



## **Breakthrough Natural Pain relief now clinically proven for period pain**

Dysmenorrhoea commonly known as period pain affects almost two thirds of women and is a leading cause of absence from school and work throughout the world.

Researchers have recently studied the benefits of a heat patch applied to the lower abdomen. The results of two studies demonstrated the heat patch to be as effective as ibuprofen and paracetamol in relieving the pain associated with muscle spasm and cramping during menstruation.

The studies compared the effectiveness of NSAID's against a heat patch in women suffering period pain with the results showing the heat patch group reporting a slightly better reduction in pain when measured compared to the drug group.

The outcome of these research studies means that women can get the same degree of pain relief from cramping periods using a self adhesive heat patch as taking a potentially harmful anti-inflammatory with no adverse side effects.

The convenience of the heat patch allows women to make a natural choice using drug free clinically proven pain relief to ease the discomfort associated with period pain. Using NSAID drugs as a first-line treatment may be limited because of adverse reactions such as gastrointestinal side-effects; alternative therapeutic modalities can now be considered.

**The heat patch provides 12 hours of continuous low level heat therapy and unlike a hot water bottle or wheat bag allows women to move about freely with the heat patch attached to underwear.**

The authors of one study concluded that they have now introduced a new tool for pain control which can possibly replace ibuprofen in the treatment of primary dysmenorrhea.

### Reference:

1. **Comparing the analgesic effect of heat patch containing iron chip and ibuprofen for primary dysmenorrhea: a randomized controlled trial.**

Navvabi Rigi *et al.* BMC Womens Health 2012 12:25

2. **Continuous, low-level, topical heat wrap therapy as compared to acetaminophen for primary dysmenorrhea.**

Akin M, Price W, Rodriguez G Jr, Erasala G, Hurley G, Smith RP. J Reprod Med. 2004 Sep;49(9):739-45. CEDRA Clinical Research, LLC, Austin, Texas, USA.