



Alliant International University Uses Lifeshirt® From VivoMetrics® To Develop Treatment for Recurrent Abdominal Pain.

VENTURA, Calif. — November 30, 2004 — In a new case study conducted at Kaiser Permanente in San Diego, researchers using the VivoMetrics® LifeShirt, a light weight lycra garment used to monitor respiratory and cardiopulmonary function, have discovered biofeedback techniques that can help treat recurrent abdominal pain (RAP) in children, a condition that affects 10 to 20% of the population.

Conducted by pediatric gastroenterologist, Warren Shapiro, MD, in collaboration with clinical health psychologist, Richard Gevirtz, PhD and doctoral health psychology student, Erik Sowder, MS both of Alliant International University in San Diego, the study involved 36 children ranging in age from seven to eighteen. The primary focus was to examine the use of biofeedback techniques -- a method where people are trained to improve their health by using signals from their own bodies, in this case breathing patterns -- to treat RAP. Some of the children wore the LifeShirt to monitor breathing and heart rate then participated in an average of six biofeedback sessions to slow down their respiratory rate and lower the intensity and frequency of pain associated with RAP. After the six week period researchers used the LifeShirt once more to assess the physiologic changes of the children after the biofeedback sessions. Follow-up data indicated that 56% of children were pain free one month to two years after biofeedback treatment.

Erik Sowder, M.S., BCIAC, the lead researcher of the study explains, "Children often do not realize that breathing can affect their stomach pain. By wearing the LifeShirt the children were able to actually see how the breathing patterns changed how they felt, thereby increasing compliance with the biofeedback techniques we recommended, and motivating them to continue their treatment."

The study began in August of 2003 and complete results of the study will be released in 2006.

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