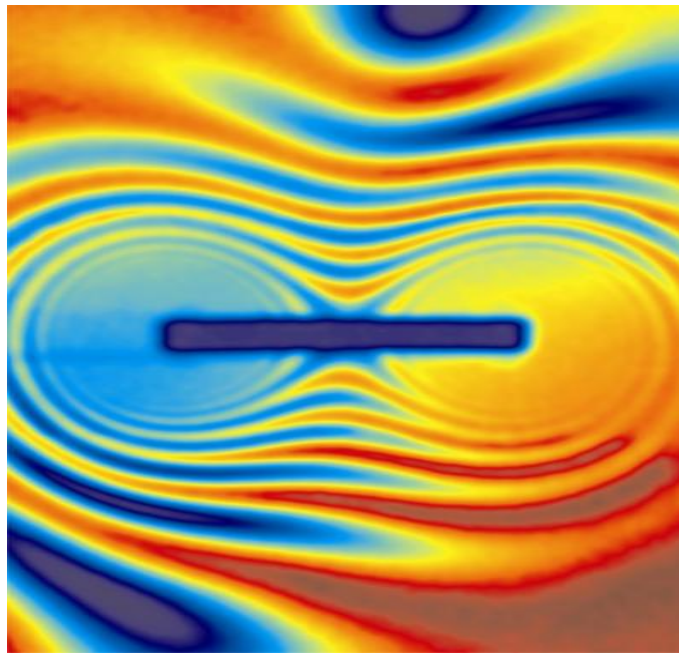


MAGNETS and MENOPAUSE



Dr Nyjon Eccles BSc MBBS MRCP PhD



A Critical Review of Randomized Controlled Trials of Static Magnets for Pain Relief

NYJON K. ECCLES, M.R.C.P., Ph.D.

ABSTRACT

Objective: The aim of this review was to establish whether there is evidence for or against the efficacy of static magnets to produce analgesia.

Methods: A systematic literature review was undertaken of studies that compared the use of static magnets with an appropriate control for the treatment of pain. Study methods, their quality, and outcome were also reviewed.

Results: Overall, 13 of the 21 studies reported a significant analgesic effect due to static magnets. Of the 18 better quality studies with 3 points or more on the quality assessment, 11 were positive and six were negative, and in one there was a non-significant trend towards a positive analgesic effect. In two of the negative studies, there are concerns over adequacy of magnet power for the type of pain, and in the other study of duration of exposure to the magnetic field. If these two studies are excluded on the grounds of inadequate treatment, then 11 out of 15 (73.3%) of the better quality studies demonstrated a positive effect of static magnets in achieving analgesia across a broad range of different types of pain (neuropathic, inflammatory, musculoskeletal, fibromyalgic, rheumatic, and postsurgical).

Conclusions: The weight of evidence from published, well-conducted controlled trials suggests that static magnetic fields are able to induce analgesia.

CONCLUSION

- 73% of better quality studies demonstrate an analgesic effect of static magnets.....across a broad variety of types of pain including neuropathic, inflammatory, musculoskeletal, fibromyalgic, rheumatic and post-surgical pain. None of the studies reported any side effects with magnets.

Kiri



Dysmenorrhoea (Period Pain)

- 40%-70% of women worldwide
- 10% are incapacitated for 1-3 days
- most common reason the women miss work
- most common gynaecological problem
- leading cause of absenteeism for women younger than 30 years
- 600 million lost work hours and \$2 billion in lost productivity on an annual basis

Dysmenorrhoea

- often under-diagnosed and under-treated
- NSAIDs - mainstay of treatment, + oral contraceptive pills when necessary
- 10% of affected women do not respond to these measures
- drug side effects
- lack of physician awareness of the very high rates of prevalence and the substantial morbidity of dysmenorrhoea

OVARY ACTION...

What the hell
do you mean,
"THAT time of
month"?!!?



**Period
pain
affects
men
too!**

MN8

MN8 is a discreet powerful static magnetic device (registered Class 1 medical), which attaches simply but firmly to the underwear over the pelvis





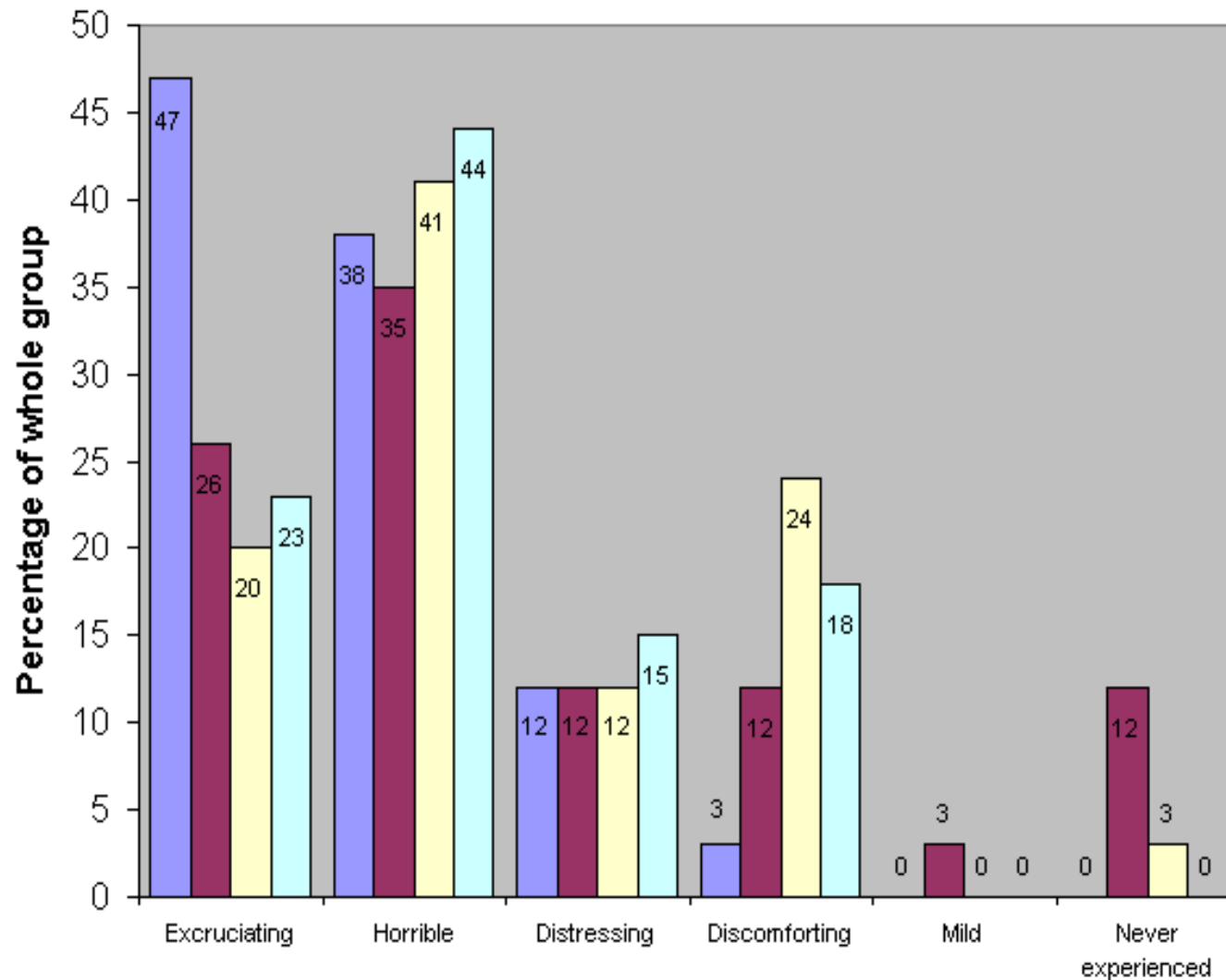
THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE
Volume 11, Number 4, 2005, pp. 681-687
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A Randomized, Double-Blinded, Placebo-Controlled Pilot Study to Investigate the Effectiveness of a Static Magnet to Relieve Dysmenorrhoea

