



FIT THERAPY LADY THERAPEUTIC EFFECTS IN CASE OF MENSTRUAL PAIN: A POST MARKET CROSS SECTIONAL STUDY

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1. BASIC INFORMATION

The FIT THERAPY LADY study took place from 16.3.2021 to 30.9.2021.

Using detailed online questionnaires, the study mapped **5 menstrual cycles using FIT THERAPY LADY patches** and the cycle before joining the study without using FIT THERAPY LADY patches, indicated as "zero".

All women who have regular painful menstruation, without age restrictions, could be included in the study after having agreed to the use of their personal data in accordance with the GDPR.

A total of 184 participants (average age 31.7 years) entered the study.

Of these women 102 (mean age 31.4) completed the first part of the study (3 consecutive cycle of treatment) while the second part was completed by 53 participants with a mean age of 31.2 (4 and 5 cycle of treatment).

Number of participants who completed the questionnaire in each cycle:

- Zero cycle (last cycle before using FIT Therapy Lady): 184 participants
- First cycle (with FIT Therapy Lady): 152 participants
- Second cycle (with FIT Therapy Lady): 116 participants
- Third cycle (with FIT Therapy Lady): 102 participants
- Fourth cycle (with FIT Therapy Lady): 56 participants
- Fifth cycle (with FIT Therapy Lady): 53 participants

After completing the first questionnaire necessary to collect all the information about the last menstrual cycle before the study, samples of FIT THERAPY LADY patches were sent to the participants by post on a monthly basis. Since the intensity of the effect of the patches is individual for each participant and increases with regular use, we chose a study lasting 5 menstrual cycles.

2. Results: Zero cycle

The zero-cycle questionnaire (before using the FIT THERAPY LADY patch) was completed by 184 participants.

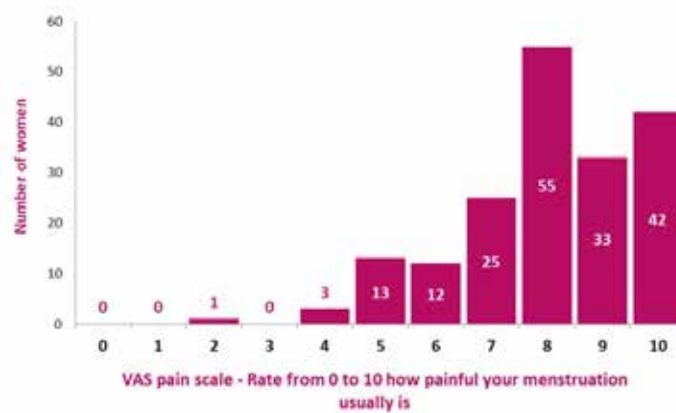
2.1 Pain intensity

The average pain intensity usually experienced during menstrual cycle by the participants was 8 (M =8.1, SD=1.6) according to the VAS pain scale (from 0 as no pain to 10 as worst pain felt). This means that the participants enrolled are experiencing highly painful menstruation (see Fig. 1).





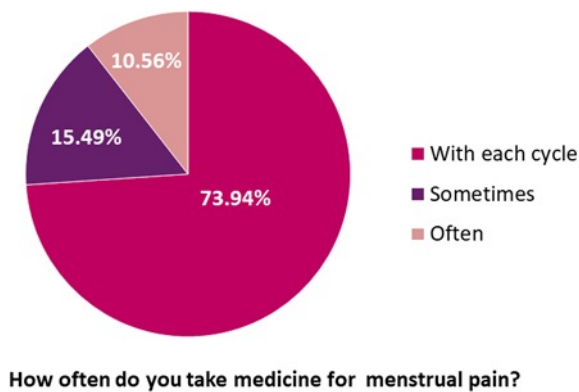
Figure 1: Evaluation of menstrual pain, Cycle 0 (without using FIT THERAPY LADY patches)



2.2. The use of medication

The **77.6%** (N = 142) of the participants reported that they **regularly take analgesics for menstrual pain**, with most of them (73.9%, N = 105) taking medication during each cycle. The majority declared to use ibuprofen or combinations of different drugs.

Figure 2: Frequency of use of medication for menstrual pain, Cycle 0 (without the use of FIT THERAPY LADY patches)



2.3. Onset of different related symptoms

Participants report a total of 24 types of symptoms that commonly occur in association with the menstrual cycle, with an average of 7 before using FIT THERAPY LADY (M = 7, SD = 2.6). The most common are abdominal cramps, lower back pain, breast pain, or heavy bleeding.

2.4. Onset and duration of menstrual pain

Most participants, 52%, (N = 94) report that menstrual pain usually begins on the first day of menstruation and generally persists for 2 (36.4%; N = 67) or 3 days (37.0%; N = 68). The data are shown in Figures 3 and 4.





Figure 3: Onset of menstrual pain, Cycle 0 (without the use of FIT THERAPY LADY patches)

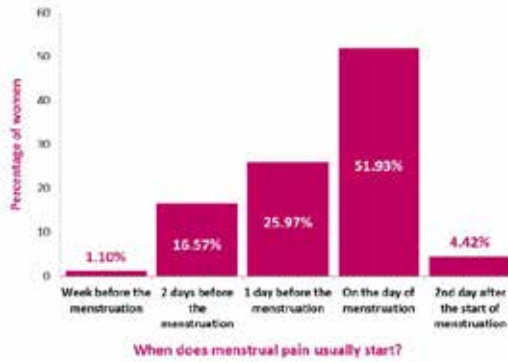
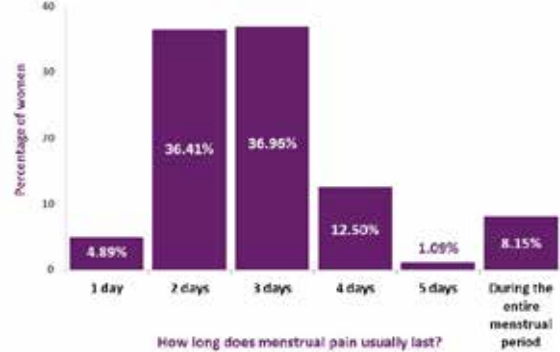


Figure 4: Persistence of menstrual pain, Cycle 0 (without using FIT THERAPY LADY patches)



3. Results: First cycle

The questionnaire for the 1st cycle (first month of using FIT THERAPY LADY patches) was completed by 152 participants.

3.1. Pain intensity

The average pain reported by participants during the first day of menstruation, assessed with the VAS pain scale was **6.4** ($M = 6.4, SD = 2.7$), which is a **statistically significant decrease** ($t(151) = -7.71, p < 0.001$) **by 1.7** compared to Cycle 0.

