

# Diamond

Personal pain management unit specifically for the treatment of dysmenorrhoea.



User manual

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## Indications

The “Diamond” unit is indicated for the treatment of simple or primary menstrual pain (dysmenorrhoea) caused by muscle spasms responding to the release of prostaglandins. If there is a question as to the reason for the pain then diagnostic tests and examinations need to be performed to rule out conditions such as endometriosis, fibroids or pelvic inflammatory disease. The “Diamond” applies a small electric current through two electrode patches placed on the

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lower abdomen. This causes muscles in the uterine area to relax and a calming analgesic effect results.

By reducing menstrual pain, “Diamond” improves the sense of wellbeing and allows normal activity to resume while it is worn.

“Diamond” is safe, non-invasive, it is drug-free, there are no side effects and it can be worn comfortably while engaging in normal activities.

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## Dysmenorrhoea (menstrual pain)

DYSMENORRHOEA is term of Greek origin, which defines the pain during the menstrual period; it can be classified as PRIMARY or SECONDARY.

Primary DYSMENORRHOEA is caused by an excessive “prostaglandin” concentration. The uterus is a muscle and so it is subject to contractions but it needs to have suitable periods of relaxation. When the contractions are too intense or too close together, without sufficient time for relaxation, the blood supply can be compromised. This causes a

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deficiency in the oxygen supply to the muscle tissue resulting in the cramping and pain which are symptoms of dysmenorrhoea.



### Primary DYSMENORRHOEA

Occurs during the entire fertile life of the woman and occurs only during menstruation. Treatment is normally just aimed at alleviating pain symptoms.

**Secondary DYSMENORRHOEA** is caused by a pathological condition of the pelvic region

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(uterus, ovaries or tubes) and occurs not only during the menstrual period.

### Mechanism of action

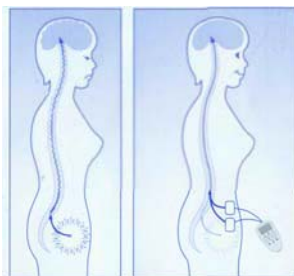
“Diamond” is classified as a medical device for transcutaneous electrical stimulation, commonly called T.E.N.S. The acronym T.E.N.S. Stands for Transcutaneous Electrical Nerve Stimulation.

The “Diamond” stimulates the natural production of endorphins which raise the threshold for pain perception. Endorphins counter chronic pain.

The “Diamond” unit, is designed

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specifically for menstrual pain. It uses sequential programmes, with varying modulation, which stimulate endorphin production and also provide a second action, a deep relaxing effect on the stimulated tissue.



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## ⚠️ WARNINGS ⚠️







“Diamond” IS NOT DESIGNED FOR AND SHOULD NOT BE USED TO TREAT PAIN OF UNKNOWN ORIGIN WITHOUT PRIOR MEDICAL DIAGNOSIS. TENS UNITS TREAT ONLY THE PAIN SYMPTOM, THEREFORE IT IS IMPORTANT THAT THE CAUSE SHOULD BE PROPERLY DIAGNOSED BY A DOCTOR, BEFORE BEGINNING THE TREATMENT.

BEFORE USING PLEASE READ THE WARNINGS AND CONTRAINDICATIONS SECTION BELOW, BEFORE THE INSTRUCTIONS.