NYJON K. ECCLES, MRCP, Ph.D.

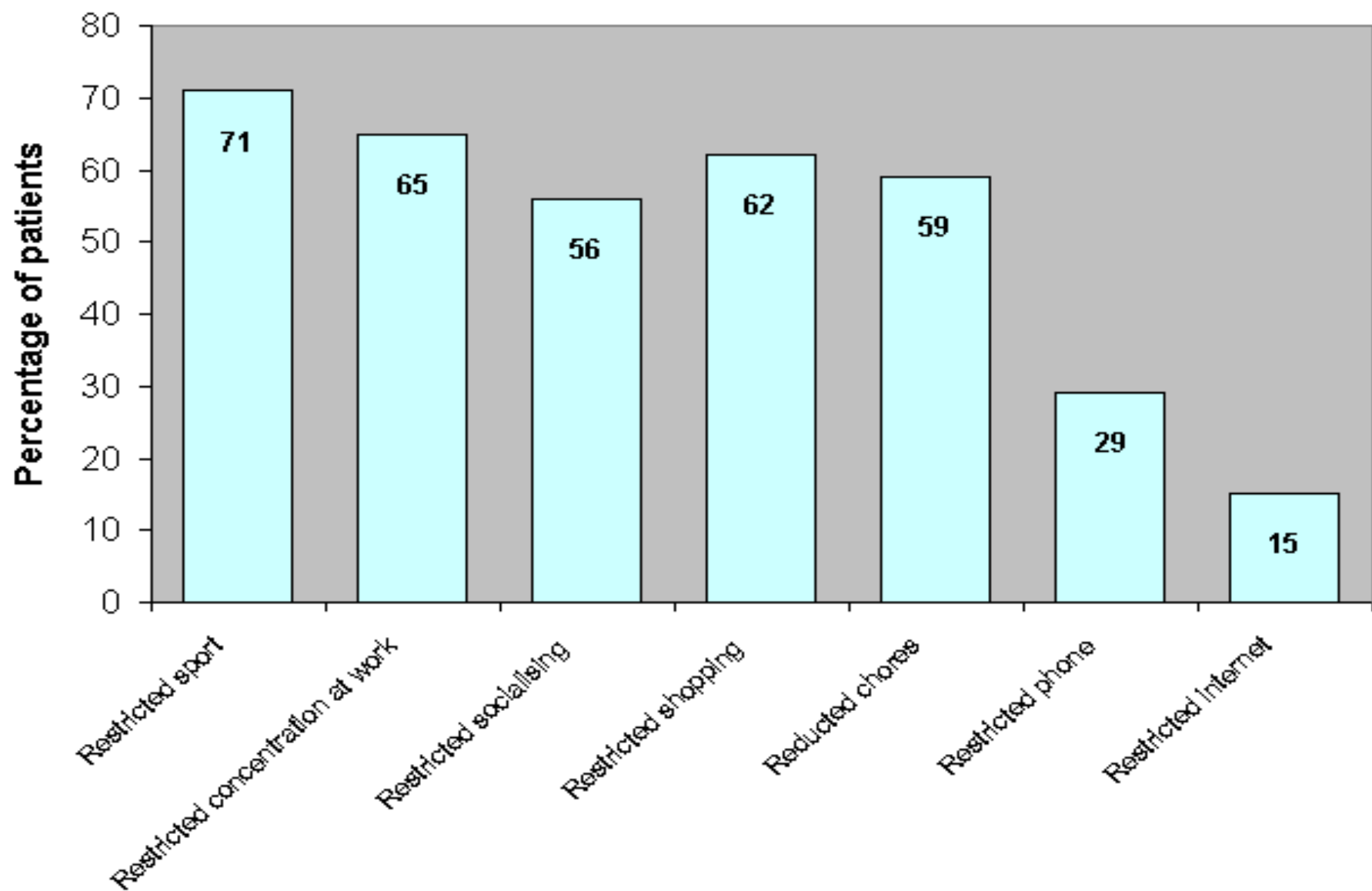
Pain Descriptions

Period pain Toothache Headache Stomachache

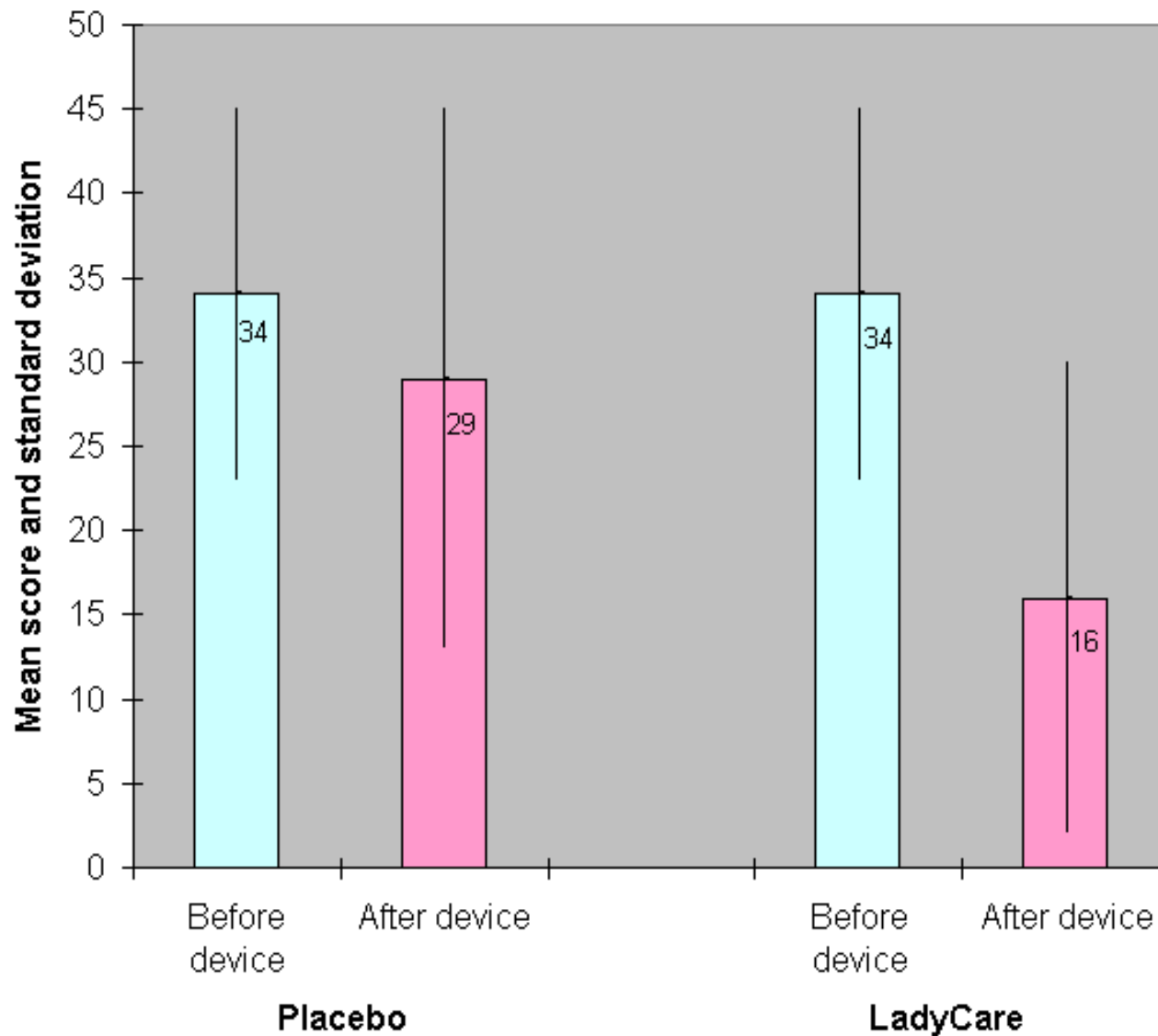


Dysmenorrhoea was rated as one of the severest reported pains suffered by women.

Restricted activities



McGill Pain Scores



There was a significant reduction ($p < 0.02$) in pain in the MN8 group compared to the placebo group.

More Findings

- **70% of the subjects in the MN8 group had at least a 50% reduction in pain**
- **47% of whom had a > 75% reduction in pain**
- 26% obtained complete pain relief with various combinations of conventional therapies.
- 18% of women experienced some side effects after taking painkillers. (dizziness, drowsiness, tiredness, light-headedness, nausea and upset stomach)
- **MN8 – NO SIDE EFFECTS WERE REPORTED**

In addition

- 71% reported a decrease in irritability
- 58% reported a reduction in PMS symptoms
- 54% reported a reduction in water retention and bloating
- 38% noticed a reduction in spots

Long term benefit and safety of MN8?

- Survey of 193 MN8 users
- Primary dysmenorrhoea with an average pain duration of 11.6 years
- Average pain level was 8.2 ± 0.11 on a rating scale of 1-10
- **Statistically significant reduction ($p < 0.0001$) in pain level**
- **Significant reduction consumption of painkillers ($p < 0.0001$)**
- **Significant reduction in irritability ($p < 0.0001$)**
- **Significant reduction in breast tenderness ($p < 0.0001$)**
- **Significant reduction in bloating and water retention ($p < 0.0001$)**
- **Significant reduction in spots ($p < 0.0001$)**
- **Significant ($p < 0.0001$) reduction of 54% in time taken off work**
- **90% of those using MN8 for more than 1 year were still having pain relief**
- **NO LONGTERM USE SIDE EFFECTS OBSERVED**

A survey involving 39 British Police Women



Usually suffer 2 Days+ of monthly pain?

Y 93% / N 7%

Usually use painkillers?

Y 93% / N 7%

Able to reduce painkillers with LadyCare use?

Y 86% / N 14%

LadyCare reduced the normal pain?

Y 93% / N 7%

Benefit felt within an hour?

Y 93% / N 7%

Improved concentration during use?

Y 71% / N 29%

•Most importantly 100% did NOT take time off work.

It is worth noting that UK Police should NOT take drugs in particular those that drive, handle firearms or dog handlers.



Recommended

SOURCE: British Association Of Women's Police

How does it work?

