60.
- Individual intolerance

Method of use of PPM1000 electric stimulator in andrology practice.

In this case PPM1000 stimulator is used rectally.

1. Before using the PPM1000 electric stimulator thoroughly wash your hands and dry them.
2. Remove the stimulator and LED indicator light from the packaging as shown on Pic 1.
3. Check if stimulator is in working order. To do that take the stimulator out its box, take out the LED indicator light and spread its legs 6-8mm apart. Press LED's legs to the caps of the capsule with your fingers and hold for about 10 seconds as shown on the Pic 2. Then change polarity by changing place of LED's legs and repeat. In one of the positions LED will light up every 3 seconds which tells you that device is working. If LED light is not flashing in any position that means that stimulator is not functioning and cannot be used.
4. Lubricate the capsule of the electric stimulator with olive oil (corn oil, grape seed oil any vegetable oil found in your household will do fine). While lying on the left side, in fetal position with your knees pressed against your chest gently and smoothly insert the capsule into your rectal passage 5 to 8 cm deep in order for the capsule to reach the

- prostate area. This stimulator is designed in the way that allows little room for error and allows you to find the right spot (near the prostate) quickly.
5. Stimulation begins automatically when device's electrodes come in contact with mucus from your rectum. If stimulator is positioned correctly you will feel rectum muscles, perineum muscles, pubic muscles and muscles along the urinary tract contracting. If you don't feel any muscle contractions that means that stimulator is not positioned correctly. Adjust its position until you start feeling those contractions. Once you've found the spot it will be easy for you to locate it next time. You need to hold the stimulator in this position for the procedure duration (8-10 minutes). You might feel some activity in your bowels as well.
 6. The duration of the procedure is 8 to 10 minutes. They are performed daily or every other day. The course consists of 10-15 procedures. Treatment should be repeated in 3-4 months. You can have 2-3 courses a year.
 7. PPM1000 can be used as a device to immediately improve or cause an erection right before the sexual intercourse. The stimulator is inserted into the rectum right before the intercourse and held there. It is allowed to keep it there during the whole intercourse as it will not cause any problems to both partners. Positive effect in the way of erection comes after just several minutes of stimulation, see Pic 4. After 3 to 5 procedures like that patient should notice that his erectile function is restored or improved which will allow 2-3 week brake from these procedures.

Please keep in mind that using the stimulator too often or for too long is not allowed!

8. After use, take the stimulator out and thoroughly wash it with warm water and soap. Dry it and disinfect it with 70% rubbing alcohol or any other disinfectant. Make sure it is dry before putting it back to its case.

Attention! Wet stimulator continues to emit impulses thus draining the battery.

Therapeutic Effect.

As a result of using PPM1000 patients note following results: Overall condition improvement (86%), pain relieve (81%), improvement with the urination process (76%), sexual function improvement (81%), increased libido (62%), good erection (71%), sexual intercourse duration time normalization (76%).

Prostate checks reveal that 76% of the patients experience significant improvement of prostate tone and decrease of painful sensations.

Tests show improved sperm count (67%) and quality of sperm (76%) (percentage of active, healthy spermatozoids).

Ultrasound prostate inspection revealed decrease in prostate size in 61% of the cases due to improved drainage function.

Further tests (after 1 to 6 month) showed strong remission among patients during that time.

Conclusion

Use of the PPM1000 electric stimulator to treat chronic prostatitis, infertility, sexual and erectile dysfunctions in men is very effective and leads to conclusion that:

1. PPM1000 has pain relieving ability resulting from electric impulses it emits.
2. Stimulator improves metabolism, causes anti-inflammatory effect which helps reparative processes.

3. Majority of patients experience significant improvements with erection, sexual activity, reproductive function which leads to better relationships between partners.
4. Using portable electric stimulator PPM1000 is safe, easy and affordable to majority of patients.

Use of PPM1000 portable electric stimulator in gynecology.

Electric stimulation of female sex organs can be used to treat a whole range of female sexual illnesses and dysfunctions such as irregular periods, inflammatory illnesses of internal sex organs, infertility and more. Positive changes occur due to several qualities of electro stimulation – direct influence to vaginal and cervical muscles and indirect influence to brain and spinal cord. Periodic electric impulses cause vaginal and cervical muscles contractions which lead to improved blood circulation, better drainage of byproducts, drainage of stale blood, restored nervous conductivity. Due to these improvements the pain syndrome that follows majority of sexual organs illnesses goes away or greatly diminishes and vaginal and cervical muscles receive better nourishment. Also, stimulation of the vaginal nerve endings and bundles leads to stimulation of the brain which in turn leads to ovary function normalization.

Up until now there were several devices for vaginal electric stimulation but their drawbacks are that they are expensive, bulky and can only be used in medical establishments and under constant doctor supervision. PPM1000 is compact, portable electric stimulator that doesn't have these drawbacks and can be easily used in the comfort of ones home just as well as in a medical office.

Uses of the PPM1000 electric stimulator on gynecology.

Irregular period due to ovary dysfunction.
Functional infertility. (Infertility caused by ovary dysfunction).
Recovering after cervical surgery.
Sexual dysfunction.
Uterine prolapse

Warnings.

Severe inflammatory diseases of women sex organs.
Hormone dependant diseases of women sexual system.
Malignant diseases of women sex organs.
Non healed stitches, wounds, sores, cracks inside the vagina.
Central sexual dysfunction.
Do not use if pregnant. There is a great risk of self induced abortion on early stages of pregnancy.

Methodology of using the PPM1000 electric stimulator in gynecology.