This indicates a very rapid onset of action in a relatively large number of study participants. There were also cases where the pain did not occur at all. During the first application **1.3%** of women reported that they did not experience menstrual pain during Cycle 1 with the use of FIT therapy Lady.

Figure 5: Comparison of the average pain experienced in Cycle 0 and in Cycle 1

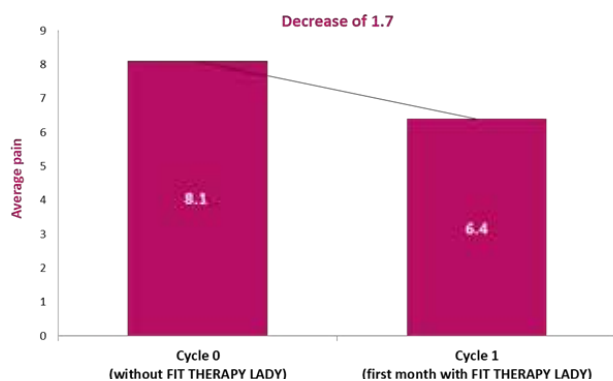
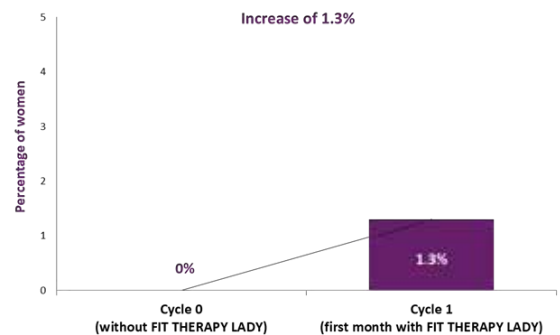


Figure 6: Comparison of the percentage of women who reported that they did not experience menstrual pain at all in Cycle 0 and Cycle 1

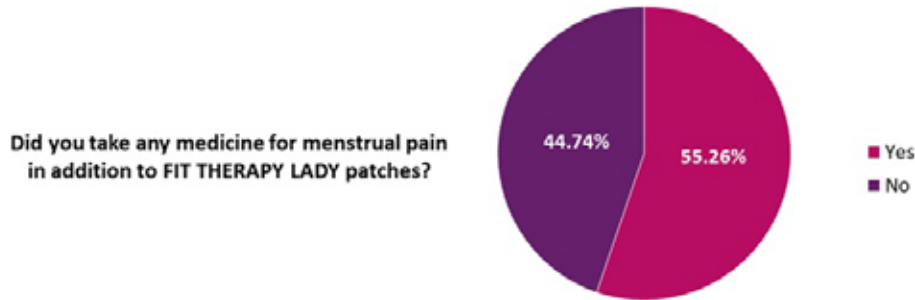




3.2. The use of medication

Although 55.3 of the participants reported taking painkillers during the treatment, with the first use of FIT THERAPY LADY device, was able to make the pain more bearable. In this regard 22.3% fewer patients had the need to use medication compared to the cycle 0 (without the use of FIT THERAPY LADY patches).

Figure 7: Frequency of medication use, Cycle 1



3.3. Onset of different related symptoms

The average number of symptoms that usually occur in association to the cycle resulted to be 5.3 (M = 5.3, SD = 2.6), which represents a statistically significant decrease of 1.7 ($t(151) = -8.15$, $p < 0.001$) compared to the zero cycle (M = 7; SD = 2.6). The most common are abdominal cramps and lower back pain. Compared to the cycle 0 participants report also a total of 19 types of symptoms, a decrease of 5 compared to before.

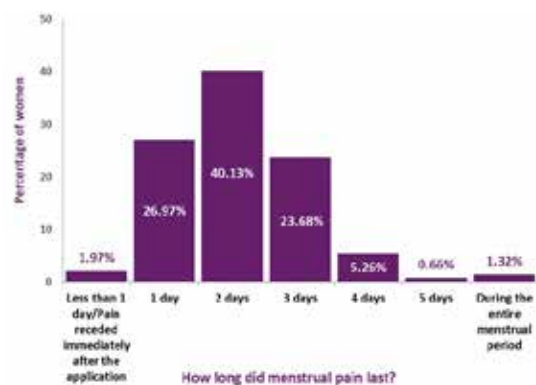
3.4. Onset and duration of menstrual pain

The majority of participants (63%; N = 96) reported that the pain begins with the first day of menstruation. However, compared to the cycle 0, the average duration of pain decreases to 2 days (40.1%; N = 61). At the same time the total number of women affected by pain during all the cycle decreases (from 8.2 % to only 1.3%). Some patients reported that the pain lasted less than one full day or receded immediately after the application of the patch. More detailed results are shown in Figures 8 and 9.

Figure 8: Onset of menstrual pain, Cycle 1



Figure 9: Persistence of menstrual pain, Cycle 1





3.5. Patch application

In the first cycle, **most participants, 47.4%, (N = 72) applied FIT THERAPY LADY patches on the day of menstruation** (see figure 12). **84.9% (N = 129) of participants perceived the application of patches as simple and easy.** Only the **9.9% (N = 15) mentioned some adhesive difficulties (premature detachment of the patches).** **Adverse effects such as itching, irritated skin or rash were reported by only 4 participants (2.6 %).**

There was no statistically significant relationship between the time of application and the onset of pain in Cycle 1 (see Table 1).

Table 1: Relationship between patch application and onset of pain, Cycle 1

		WHEN DID MENSTRUAL PAIN OCCUR IN THIS CYCLE?					Total
		2 days before the menstruation	1 day before the menstruation	On the day of menstruation	2nd day after the start of menstruation	Pain did not occur	
HOW MANY DAYS BEFORE THE START OF YOUR MENSTRUATION DID YOU APPLY FIT THERAPY LADY PATCHES?	Sooner than 2 days before the menstruation	1	0	3	0	0	4
	2 days before the menstruation	8	7	22	0	0	37
	1 day before the menstruation	5	13	13	2	2	35
	On the day of menstruation	2	11	56	3	0	72
	2nd day after the start of menstruation	0	0	2	2	0	4
Total		16	31	96	7	2	152

Figure 10: Application of FIT THERAPY LADY patches, Cycle 1





4. Results: Second cycle

The questionnaire for the 2nd cycle (second month of using FIT THERAPY LADY patches) was completed by 116 participants.

4.1. Pain intensity

The average pain reported by participants during the first day of menstruation, assessed with the VAS pain scale, was 6.0 (M = 6.0, SD = 2.7), a further reduction by 0.4 point compared with Cycle 1.

