

The LadyCare device: A novel treatment for the management of menopausal symptoms

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Introduction: Menopausal symptoms are a major problem for patients following the treatment of breast cancer. Hormonal replacement may be contraindicated and there are no other effective treatments available at present. We have tested the efficacy of static magnetic therapy “The LadyCare” device, which ameliorates symptoms.

Methods: 508 subjects with menopausal symptoms responded to an advert in a national newspaper. Subjects were asked to complete a questionnaire reporting duration of symptoms and to rate the severity of 23 menopausal symptoms on a scale of 0–5, prior to and after one, two and three months of using the device. They were instructed to wear the device 24-hours per day for a duration of three months. The results were analysed with Mann-Whitney two sample test and Bonferroni correction method.

Results: For each symptom studied, levels of suffering were significantly reduced after the use of LadyCare. After one month of use of the device; 2.6% of subjects reported worsening of hot flushes, 43.1% had no benefit, 28.6% had reduction of symptoms of between 20–40%, 25.6% of women had a 50–100% reduction of symptoms.

After 3 months 6.3% reported an increase in symptoms 23.8% had no change, 22.6% reported a 20%–40% reduction and 47.2% of women had an improvement of between 50–100%. 60.3% of subjects reported improvement in quality of sleep after 1 month and 75.5% reported improvement in the quality of sleep after 3 months. 50.4% of subjects reported reduction in anxiety after one month and 68.6% after 3 months.

Conclusion: The LadyCare device significantly reduced menopausal symptoms in a large, albeit self-selected group of women. Further validated quality of life data studies into the use of this device are indicated to assess the benefit in patients precipitated into the menopause by the treatment of breast cancer.