



SHA Wellnesss Clinic introduces

off-label Transcranial Current Stimulation treatment to its Cognitive Unit

For immediate release – Madrid, Spain. The SHA Wellness Clinic in Spain has just added an off-label innovative and non-invasive cognitive stimulation therapy, transcranial current stimulation, to its Cognitive Unit led by Dr. Bruno Ribeiro. The aim of this brand new and innovative therapy--developed and investigated at Harvard University--is to analyse, diagnose and treat neurological disorders such as depression, chronic pain, sleep disorders, strokes, as well as addictions amongst others.

SHA Wellness Clinic's Cognitive Unit relies on the latest advances in neuroscience and revolutionary technology. Numerous clinical studies have shown that brain cognitive functions can be modulated by applying a light electric pinch to the brain. This type of brain stimulation is called Transcranial Current Stimulation.

Transcranial Current Stimulation consists in the application of current directly to the select area of the brain through negative-positive electrodes (tDCS), with which the brain increases or decreases its activity depending on the treatment. It is possible to apply current at a specific frequency coupled to the oscillatory potentials of the brain (tACS), as is done in an electroencephalography. It is a painless therapy that does not cause damage to the brain.

"We are so proud to be able to offer the latest in advanced cognitive stimulation therapy at SHA. So many of our guests are always seeking out ways to improve their cognitive stimulation and ways to evaluate their brain's bioelectrical activity so to enhance their day to day lives, and personal and professional performance", Dr. Bruno Ribeiro, Head of Cognitive Development and Brain Stimulation unit at SHA Wellness Clinic.

This comfortable and wireless transcranial helmet is equipped with Bluetooth and up to 39 electrodes that read and modulate brain activity in real time in a simple manner. With two modes of operation, the technology works as an electroencephalogram that records and evaluates in real time the brain's bioelectrical activity in resting conditions. This modality allows for treating, for example, cases of epilepsy, addiction and sleep disorders.

In the neuromodulation mode, it induces soft current discharges in the brain tissue, thus stimulating the cortical area of the brain to very deep levels. This benefits the rehabilitation of patients with neurological traumas such as stroke, or to increase the cognitive performance of patients without health problems such as those training for marathons, for example.

The main objective of this therapy is to treat diseases such as dyslexia, depression, sleep disorders, epilepsy or addictions. Other neurodegenerative diseases can also be treated in those patients who have suffered stroke thanks to the improvement of cortical plasticity.

Patients under normal conditions of health can improve their cognitive abilities from the first session. It is recommended to complement the treatment with other existing ones found at the SHA Wellness Clinic.