At the same time the percentage of participants that have reported to not have feel any pain during the cycle did increased significantly (1.3% in the first cycle became 15.5% in the second cycle; see Fig.12).

Figure 11: Comparison of the average pain experienced in Cycle 0 and in Cycle 2

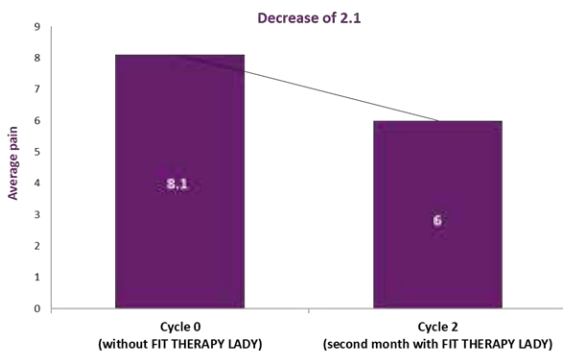
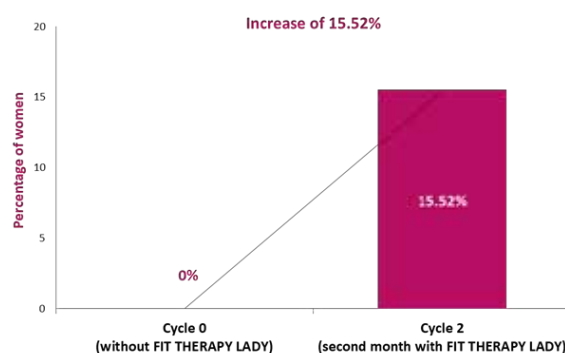


Figure 12: Comparison of the percentage of women who reported that they did not experience menstrual pain at all in Cycle 0 and Cycle 2



4.2. The use of medication

In the second cycle, 59.6% (N = 59) of the participants stated that they had used other medication in addition to FIT THERAPY LADY patches, a reduction compared to the zero cycle (77.6%), while compared to the first cycle the value is similar (55.3%).

However, the 52.5% (N = 31) of these women reported to have reduced the usual intake of medication.



Figure 13: Frequency of medication use, Cycle 2

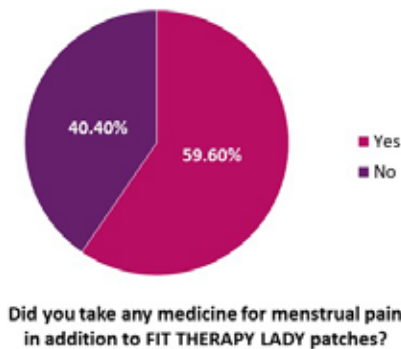
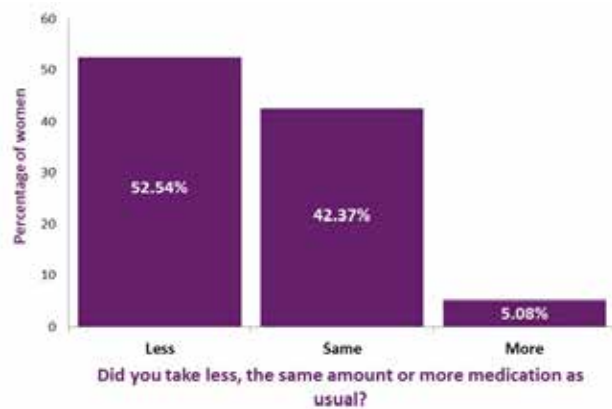


Figure 14: Amount of medication used, Cycle 2



4.3. Onset of different related symptoms

The average number of other symptoms usually associated with the menstrual cycle is 4.8 (M = 4.8, SD = 1.9), which represents a statistically significant decrease of 2.2 (t (115) = - 8.19, p <0.001) compared to the zero cycle (M = 7; SD = 2.6) and a decrease of 0.5 point compared to the first cycle (M = 5.3; SD = 2.6). The most common associated difficulties reported are abdominal cramps, fatigue and lower back pain. **Participants reported a total of 19 types of symptom associated, like after the first treatment with the patches.**

4.4. Onset and duration of menstrual pain

The 58.6%, (N = 68) of women declared that the **pain stated on the first day of menstruation and persisted mainly for 2 days.**

Meanwhile, **the percentage of women who were affected by pain during the whole cycle decreased. Only the 2% (N = 2) of the participants reported pain during the entire menstrual period.** More detailed results are shown in Figures 15 and 16.

Figure 15: Onset of menstrual pain, Cycle 2



Figure 16: Persistence of menstrual pain, Cycle 2

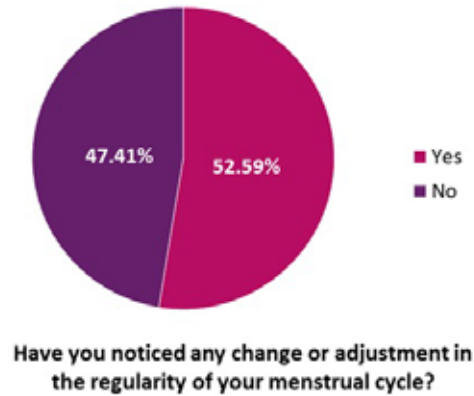




4.5. Menstrual cycle adjustment

After completing the second cycle of the study, **more than half of the participants** (52.6%; N = 61) **experienced** a change, or **an adjustment in the regularity of their menstrual cycle**.

Figure 17: Menstrual cycle adjustment, Cycle 2



5. Results: Third cycle

The questionnaire for the 3rd cycle (third month of using FIT THERAPY LADY patches) was completed by 102 participants.

5.1. Pain intensity

The average pain perceived by participants during the third cycle, rated on the VAS pain scale, was 5.9 (M = 5.9, SD = 2.8), which is a **statistically significant reduction** ($t(84) = -6.93, p < 0.001$) **by 2.2** point compared to Cycle 0 (see Figure 18). Compared to Cycle 2, a **decrease of 0.1** point is observed. The percentage of participants who did not experience pain during the entire third cycle was **16.8%** (N = 17), which represents a **higher value than in the previous cycle (cycle 2)** (see Fig. 19).