See later

The Menopause



Carol found her own way
of coping with the hot
flushes



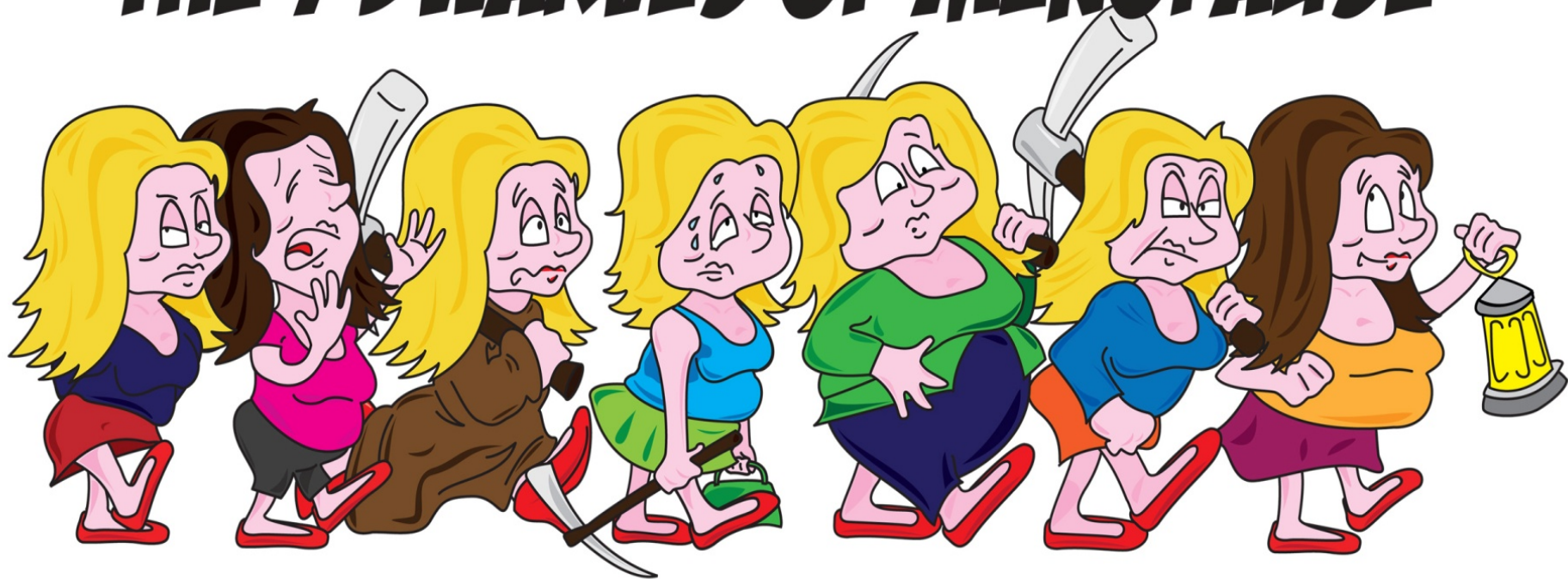


About Menopause

- Menopause can be a challenging stage of life. Hot flushes are associated with a decreased quality of life (Groeneveld et al, 1996) and are a primary reason that midlife women seek medical care (Anderson et al, 1987).
- **80 %** of menopausal, post-menopausal or surgically-menopausal women reported having some symptoms of menopause
- the most common were: hot flashes (72%), irregular periods (50%), emotional responses (49%), changes in sexual relationship (31%)



THE 7 DWARVES OF MENOPAUSE



BITCHY, SLEEPY, ITCHY, SWEATY, BLOATED, MOODY & FORGETFUL



1	Hot flashes
2	Heart palpitations (feeling your heart racing)
3	Irritability
4	Mood swings, sudden tears
5	Loss of libido, sex drive
6	Anxiety
7	Marked fatigue
8	Feelings of doom, dread
9	Vaginal dryness
10	Inability to concentrate
11	Trouble sleeping
12	Urinary incontinence upon sneezing, laughing
13	Itchy, crawly skin
14	Sudden weight gain
15	Hair loss
16	Stomach problems: indigestion and gas
17	Painful and sore muscles, tendons and joints
18	Breast soreness, tenderness
19	Irregular vaginal bleeding
20	Disturbing lapses of memory
21	Increased muscle tension
22	Painful intercourse
23	Bladder infections

HRT

Prescribed HRT drugs

– **Consumer confidence is low!**



The monthly cost!!!





Women's Health Initiative Clinical Outcomes of Randomized Controlled Trial

	Cases per 10,000 person years		
	HRT	Placebo	Difference
Breast cancer	38	30	+26%
Coronary heart disease events	37	30	+29%
Stroke	29	21	+41%
Hip fractures	10	15	-33%
Colorectal cancer	10	16	-37%

Two-thirds of women taking HRT stopped the therapy, often without medical consultation.



5 year risks of HRT

Increased

- ❖ Breast Cancer
- ❖ Stroke
- ❖ Pulmonary Embolism
- ❖ Cardiovascular Disease
- ❖ Dementia

Decreased

- ❖ Bowel and uterine cancer
- ❖ Fractured hip and spine



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mbna

PerfectPartner

Two
of our
BEST
cards

New fears over safety of HRT after research shows withdrawing it from women can cut breast cancer risk

By SOPHIE BORLAND

Last updated at 8:59 AM on 24th September 2010

[Comments \(13\)](#) | [Add to My Stories](#)

The safety of hormone replacement therapy has been thrown into further doubt after research showed that withdrawing it from women reduced the risk of breast cancer.

Scientists found that a decrease in the number of menopausal women taking HRT has coincided with a 10 per cent decrease in cancer rates.

Fears over the treatment's safety were



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About LadyCare



LadyCare- a discreet powerful static magnetic device (registered Class 1 medical), which attaches simply but firmly to the underwear over the pelvis





1	Hot flashes
2	Heart palpitations (feeling your heart racing)
3	Irritability
4	Mood swings, sudden tears
5	Loss of libido, sex drive
6	Anxiety
7	Marked fatigue
8	Feelings of doom, dread
9	Vaginal dryness
10	Inability to concentrate
11	Trouble sleeping
12	Urinary incontinence upon sneezing, laughing
13	Itchy, crawly skin
14	Sudden weight gain
15	Hair loss
16	Stomach problems: indigestion and gas
17	Painful and sore muscles, tendons and joints
18	Breast soreness, tenderness
19	Irregular vaginal bleeding
20	Disturbing lapses of memory
21	Increased muscle tension
22	Painful intercourse
23	Bladder infections

RESULTS - 508 WOMEN SURVEY

**50-67%
REDUCTION**

Anxiety
Feelings of Doom
Sudden weight gain
Increased Muscle tension
Mood swings
Marked Fatigue
Vaginal Dryness
Trouble Sleeping
Urinary Incontinence
Breast tenderness/soreness

**33%
REDUCTION**

Hot flushes
Irritability
Loss of Libido/Sex drive
Inability to concentrate
Painful sore muscles
Lapses of memory

In addition

- 8.1% of women surveyed had had a hysterectomy. This did not seem to affect the response to LC
- 19.1% of the group lost weight. Average weight loss was 14 pounds (6.4kg)
- **NO UNTOWARD EFFECTS NOTED**

