

## **TheraSpecs Press Summary**



### **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

### **TheraSpecs Design Information**

- Beyond the tint, TheraSpecs are therapeutic in multiple ways
  - Their design blocks light from the sides and top as well as preventing painful reflections from behind—without cutting off peripheral vision
  - Their frames are made of a lightweight nylon with flexible earpieces to minimize pressure on already-sensitive heads

### **Photophobia Information**

- Photophobia is a condition caused by migraine and other conditions where even normal light seems painfully bright
- Some wavelengths (colors) of light cause more pain than others
- TheraSpecs filter the most painful wavelengths, providing relief without dark lenses
- Dark sunglasses indoors can cause the pupils to dilate, increasing light sensitivity. Indoor TheraSpecs are not as dark so they do not cause the same response.

### **Medication Issues**

- The most common migraine treatments are all prescription drugs
- Medication overuse headache worsens an estimated 60% of chronic headache sufferers pain
- Many migraine drugs list *headache as a possible side effect*
- TheraSpecs have no risk of side effects or overuse headache
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### **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](http://www.thedailyheadache.com)
- The full background story is at [www.theraspecs.com/background/](http://www.theraspecs.com/background/)

## References

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## Patient 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 migraines. They are an especially welcome treatment because they are drug-free. TheraSpecs are a small miracle for this chronic migraineur!*

Additional quotes at:

<https://www.theraspecs.com/kudos/>