Figure 18: Comparison of the average pain experienced in Cycle 0 and in Cycle 3

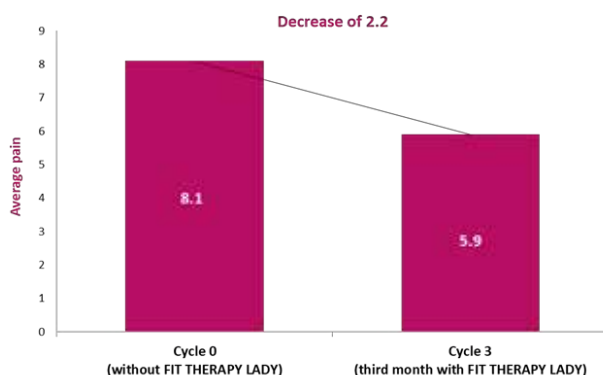
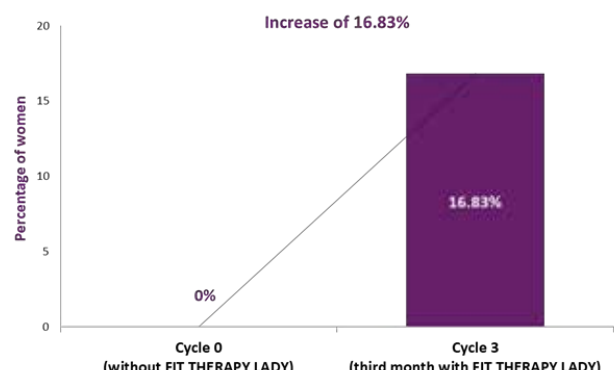


Figure 19: Comparison of the percentage of women who reported that they did not experience menstrual pain at all in Cycle 0 and Cycle 3





5.2. The use of medication

In the third cycle, 58.8% (N = 50) of the participants stated that they had used other drugs in addition to FIT THERAPY LADY patches. Compared to the zero cycle (77.6%), this represents a decrease, while compared to the first (55.3%) and second (59.6%) cycles, the values are similar.

Of the participants who took other medication during the treatment, approximately 49% (N = 24) of the women reported **taking a reduced amount during the third cycle**. 46.9% (N = 23) of the participants reported taking approximately the same amount of medicine as usual. Only 2 participants (4.1%) reported taking more than usual.

Figure 20: Frequency of medication use, Cycle 3

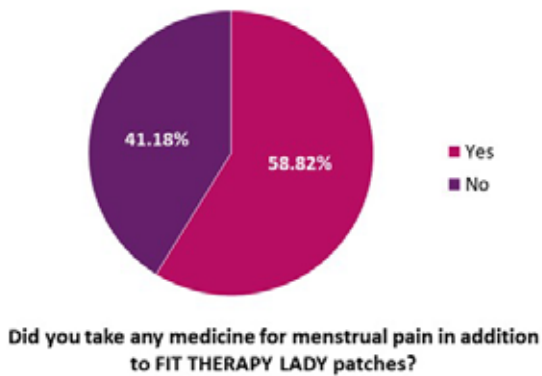
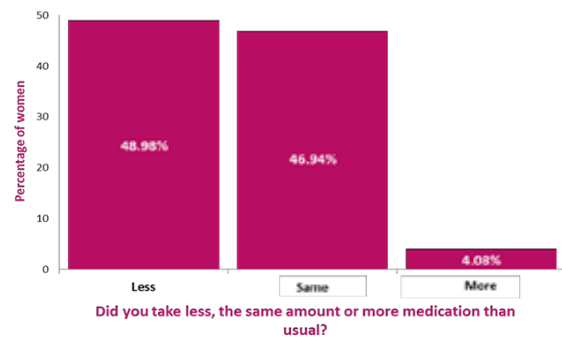


Figure 21: Amount of medication used, Cycle 3



5.3. Onset of different related symptoms

The average number of symptoms that usually occur in association with the cycle is 4.3 (M = 4.3, SD = 2.9), which represents a **statistically significant decrease** ($t(94) = -8.86, p < 0.001$) of **2.7** point compared to the zero cycle (M = 7; SD = 2.6). Compared to the first cycle (M = 5.3; SD = 2.6), the decrease is 1 ($t(94) = -3.25, p = 0.002$), while compared to the second cycle (M = 4.8; SD = 2.6) the decrease is 0.5, at the limit of statistical significance ($t(94) = -1.59, p = 0.113$). The most common difficulties reported were abdominal cramps, lower back pain, and fatigue. **Participants report a total of 17 different symptoms during the cycle, which represents a decrease of 7 compared to before the study.**

5.4. Onset and duration of menstrual pain

In the third cycle, the 54.5% (N = 55) of participant reported that **menstrual pain occurred on the day of menstruation** and that **the duration of pain was mainly 2 days** (41.7%; N = 35), as in the previous cycles (cycle 1 and cycle 2).

In the same way, during the third cycle **the percentage of women who reported to perceive pain during the whole cycle also decreased**. Only 2.4% of the participants reported pain during the entire menstruation (N = 2). More detailed results are shown in Figures 22 and 23.

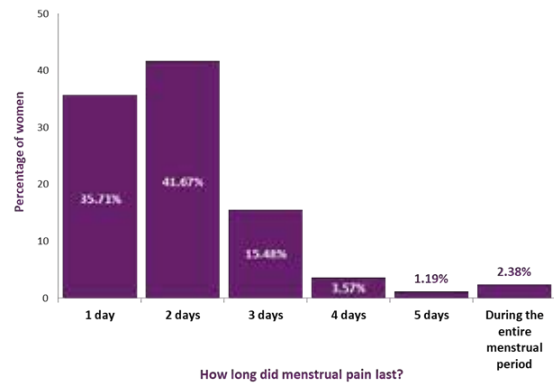




Figure 22: Onset of menstrual pain, Cycle 3



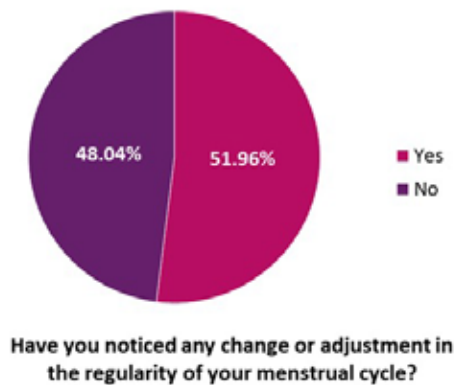
Figure 23: Persistence of menstrual pain, Cycle 3



5.5. Menstrual cycle adjustment

Like the second cycle, **after completing the third cycle of the study, more than half of the participants (52%; N = 53) experienced a change or an adjustment in the regularity of menstrual cycle.**

Figure 24: Menstrual cycle adjustment, Cycle



6. Results: Fourth cycle

The questionnaire for the 4th cycle (fourth month of using FIT THERAPY LADY patches) was completed by 56 participants.