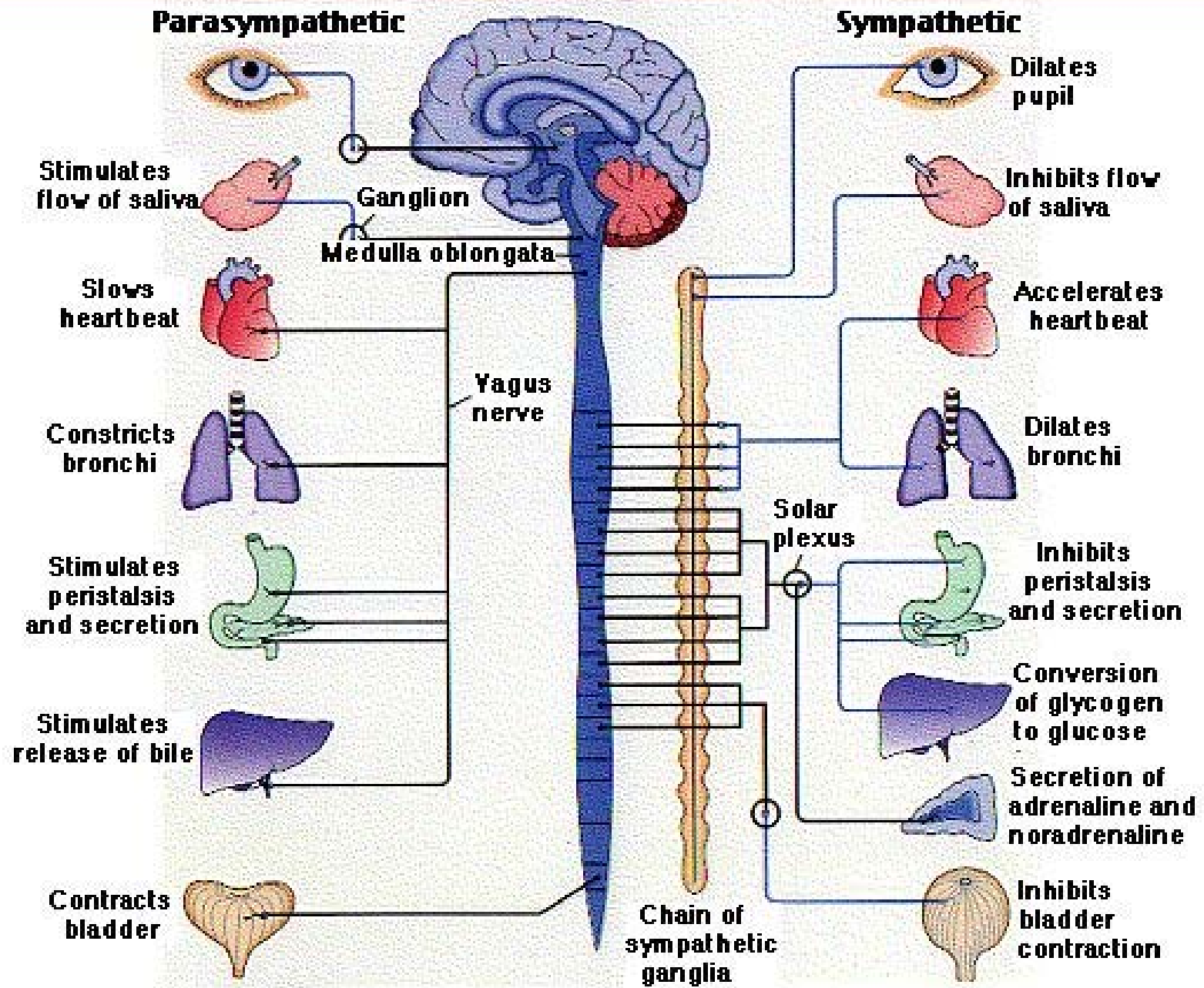
Statement

“I would be bold enough to say that the LadyCare device may prove to be one of the greatest natural solutions for the alleviation of menopause symptoms”

Dr Nyjon Eccles BSc MBBS MRCP PhD

UPDATE NOVEMBER 2010

- **LATEST RESEARCH – RELEASED NOVEMBER 2010 SHEDS LIGHT ON THE MECHANISM OF ACTION**
- **THIS MECHANISM MAY EXPLAIN RELIEF OF MENOPAUSE SYMPTOMS BY LADYCARE**

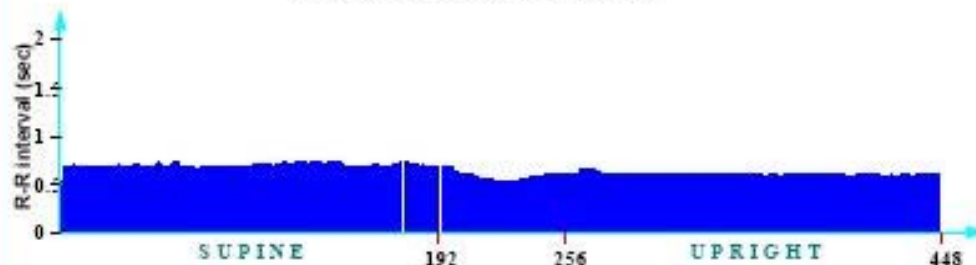




Assessment of ANS functional state based on Heart Rate Variability analysis

03/09/2010 12:35:58

Electrocardiographic Rhythm Strip



HR	R(HF)	R(LF1)	R(LF2)
86	30	30	29

HR	R(HF)	R(LF1)	R(LF2)
101	30	30	29

Extrasystoles analysis

Extrasystoles not recognized

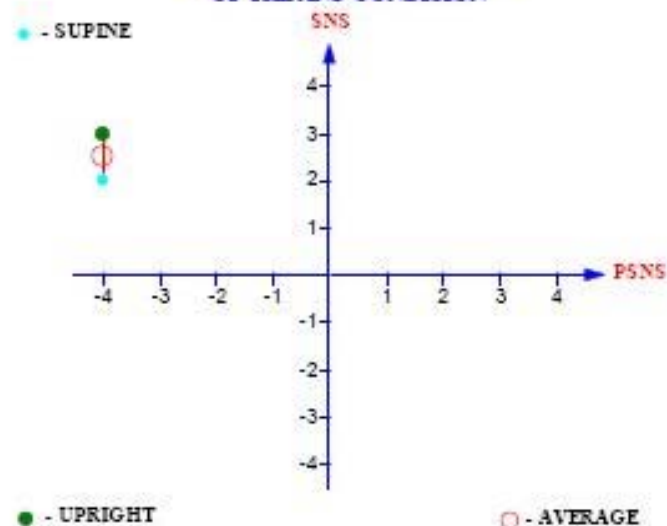
ANS ASSESSMENT (SUPINE)

