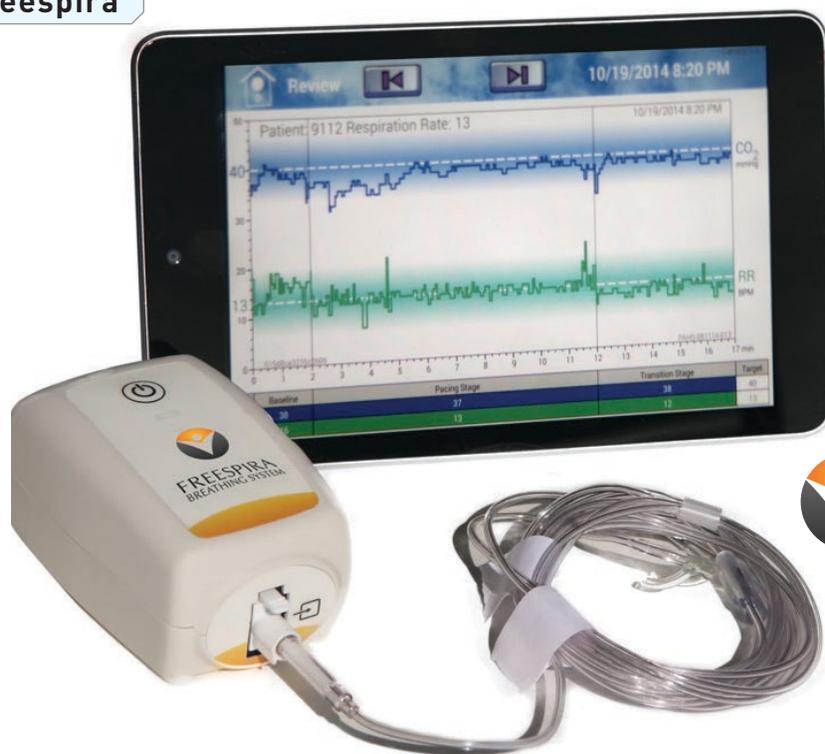


# What's True?

## Freepira



 **FREESPIRA**  
BREATHING SYSTEM

Freepira is intended for use as a treatment for the reduction of stress by leading the user through guided and monitored breathing exercises. The device is indicated as a treatment of symptoms associated with panic disorder, to be used under the direction of a healthcare professional, together with other pharmacological and/or non-pharmacological interventions.

Freepira provides biofeedback based respiratory training to patients with panic disorder. It is intended to train the patient to control their respiratory rate and end-tidal CO<sub>2</sub> levels, which may allow the patient to alleviate abnormal breathing and therefore stress associated with panic attacks. It provides the user with a series of tone-guided breathing exercises and an awareness of his or her physiological data to teach the patient to regulate their end-tidal CO<sub>2</sub> (EtCO<sub>2</sub>) and respiratory rate (RR).

The user's physiological data display allows the patient to see 1) the actual rate of their breathing and 2) how changes in breathing mechanics (depth and volume) affect EtCO<sub>2</sub> levels. Freepira consists of a biofeedback training software program (mobile app) and an EtCO<sub>2</sub> sensor (capnometer) used with a nasal cannula. The mobile app guides the user through an exercise and displays physiological data, while the sensor collects physiological data and feeds it to the mobile application for biofeedback. The patient's EtCO<sub>2</sub> levels and RR are relayed from the capnometer to the mobile application via Bluetooth and are displayed on a tablet device, through the mobile application.

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Clinician Reports asked independent practitioners to review Freespira. Freespira was tested against 7 key criteria, and each was graded on an A+ through F scale.



**Kimberly Morrow,**  
LCSW

"Freespira is an easy to use system that will help retrain your brain to breathe in a way that will help prevent panic attacks and decrease anxiety. It is a system that can be used alone but has even more benefits in conjunction with cognitive behavioral therapy. This system is simple to teach and your client's data is easy to retrieve which helps you follow their progress. Every one of my clients that has used Freespira has seen benefits after using this system."

Efficacy	Easy to learn	Easy to train my patients	Patient compliance	Patient satisfaction	Product support	Easy to integrate into my practice	OVERALL FINAL GRADE
<b>B</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>A-</b>



**Neal Sideman**  
Co-Chair of the  
ADAA Public  
Education Committee

"The biofeedback training takes 17 minutes, twice-a-day, for 4 weeks. I've been following the research on this approach for 14 years, and top people in the field have been in the forefront. Recent clinical trials show that after 4 weeks, over 80% show substantial reduction in panic symptoms, and about 50% no longer meet criteria for panic disorder. In my opinion, Freespira is compatible with both CBT and medication, and is also highly effective as a standalone treatment. I find it easy to teach my clients how to use Freespira, and the customer support is outstanding."

Efficacy	Easy to learn	Easy to train my patients	Patient compliance	Patient satisfaction	Product support	Easy to integrate into my practice	OVERALL FINAL GRADE
<b>A</b>	<b>A+</b>	<b>A+</b>	<b>A</b>	<b>A</b>	<b>A+</b>	<b>A+</b>	<b>A</b>



**Sandra Carusa,**  
Ph.D.

"Some of the positives are that Freespira is backed up by good research, it is a great biofeedback system (wish it monitored more physiological anxiety indicators), even patients with cognitive difficulties can learn to use the system. Unfortunately, I have not had a straight panic patient without other anxiety disorders or complications since I have been using Freespira. With the patients that have used the device I have had great compliance and I have seen a global reduction in anxiety. With the majority of patients I can see more of a difference than the patient's see in themselves. That being said I believe the patient satisfaction is high. Freespira professional support had been great and I like that I am removed from the patient payment aspect of Freespira. The cost has kept some patients from choosing Freespira."

Efficacy	Easy to learn	Easy to train my patients	Patient compliance	Patient satisfaction	Product support	Easy to integrate into my practice	OVERALL FINAL GRADE
<b>B</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>A-</b>



**Veronika Gold,**  
MFT

"The System teaches you how to breathe in a way that reduces symptoms of anxiety and panic attacks in as little as two to four weeks. The System uses a sensor that measures the CO2 levels in your exhaled breath and transmits the data into an application on a tablet and you use this biofeedback to adjust your breathing pattern. My clients have benefited greatly from using the Freespira Breathing System."

Efficacy	Easy to learn	Easy to train my patients	Patient compliance	Patient satisfaction	Product support	Easy to integrate into my practice	OVERALL FINAL GRADE
<b>A+</b>	<b>A+</b>	<b>A+</b>	<b>A-</b>	<b>A</b>	<b>A+</b>	<b>A+</b>	<b>A+</b>



**Debra Kissen,**  
Ph.D., M.H.S.A.

"This tool is very helpful in addition to traditional CBT for panic disorder. It is much more effective than trying to offer breathing retraining to clients minus biofeedback."

Efficacy	Easy to learn	Easy to train my patients	Patient compliance	Patient satisfaction	Product support	Easy to integrate into my practice	OVERALL FINAL GRADE
<b>B+</b>	<b>B+</b>	<b>A-</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A-</b>



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