**Keep the unit away from children.**

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<p style="text-align: center;"><b>CONTRAINDICATIONS</b></p> <p>Do not use "Diamond" in the following circumstances:</p> <ol style="list-style-type: none"> <li>1. During pregnancy</li> <li>2. If you have a heart pacemaker or serious heart rhythm problem</li> <li>3. If you are driving or operating machinery</li> <li>4. If you have experienced any epileptic episodes, consult your doctor before using "Diamond".</li> </ol> <p style="text-align: center;">9</p>	<p><b>In the following areas the electrodes would NOT be placed:</b></p> <ul style="list-style-type: none"> <li>• On the carotid sinuses located at the sides of the neck (where a doctor feels for a pulse)</li> <li>• Over the eyes</li> <li>• On the head</li> <li>• On broken skin or on areas where normal sensation is absent.</li> </ul> <p>IF IN DOUBT CONSULT YOUR DOCTOR.</p> <p style="text-align: center;">10</p>	<p><b>INSTRUCTIONS</b></p> <p>Your "Diamond" unit has been designed to be simple and easy to use yet highly effective. Before use please read all the instructions and ensure that the CONTRAINDICATIONS do not apply to you.</p> <p><b>Check the CONTENTS:</b></p> <p>The "Diamond" packaging should include the following parts:</p> <ul style="list-style-type: none"> <li>1 x "Diamond" unit with attached wires for connecting to the electrodes</li> <li>1 x belt clip support to be attached to the panties</li> </ul> <p style="text-align: center;">11</p>
<p>2 x self adhering electrodes with snap connection</p> <p>2 x support for storing the electrodes</p> <p>1 x battery type CR2032</p> <p>1 x user guide (which you are reading)</p> <p><b>Preparing the "Diamond" unit</b></p> <ol style="list-style-type: none"> <li>1. Remove the unit from the belt clip support.</li> </ol> <p>Remove the battery compartment using the side grips. Do not pull on the small loop. Hold the battery with the top side with</p>  <p style="text-align: center;">12</p>	<ol style="list-style-type: none"> <li>2. the writing uppermost. Push the battery down through the open side of the carrier so that its smooth side rests on the bottom half-moon cut-out on the carrier</li> <li>3. Slide back into the battery compartment, with top of the battery on the side of the screen.</li> <li>4. Connect the electrodes to the wires of the unit</li> <li>5. Separate the electrodes from the backing</li> </ol>  <p style="text-align: center;">13</p>	<ol style="list-style-type: none"> <li>6. Apply the electrodes</li> <li>7. Set the unit as described below</li> </ol>  <p><b>Operation:</b></p> <p>There are 3 push buttons for controlling the "Diamond"</p> <p><b>Left button (▲):</b> Press this key to turn-ON the device. When the device is ON, repeatedly press it to increase the intensity of the electrical current. Turn the current up slowly, wait after each press to feel the effect.</p> <p><b>Right button (▼):</b> Repeatedly press this key to decrease the intensity. To switch-OFF the device, push and hold it for 2 seconds.</p> <p style="text-align: center;">14</p>
<p><b>Central button (M):</b> Every time the unit is switched-ON, the program used in the last session is automatically loaded but the user can change it with the M button. It allows the selection of one of the 6 pre-set programs. When a different program is selected, the stimulation intensity is automatically reset to 0. The LCD display shows the selected program (through a number from 0 to 5) and the level and status of stimulation output (through a 20 segment bar-graph). When the session time ends, the unit will automatically switch-OFF.</p> <p style="text-align: center;">15</p>	<p>When the battery is low, a blinking symbol on the display warns that it should be replaced.</p> <p><b>Recommendations</b></p> <p>All 6 programmes can be used by all women but their comfort varies for different people. However some may be more comfortable than others. It is therefore recommended that several programmes be tried to find the one which is most comfortable at the highest possible current level One wants the highest current that is</p> <p style="text-align: center;">16</p>	<p>still comfortable. Any program should be run through to the end because the parameters consistently change during the session.</p> <p>After the session ends the "Diamond" will switch off.</p> <p>The "Diamond" can be restarted at any time if pain persists or returns. Simply press the Left button to switch on. The last programme used will be ready to use. Simply and press again to increase the current. Do not hold the button down as it increases just a fraction each time it is depressed.</p> <p style="text-align: center;">17</p>