PARASYMPATHETIC SYSTEM IS DECREASED SHARPLY WHILE SYMPATHETIC IS INCREASED MODERATELY

ANS ASSESSMENT (UPRIGHT)

PARASYMPATHETIC SYSTEM IS DECREASED SHARPLY WHILE SYMPATHETIC IS INCREASED SIGNIFICANTLY

GRAPHICAL PRESENTATION OF THE ANS CONDITION

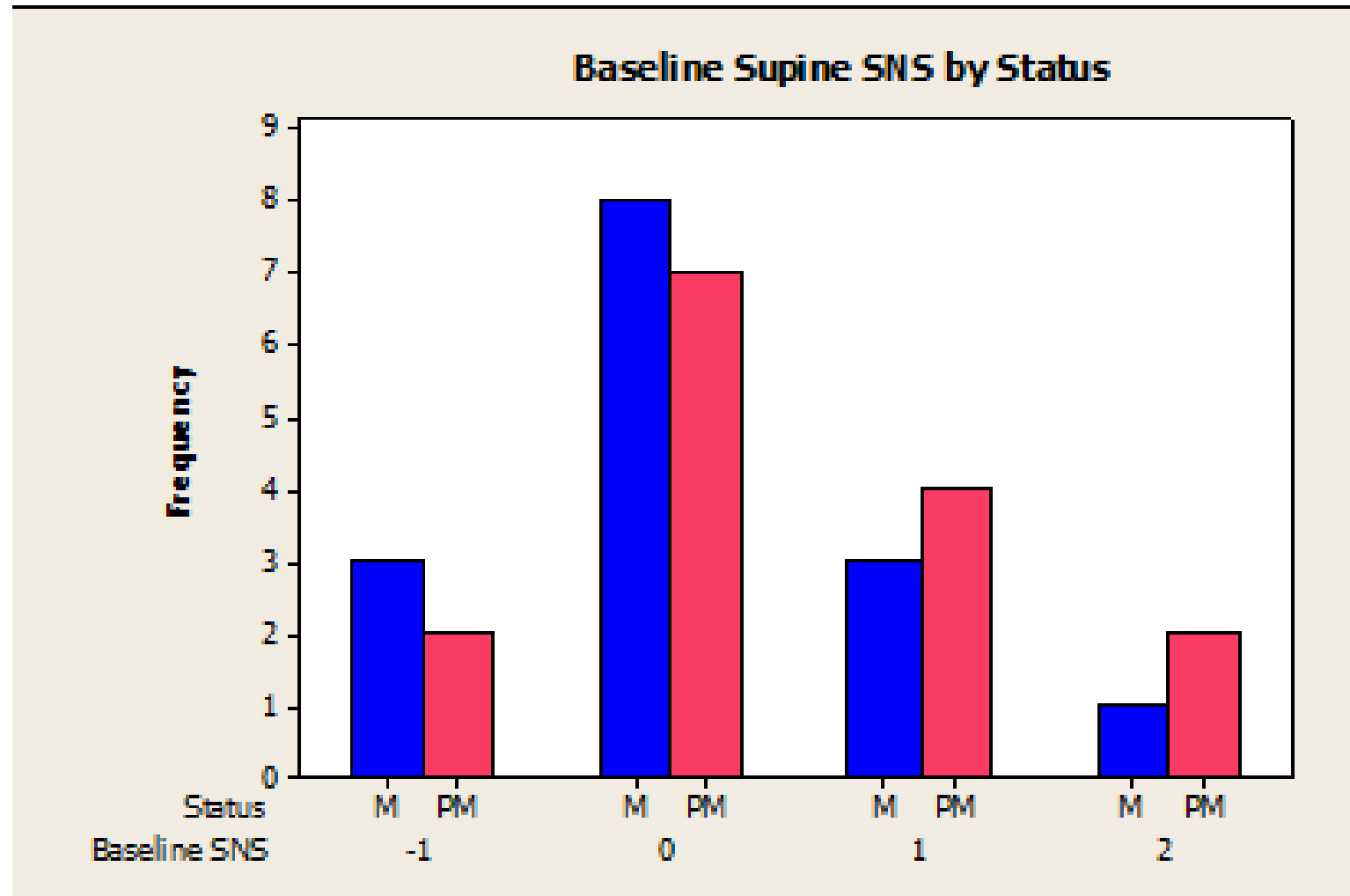


CONCLUSION

- 4.0 - ACTIVITY OF PARASYMPATHETIC SYSTEM
2.5 - ACTIVITY OF SYMPATHETIC SYSTEM

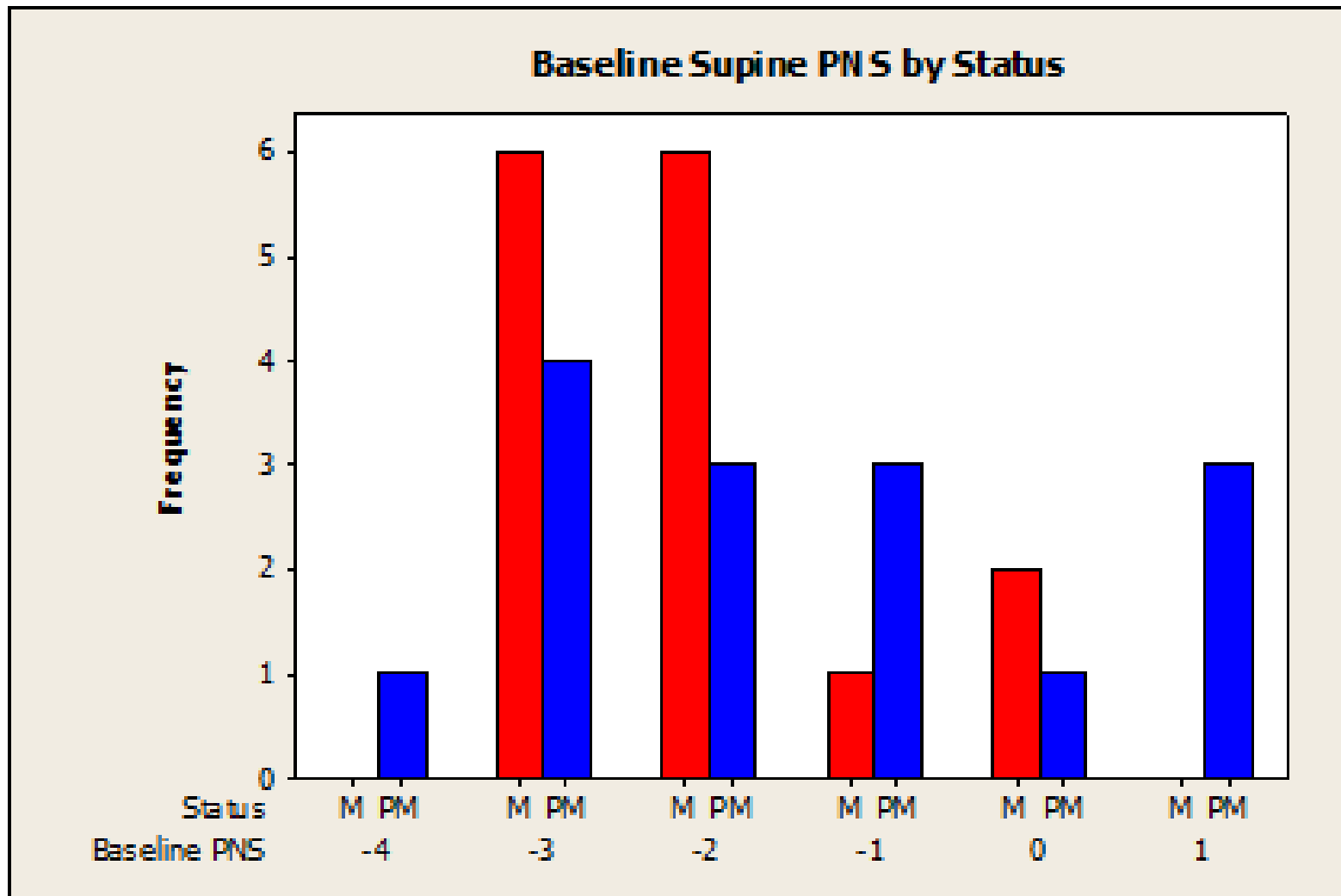


