

TheraSpecs Press Summary & References

Press Contact:

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TheraSpecs Treatment Summary

- Reduce migraine frequency
- Filter out the harmful part of fluorescent light
- Relieve painful sensitivity to light
- Prevent headaches and eye strain
- A study of the tint used in TheraSpecs showed migraine frequency going from an average of 6.2 to 1.6 attacks per month – more than a 74% reduction

Fluorescent Lights Information

- Fluorescent lights flicker faster than people can see consciously
- The brain can still pick up that flicker unconsciously
- In some people, this flicker can cause headaches, eye strain, nausea, and trigger migraine attacks
- This flicker is concentrated in certain wavelengths (colors) of light
- TheraSpecs filter the wavelengths of light with the most flicker, preventing the symptoms the flicker can cause

Photophobia Information

- Photophobia is a condition caused by migraine and many other conditions where even light at normal intensity becomes painful
- Some wavelengths (colors) of light cause more pain than others
- TheraSpecs filter the most painful wavelengths, providing relief without dark lenses

TheraSpecs Design Information

- Beyond the tint, TheraSpecs are therapeutic in multiple ways
 - Their wrap design blocks light from the sides and prevents painful reflections from behind—without cutting off peripheral vision
 - Their lenses are made of CR-39, the same material used in most prescription eyeglasses for clarity
 - Their frames are made of a lightweight nylon with flexible earpieces to minimize pressure on an already-sensitive head

Background Story

- TheraSpecs were created out of a personal need for migraine relief
- Created by Hart Shafer for his wife Kerrie
- Kerrie suffers from chronic daily headache and frequent severe migraines
- Kerrie has been blogging about her experience at www.thedailyheadache.com
- The full background story is at www.theraspecs.com/background/

Statistics references:

<http://www.who.int/mediacentre/factsheets/fs277/en/>

http://www.who.int/healthinfo/statistics/bod_migraine.pdf

<http://www.sciencedaily.com/releases/2008/11/081103090845.htm>

Research references:

<http://www.ncbi.nlm.nih.gov/pubmed/1960058>

<http://www.ncbi.nlm.nih.gov/pubmed/2062542>

<http://www.ncbi.nlm.nih.gov/pubmed/20062053>

<http://lrt.sagepub.com/content/21/1/11.abstract>

<http://www.ncbi.nlm.nih.gov/pubmed/19410958>

User Quotes

Sue I., Thunder Bay, Ontario

The bright fluorescent lighting in stores and hospitals normally makes my head explode within the first few minutes - which is why I tend to make quick runs in and out. With TheraSpecs I can take my time! It was as if everything looked clearer and any bit of automatic squinting I was doing was completely gone. I honestly found TheraSpecs make a huge difference. I'd even say they were life changing for me!

Julie P., Franklin, TN

I popped my TheraSpecs on and the first word that came out of my mouth was "ahhhh!" Light has always been a big trigger for me and I can tell TheraSpecs are reducing my attacks. Being drug-free makes them an especially welcome migraine treatment. TheraSpecs are a small miracle for this chronic migraineur!