1. Before using the PPM1000 electric stimulator thoroughly wash your hands and dry them.
2. Remove the stimulator and LED indicator light from the packaging.
Check if stimulator is in working order. To do that take the stimulator out its box, take out the LED indicator light and spread its legs 6-8mm apart. Press LED's legs to the caps of the capsule with your fingers and hold for about 10 seconds as shown on the Pic 2. Then change polarity by changing place of LED's legs and repeat. In one of the positions LED will light

up every 3 seconds which tells you that device is working. If LED light is not flashing in any position that means that stimulator is not functioning and cannot be used.

3. Lubricate the capsule of the electric stimulator with olive oil (corn oil, grape seed oil any vegetable oil found in your household will do fine) or you can use a little bit of Vaseline.
4. Female lays on her back and spreads her hips. Electric Stimulator capsule needs to be carefully inserted into the vagina following the lower wall of the vagina until it stops. After that you can straighten your legs or lay on your side.
5. Electric Stimulator starts working automatically when it comes in contact with vaginal mucus. You will feel tingling, pushes and waves and other unusual for you sensations. Duration of the session is 10-15 minutes, each next session should be prolonged by 5 minutes until you reach 25-30 minutes sessions.
6. After procedure is over, gently take the stimulator out and thoroughly wash it under warm water using regular soap. Disinfect it by wiping it down two times with 15 minutes intervals, with 6% hydrogen peroxide solution. Wipe it dry then and put it back in its box. Note that wet stimulator continues to work, draining its battery, so make sure it is dry.

Different applications of PPM1000 in gynecology and results.

1. Menstrual cycle disruption due to ovarian dysfunction.

Effects: Stimulating the rear vaginal wall causes activation of the brain centers responsible for controlling the sexual hormones production in ovaries, improves blood circulation in ovaries.

Specific methodological peculiarities:

Therapy begins after menstrual period is over and continues until 14-15th day of menstrual cycle (ovulation time). Use of the stimulator allowed for 4-6 month. Ultrasound control for menstrual cycle and ovulation is highly recommended as well as making a graph of rectal temperature (take rectal temperature early in the morning before getting out of bed). Effectiveness rate is more than 60%.

2. Functional infertility.

Effects: Improved blood circulation in female sex organs, activation of the fallopian tubes, normalization of the sex hormones production and ovulation.

Specific methodological peculiarities:

Therapy begins after menstrual period is over and continues until 20-21st day of menstrual cycle from the day menstrual bleeding begins. (14-15 days until ovulation and 4 more days egg travel time). Effectiveness rate is 40-50%.

3. Recovery after uterine surgery.

Effects: Pain relive, anti edema effect, anti inflammatory effect, restoring of the uterine function, infertility prevention.

Specific methodological peculiarities:

Therapy may begin from 5th to 10th day to 6 month after surgery. Therapy begins after period is over and continues until 20-21st day of menstrual cycle form the day when menstrual bleeding begins. (14-15 days until ovulation and 4 more days egg travel time).

Recommended after laparotomy and laparoscopy surgery for:

- Ectopic Pregnancy
- Fallopian tube reconstruction
- Uterine reconstruction

Effectiveness rate is 80 – 86%.

4. Sexual Dysfunction (Hypoactive Sexual Desire Disorder (HSDD)).

Quality of the sexual intercourse in females is determined by 3 components. Psychological component which is connected to the brain core is responsible for the correct aim of sexual desire. Second component is hormone production and distribution. Third component is female sex organs. PPM1000 influences all these components especially the third one, sex organs. Dysfunctions are possible because of the anatomic damages or changes, both inflicted and inborn, disappearance of the orgasm or lack of sensations after trauma, surgery, labor (often after complicated labor with big fetus, quick labor, episiotomy, tears and such), painful sensations during intercourse or gynecologist check ups (due to chronic inflammatory diseases of female sex organs), scarring of sensitive tissue which leads to diminished sensitivity, pelvic and perineum muscle weakness, cervical prolapse. Blood circulation disruption occurs which leads to nerves sensitivity disruptions. Electric impulses during therapy cause muscles to contract and it works similar to vaginal massage only better.

Effects: Improved blood circulation, restored nervous conductivity, anti inflammatory, pain relive, increased tissue sensitivity.

Specific methodological peculiarities:

For this procedure it is very important to create a relaxed, comfortable environment for a woman. A woman has to be able to relax, she must not be disturbed by phone calls or something else, quiet pleasant music and dim lights are helpful.

Therapy is being done by the same method described above, but it is recommended to stimulate a zone on the back wall of the vagina located 2-3 cm from vagina entrance (very sensitive zone in females). It is also recommended for a patient to find zones stimulation of which causes the most pleasurable sensation and work on them too, individually or with a doctor. Stimulation right before the sexual intercourse is also possible and can work as “get in the mood procedure”.

Uses.

- Genital infantilism
- Total lack of orgasm, diminished sexual sensitivity after trauma, surgery, difficult labor
- Painfulness during intercourse or gynecologist check ups caused by inflammatory diseases
- Scarring of sensitive tissue
- Pelvic, perennial, vaginal muscle weakness. Vaginal, cervical prolapse.
- Vaginismus

Effectiveness rate is 65 – 70%

Some women might experience odd, uncomfortable sensations during therapy due to the way this stimulator works and individual higher levels of sensitivity. These sensations include burning, itching, painful muscle contractions. If these sensations occur, immediately remove the

stimulator from vagina and stop the procedure. If these symptoms continue use of PPM1000 stimulator is only allowed after consultation with gynecologist and under doctor's supervision.

It is very important to feel relaxed and positive towards the therapy. Right mood is crucial. Try to engage in this therapy in the most comfortable surroundings possible. If you are a doctor try to create safe, comfortable environment for each of your patients while working with PPM1000.