6.1. Pain intensity

The average pain reported by participants during the first day of the fourth cycle was 5.9 (M = 5.9, SD = 2.7), which represents a statistically significant decrease (t (39) = - 5.05, p <0.001) by 2.2 compared to Cycle 0 (see Figure 1). The same value was recorded in the previous cycle (Cycle 3).

The 28.6% (N = 16) of participant experienced a painless cycle, which represents a consistent increase compared to the previous cycle, where this group of women accounted for 16.8% (N = 17).





Figure 25: Comparison of the average pain experienced in Cycle 0 and in Cycle 4

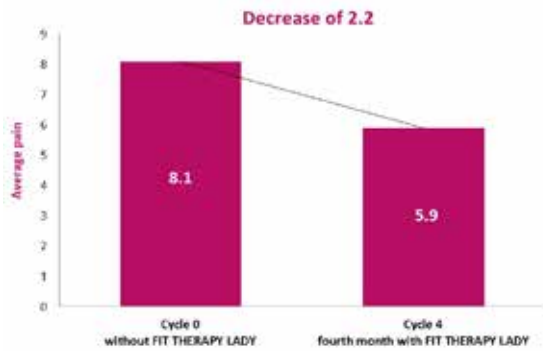
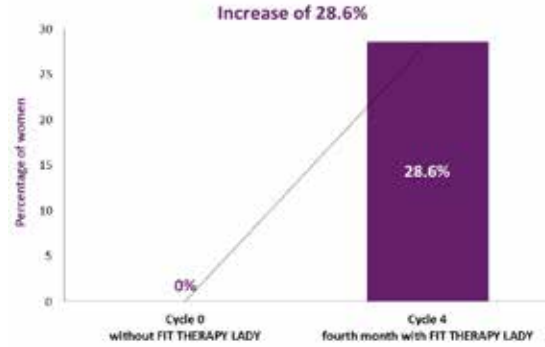


Figure 26: Comparison of the percentage of women who reported that they did not experience menstrual pain at all in Cycle 0 and Cycle 4



6.2. The use of medication

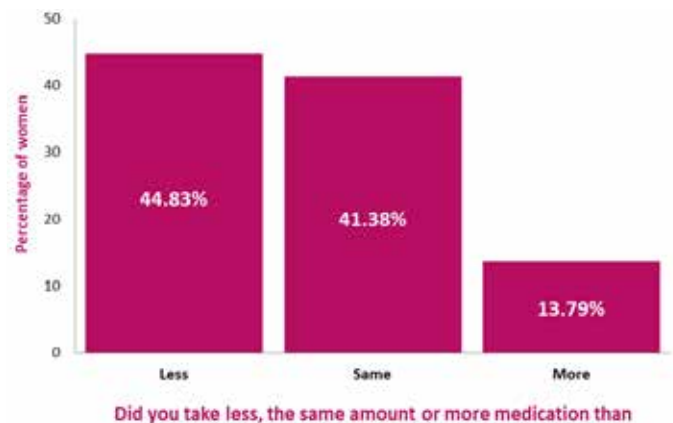
In the fourth cycle, 51.8% (N = 29) of the participants stated to have taken other medications in addition to FIT THERAPY LADY patches. This value represents a decrease compared to all previous cycles.

Of these participants approximately 45% (N = 13) of women reported taking less medication than in the last. About 41% (N = 12) of the participants reported taking the same amount of drugs as in the previous cycle, while only 4 participants (13.8%) reported taking more drugs.

Figure 27: Frequency of medication use, Cycle 4



Figure 28: Amount of medication used, Cycle 4



6.3. Onset of different related symptoms

The average number of symptoms that usually occur in association with the cycle was 1.9 (M = 1.9, SD = 1.08), which represents a statistically significant decrease compared to all the previous cycle of treatment. The most common symptoms reported by participants in this cycle were nausea, headache and fatigue. Participants report during the cycle a total of 13 different symptoms, which represents a decrease of 11 compared to the zero cycle.





6.4. Onset and duration of menstrual pain

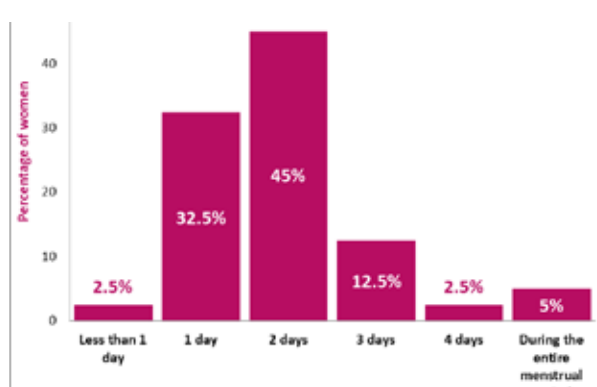
Like in the previous cycle, most participants (77.5%, N = 31) experienced menstrual pain on the first day menstruation with an average duration of 2 days (45%, N = 18).

At the same time, decreased the percentage of women who reported to have experienced pain during the whole cycle (5%). More detailed results are shown in Figures 7 and 8.

Figure 29: Onset of menstrual pain, Cycle 4



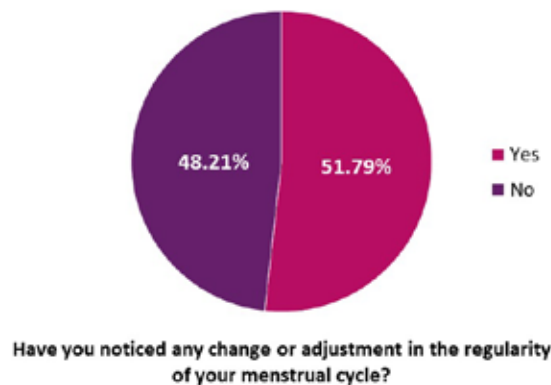
Figure 30: Persistence of menstrual pain, Cycle 4



6.5. Menstrual cycle adjustment

After the fourth cycle of the study, more than half of the participants (51.8%; N = 29) experienced a change or an adjustment in the regularity of menstrual cycle.

Figure 31: Menstrual cycle adjustment, Cycle 4



7 Results: Fifth cycle

The questionnaire for the 5th cycle (fifth month of using FIT THERAPY LADY patches) was completed by 53 participants.





7.1. Pain intensity

The average pain reported by participants during the first day of the fifth cycle was 5.6 (M = 5.6, SD = 2.7). Compared to Cycle 4, this represents a decrease of 0.3 (t (34) = - 0.45, p = 0.651).