Sympathetic Nervous System Activity before LadyCare



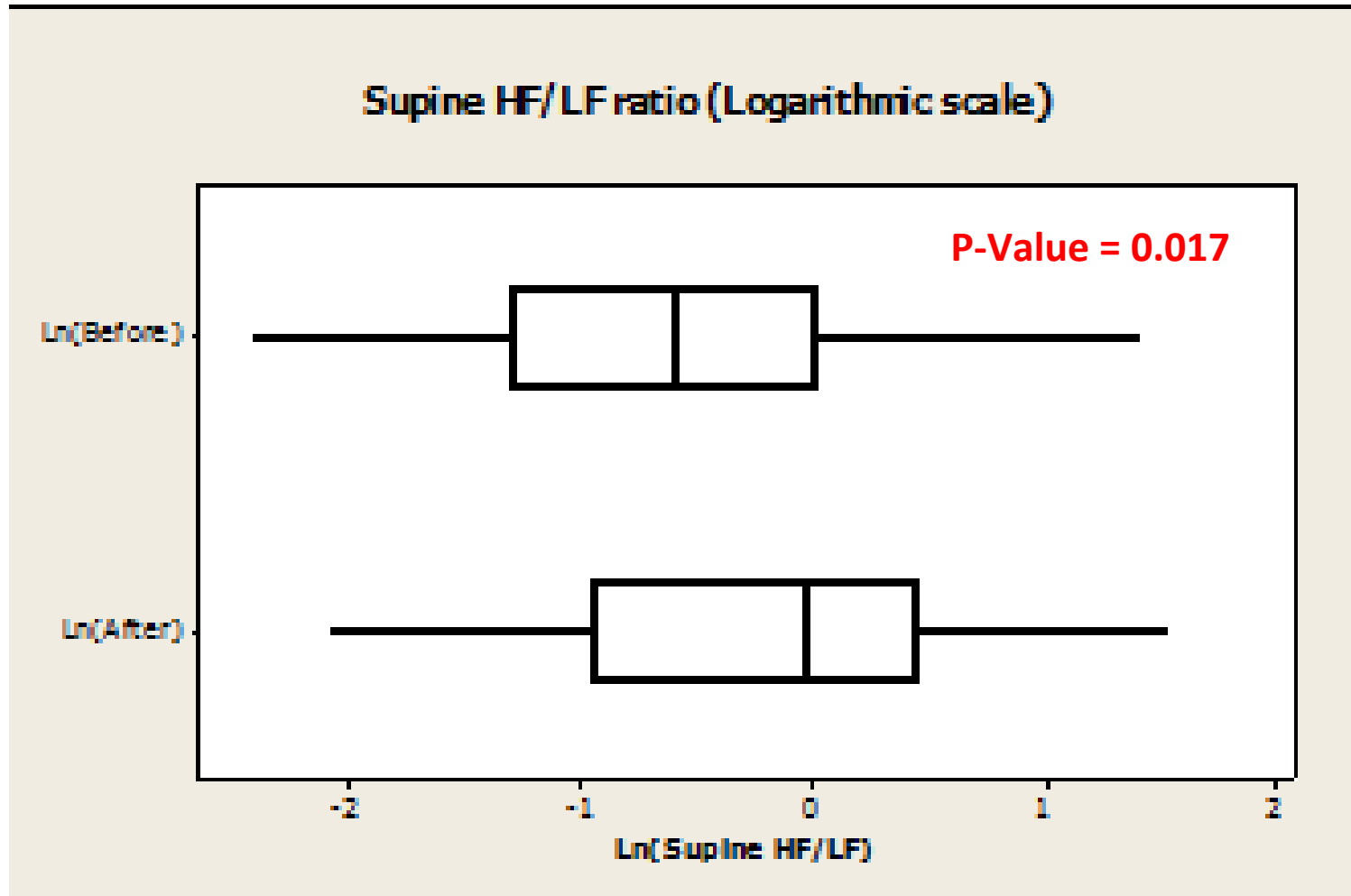


Parasympathetic Nervous System Activity before LadyCare





Parasympathetic & Sympathetic Activity after LadyCare



(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau



(10) International Publication Number
WO 2012/110794 A2

(43) International Publication Date
23 August 2012 (23.08.2012)