<p><b>Technical features</b></p> <p><b>Output:</b> Single channel</p> <p><b>Output current:</b> Max.110 mA (peak value) across 500 Ohm load.</p> <p><b>Pulse width:</b> From 100 µs to 333 µs with automatic modulation.</p> <p><b>Frequency:</b> From 2.5Hz to 120Hz with automatic modulation.</p> <p><b>Wave shape:</b> Symmetrical Bi-Polar rectangular</p> <p><b>Programmes (Modes):</b> 6 selectable programs. Programs 0, 2 and 4 last 30 min; programs 1, 3 and 5 last 60 min. All programs include many</p> <p style="text-align: center;">18</p>	<p>sequences and sub-sequences. Frequency and pulse width are automatically performed to ensure the best comfort to the patient, during the whole session.</p> <p><b>Display:</b> 14 mm x 24 mm LCD</p> <p><b>Battery:</b> 1 CR2032 button battery</p> <p><b>Dimensions:</b> 38x65.3x9.6 mm</p> <p><b>Electrodes:</b> 2 pre-gelled adhesive snap-connections</p> <p style="text-align: center;">19</p>	<p style="text-align: center;"></p> <p style="text-align: center;"><b>GENERAL PRECAUTIONS</b></p> <ol style="list-style-type: none"> <li>1. Do not immerse the “Diamond” unit in water</li> <li>2. Do not place the “Diamond” unit close to excessive heat</li> <li>3. Use only the specified battery: CR2032. Using any other battery could damage the unit.</li> <li>4. Remove battery if unit is not to be used for a long period of time.</li> <li>5. Do not use the unit while asleep.</li> </ol> <p style="text-align: center;">20</p>
<p>6. Keep the unit away from sources of high magnetic fields such as TV'S, microwave ovens and hi-fi speakers, as these may affect the LCD screen.</p> <p>7. Temperature &amp; Relative Humidity of storage and transportation: - 10c+45c, 8% to 80% R.H.</p> <p style="text-align: center;">21</p>	<p style="text-align: center;"><b>The electrodes</b></p> <p>The electrodes, supplied with your “Diamond” unit, are self-adhesive and can be used several times. Skin must be allowed to breathe, so the pads should be removed periodically, when not in use, the pads should be placed onto the clear plastic shield. The condition of electrodes can affect effectiveness of the unit. When the pads initially lose their adhesive quality, it is possible to reactivate their adhesiveness by applying fine spray of water. Allergic reactions to the</p> <p style="text-align: center;">22</p>	<p>self-adhesive electrodes can occur, when they are hypoallergenic.</p> <ul style="list-style-type: none"> <li>· Do not apply to broken skin</li> <li>· Do not apply a pad to skin that does not have normal sensation. If the skin is numb, stimulation will not be felt and too great an intensity might then be used accidentally.</li> </ul> <p><b>Life of the electrodes:</b> Replace the pads when they lose their adhesive quality in order not to affect the efficiency of the unit.</p> <p style="text-align: center;">23</p>
<p style="text-align: center;">Labeling of the product</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="text-align: center;"><b>Diamond WM-01</b></p> <p style="font-size: small;">Rating: DC 3V Battery: CR2032 Lithium Pain Management Technologies</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div> <p style="text-align: right; font-size: x-small;">0197</p> </div> <p><b>CE marking Statement:</b> The unit is CE marked according to the Directive 93/42/CEE/MDD class IIa.</p> <div style="display: flex; align-items: center; justify-content: center; margin-top: 10px;">  </div> <p>As a medical device ARTG # 161348</p> <p style="text-align: center;">24</p>	<p style="text-align: center;"><b>WARRANTY</b></p> <p style="text-align: center;"><i>In addition to your statutory rights, “PMT” agrees that if any defect in materials or workmanship would appear in this product within one year after the original date of consumer purchase, it will repair or, at its option, replace the product in question free of charge. This applies only if the product has been used for domestic purposes and has not been damaged through misuse, accident or neglect and has not been modified or repaired by anyone other than “PMT”.</i></p> <p>If a defect appears, please check that the article is being used in</p> <p style="text-align: center;">25</p>	<p>accordance with instructions, if so, return it with this warranty and the “PMT” Certificate of Purchase or some other proof of purchase to your nearest “PMT” which stocks this article or similar article as soon as possible.</p> <p>Note: Only our authorized service agents should carry out Repairs of the units. For the technical documents please contact the manufacturer.</p> <p>Batteries and Electrodes are not included within this warranty.</p> <p style="text-align: center;">26</p>

<p>USER's name (write in CAPITALS):      </p> <p>USER's address (write in CAPITALS):      </p> <p>Other USER's data (Phone, Fax, E-Mail):    Tel .....Fax .....Email..... </p> <p>Details on the STORE or VENDOR where the unit was purchased:     Tel Fax Email</p> <p>Description of the defect found or the fault (write in CAPITALS)      </p>	<p><b>Unit type</b>  "Diamond"</p> <p>Serial no.....</p> <p>Date of purchase:  Month:.....Year .....</p> <p>Pain Management Technologies "PMT"  ACN 163 556 563  PMT, PO BOX 11, Carina QLD 4152  <a href="http://www.painmt.com.au">www.painmt.com.au</a>  info@painmt.com.au  Fax 07 3398 8458</p> <p style="text-align: center;">28</p>	<p><b>Information for disposal of the product.</b></p> <p>This symbol indicates that the product (as Electric or Electronic product) must be disposed of separately from normal waste, at the end of its operational lifetime. Please dispose of this product by bringing it to your local collection point or recycling centre for such equipment This will help to protect the environment in which we all live. Such obligation derives from directive 2002/96/CE , opportunely applied by the governments of every country member of the European community. The product contains</p> <p style="text-align: center;">29</p>
<p>parts that can be recovered or eliminated in differentiated way , contributing to the environmental improvement The product contains substances which , if wasted in unsuitable way , can have harmful effects on the environment and the human health. The Producer is available to withdraw the product, at the end of its cycle of life, for an appropriated recovery or elimination. Please contact the "PMT" local distributor , to ask detailed information on the program of collection and recovery for this product</p> <p style="text-align: center;">30</p>		