During the fifth cycle of treatment it was reached the highest value of women with painless cycle (34%).

Figure 32: Comparison of the average pain experienced in Cycle 0 and in Cycle 5

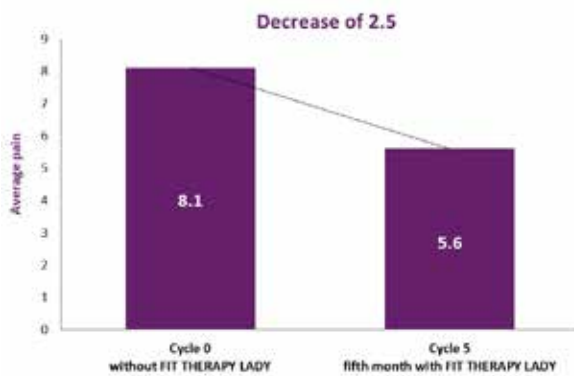
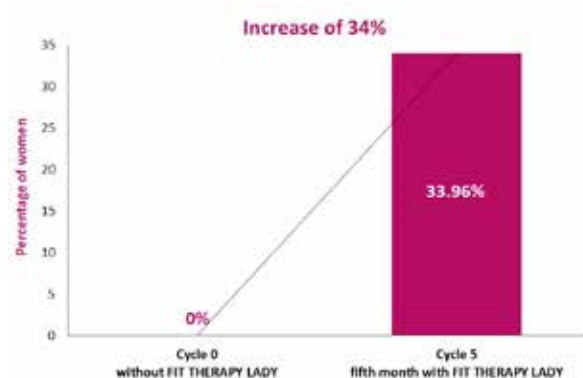


Figure 33: Comparison of the percentage of women who reported that they did not experience menstrual pain at all in Cycle 0 and Cycle 5



7.2. The use of medication

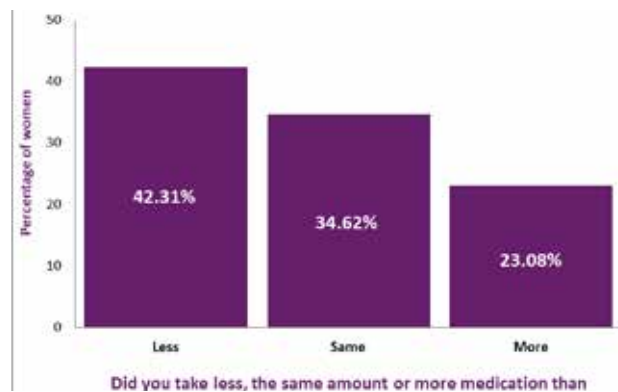
In the fifth cycle, 49.1% (N = 26) of the participants stated that they used other medications in addition to FIT THERAPY LADY patches. This value represents a **decrease compared to all previous cycles**, including the fourth, where this group of women accounted for 51.8% (N = 29).

Of these participants, approximately 42.3% (N = 11) **reported taking less medication after the fifth cycle than in the previous cycle**. Approximately 34.6% (N = 9) of the participants reported taking the same amount of drugs, while only 6 participants (23.1%) recorded the use of a higher amount of drugs than in the fourth cycle.

Figure 34: Frequency of medication use, Cycle 5



Figure 35: Amount of medication used, Cycle 5





7.3. Onset of different related symptoms

The average number of symptoms that usually occurs in association with the cycle was 2 (M = 2.1, SD = 1.1). Compared to the fourth cycle (M = 1.9, SD = 1.08) it was achieved a similar values (significantly lower than the previous ones). The most common side effects that participants report in this cycle are headache, diarrhea and lower back pain. **Participants report a total of 13 different symptoms, which represents a decrease of 11 compared to the zero cycle.**

7.4. Onset and duration of menstrual pain

In line with previous cycles, the majority of participants (85.7%, N = 30) reported that the pain began on the first day of menstruation and lasted 2 days (54.3%, N = 19).

At the same time decreased also the percentage of women who reported to have experienced pain during the whole cycle.

None of the participants reported to have experienced pain during the whole menstrual period.

Figure 36: Onset of menstrual pain, Cycle 5

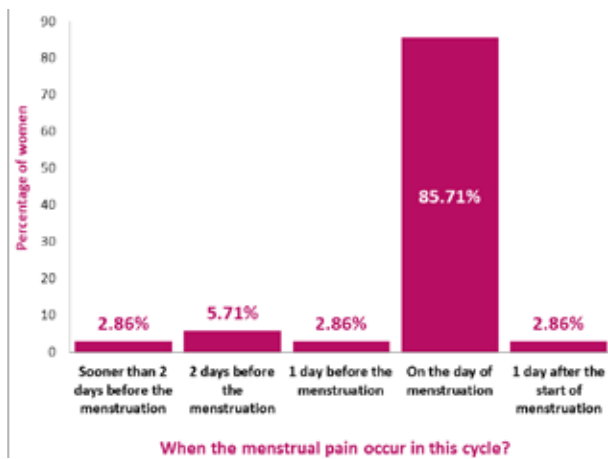
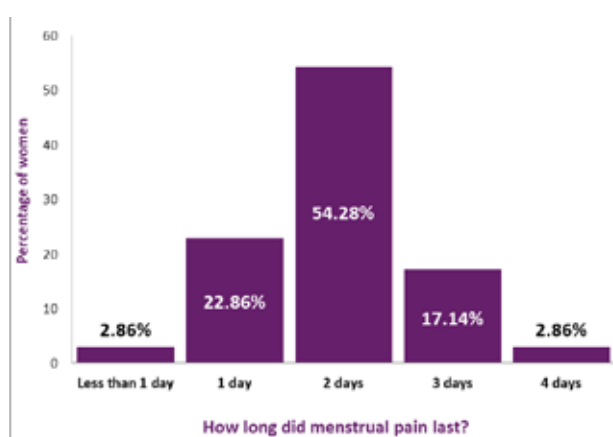


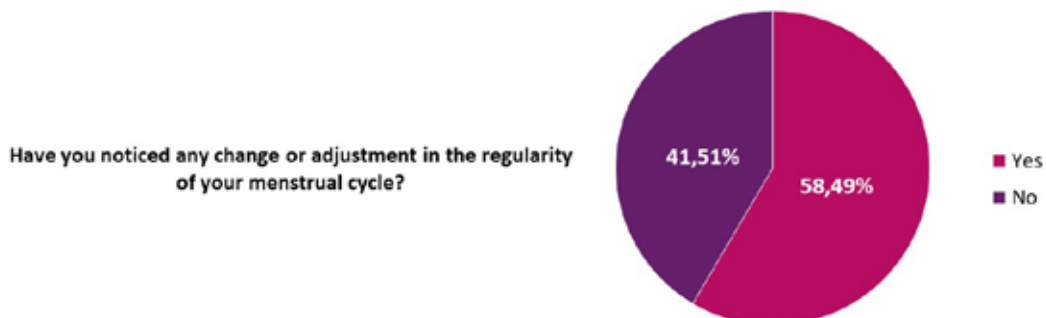
Figure 37: Persistence of menstrual pain, Cycle 5