- (51) International Patent Classification: Not classified
- (21) International Application Number:
PCT/GB2012/050319
- (22) International Filing Date:
14 February 2012 (14.02.2012)
- (25) Filing Language: English
- (26) Publication Language: English
- (30) Priority Data:
1102554.1 14 February 2011 (14.02.2011) GB
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- (74) Agent: WALLIS, Naomi Rachel; c/o Withers & Rogers
LLP, 4 More London Riverside, London SE1 2AU (GB).
- (81) Designated States (*unless otherwise indicated, for every
kind of national protection available*): AE, AG, AL, AM,
AO, AT, AU, AZ, BA, BB, BG, BH, BR, BW, BY, BZ,

CA, CH, CL, CN, CO, CR, CU, CZ, DE, DK, DM, DO,
DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN,
HR, HU, ID, IL, IN, IS, JP, KE, KG, KM, KN, KP, KR,
KZ, LA, LC, LK, LR, LS, LT, LU, LY, MA, MD, ME,
MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO, NZ,
OM, PE, PG, PH, PL, PT, QA, RO, RS, RU, RW, SC, SD,
SE, SG, SK, SL, SM, ST, SV, SY, TH, TJ, TM, TN, TR,
TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.

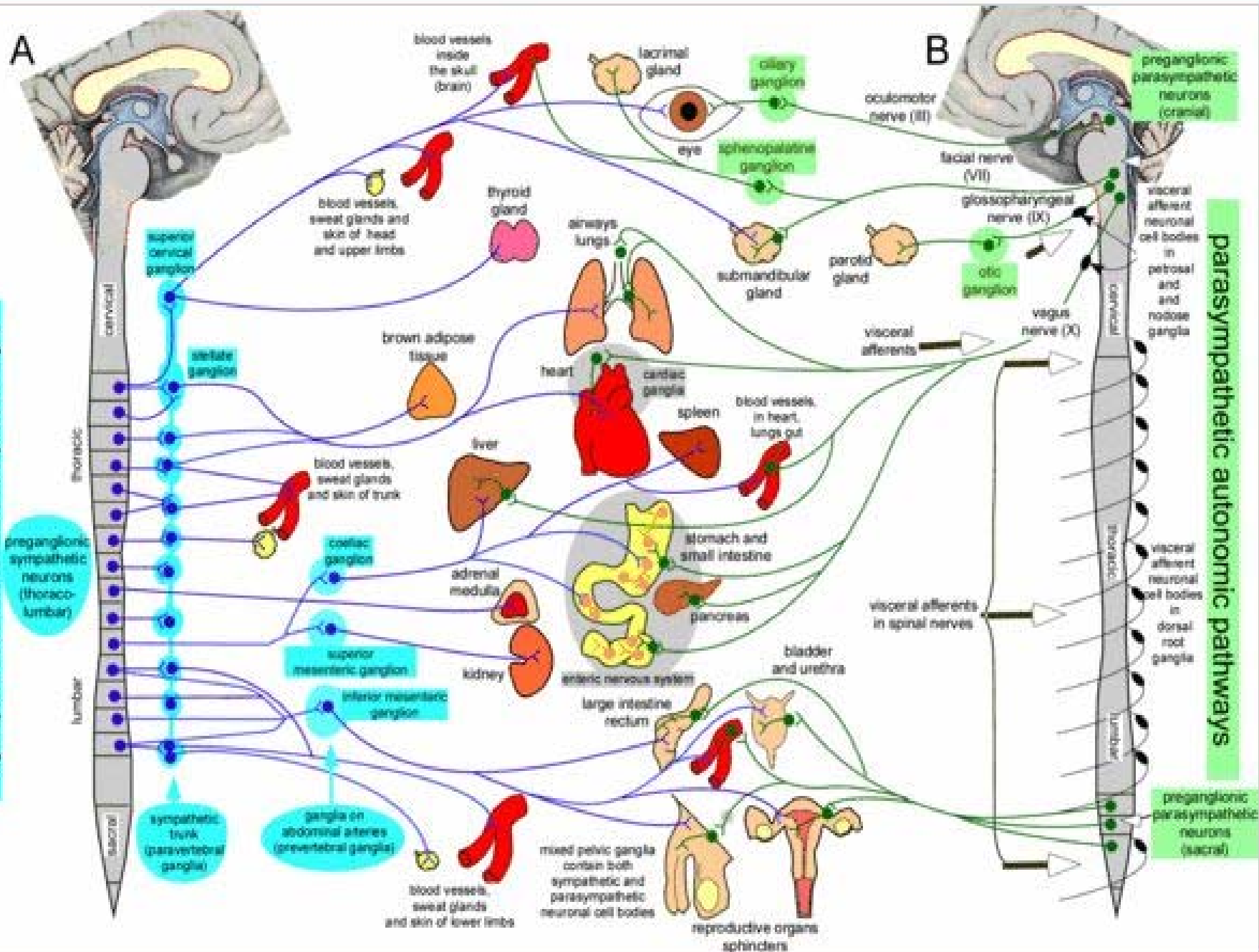
(84) Designated States (*unless otherwise indicated, for every
kind of regional protection available*): ARIPO (BW, GH,
GM, KE, LR, LS, MW, MZ, NA, RW, SD, SL, SZ, TZ,
UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU,
TJ, TM), European (AL, AT, BE, BG, CH, CY, CZ, DE,
DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU,
LV, MC, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK,
SM, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ,
GW, ML, MR, NE, SN, TD, TG).

Published:

— *without international search report and to be republished
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sympathetic autonomic pathways



In Summary

- MN8 can significantly reduce period pain in the majority of women without side effects
- Reduced need for pain-killers.
- **Reduced need for time off work. Reduced intrusiveness of symptoms to function and performance!**

In Summary

- LadyCare offers a **non-invasive** simple solution to intrusive menopause symptoms
- We have described an autonomic imbalance (a parasympathetic nervous system deficit) in menopause and peri-menopause
- LadyCare seems to correct this nervous system imbalance ; specifically enhancing the parasympathetic activity. **This provides a plausible explanation for the relief of menopause symptoms by LadyCare**

Thank you for your
attention