7.5. Menstrual cycle adjustment

In line with the findings of previous cycles, **more than half of the participants (58.5%, N = 31) experienced a change or an adjustment in the regularity of menstrual cycle during the fifth cycle.**

Figure 38: Menstrual cycle adjustment, Cycle 5

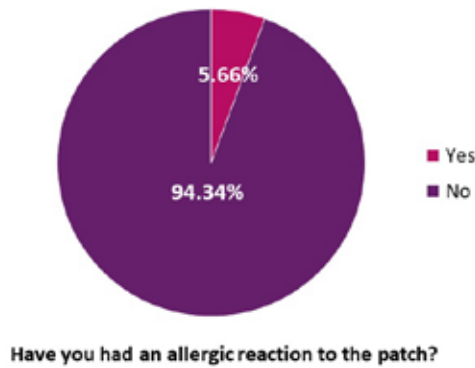




7.6. Side effects

In the last fifth cycle, 94.3% (N = 50) of the participants reported that they did not experience any problems while using the patches. Only 5.7% (N = 3) of women experienced a reaction to the adhesive layer of the patch like redness or itching.

Figure 39: Allergic patch reaction to the adhesive layer of the patch, Cycle 5



8. Evaluation of study results

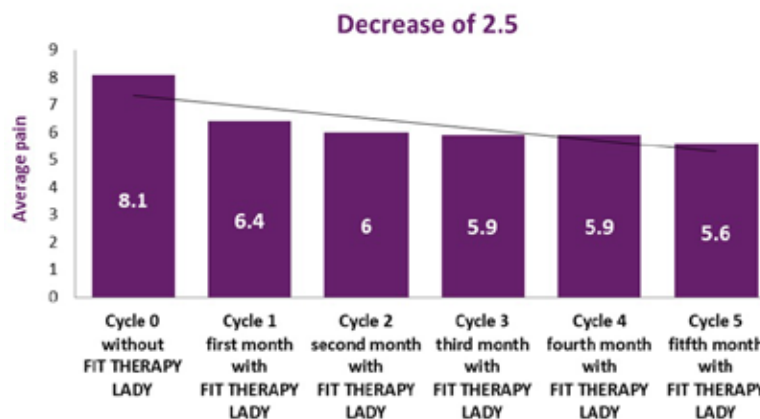
8.1. Changes in pain intensity 0 - 5 cycle

The average intensity of pain continued to decline over the course of the study.

Participants report the first day of menstruation as the most painful one of the entire cycle.

After five consecutive applications of FIT Therapy LADY patches the average pain perceived during the first day of menstruation reached a decrease of 2.5 point on the VAS scale, compared to the zero cycle. **This represents a shift from unbearable pain (8) to a simply annoying pain (5.5).**

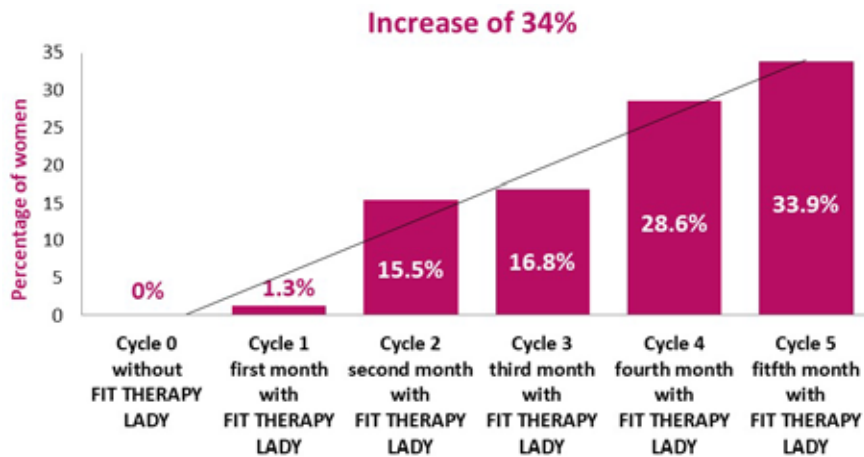
Figure 40: Average pain intensity (rated on the VAS scale from 0 to 10) in individual cycles, on the 1st day of menstruation, **DECREASE** of 2.5 point during the five-month study





As the study continued, **the number of participants who experienced a painless menstrual cycle increased significantly**. at the end of the study after 5 consecutive monthly applications the percentage of women with a pain-free cycle increased to 34% of participants from 1.3% obtain after the first single application.

Figure 41: Percentage of participants without menstrual pain in individual cycles - an increase of almost 34%



8.2. Changes in the use of medication

In the zero cycle, up to 77.6% of women stated that they regularly use analgesics drugs for menstrual pain. After the end of the first part of the study (after the first three cycles with FIT THERAPY LADY patches), the percentage of women using analgesics decreased by almost 20%. The same trend was observed during the second part of the study (fourth and fifth cycles) reaching a reduction of 30%.

At the same time, at the end of the study, for the women who had taken drugs during the application it was recorded that the 42.3% of participants had reduced the amount of medicine taken.

We can state that the repeated monthly use of FIT THERAPY LADY not only help to reduce the amount of analgesic drugs taken but can also help to avoid the complete need to take any medication (see fig. 28 and 35).

8.3. Changes in the onset of related symptoms

The positive impact obtain with the regular use of the patches is also confirmed by a **decrease in the number of symptoms with onset related to the menstrual cycle.**

Upon entering the study, participants reported an average of up to 7 symptoms in addition to the painful menstruation; after 5 months of FIT THERAPY LADY application, **the average number of symptoms for woman decreased to 2** (see Figure 42).



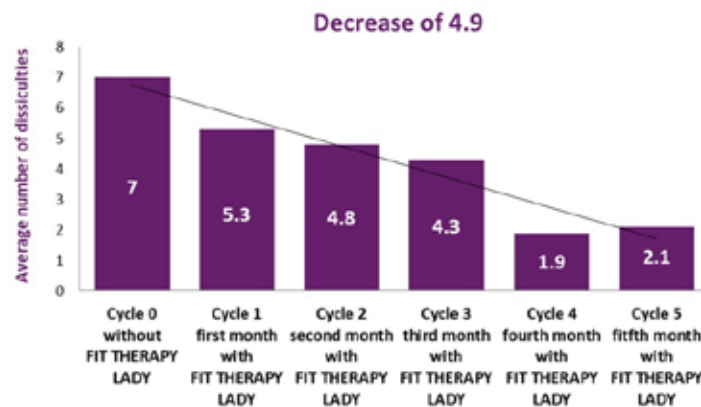


Without the use of FIT THERAPY LADY patches, participants reported 24 types of problems, while after 5 months of patch application, the number dropped to 13.

The most common symptoms were headache, lower back pain, diarrhoea and fatigue.

Loss of appetite, blood clots, mood swings, chills, dizziness, anxiety, sensory overload (smell and sound hypersensitivity), night sweats, acne, panic attacks and vomiting were no longer on the list of concomitant difficulties at the end of the study.

Figure 42: Average number of accompanying difficulties in individual cycles, DECREASE of 4.9 difficulties



8.4. Changes in the duration of menstrual pain

The study also showed a general decrease in the duration of menstrual pain with the use of FIT THERAPY LADY patches. While in the zero cycle, without patches, up to 8.2% (N = 15) of the participants reported pain during the entire menstrual period, **in the fifth cycle none of the participants reported pain lasting during the entire menstrual period.**

The tendency to have a pain for a shorter amount of time, after using FIT THERAPY LADY patches, is also highlighted by the increase in the number of women whose pain lasted only one day.

At the end of the study most women reported pain lasting two days (54.3%; N = 19) or one day (22.9%; N = 8).

8.5. Changes in the menstrual cycle adjustment

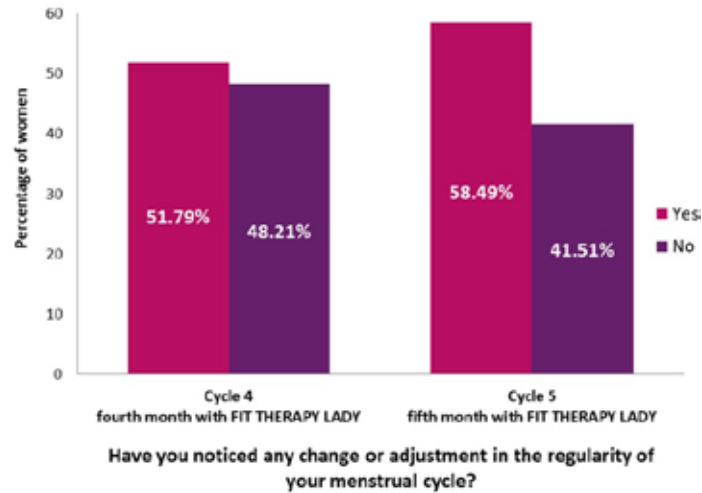
The regular application of FIT THERAPY LADY patches has proven to have a positive effect not only on the pain but also in term of cycle regularisation.

After the end of the fifth cycle, up to 58.5% of the participants reported a change, or adjustment in their menstrual cycle.





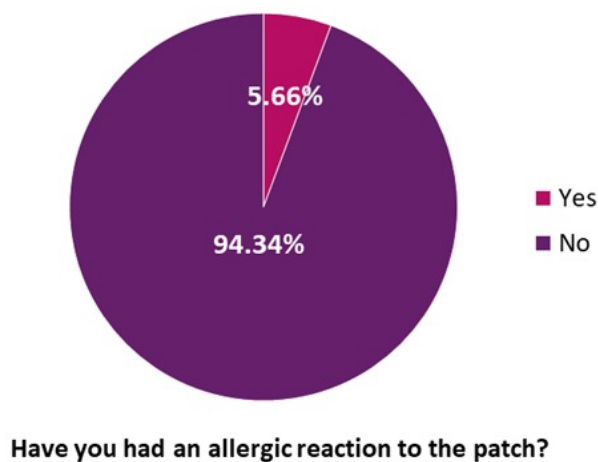
Figure 43: Percentage comparison of changes recorded in the adjustment of the menstrual cycle between Cycles 4 and 5



8.6. Application and side effects

The **94.3%** of the participants reported **no side effects or allergic reactions during the treatment with FIT THERAPY LADY patches**. Only 3 participants (5.7%) reported experiencing some adverse effects. Of these women the most common reaction was itching or reddening of the skin in the in the area of application due to the contact with the adhesive layer.

Figure 44: Percentage of adverse effects with FIT THERAPY LADY after the fifth cycle



Have you had an allergic reaction to the patch?



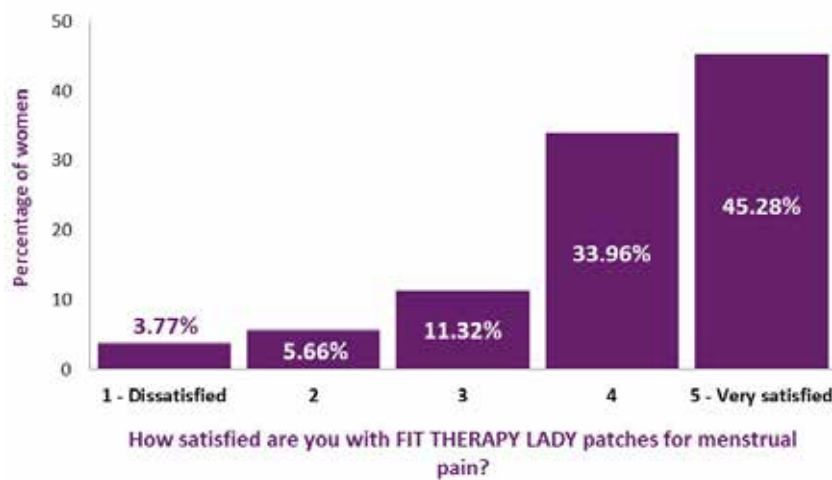


9. Final evaluation by the participants

9.1. Final quantitative evaluation

Most participants (45.3%; N = 36) expressed **maximum satisfaction** with FIT THERAPY LADY patches and rated 5 on a scale from 1 (dissatisfied) to 5 (very satisfied). Overall, the **90.6% of participants declared to be satisfied using the products** (rating 3, 4 or 5), while only the 8.82% of participants were not completely pleased (rating 1 or 2).

Figure 45: Satisfaction with FIT THERAPY LADY patches rating on a scale of 1 (dissatisfied) to 5 (very satisfied)

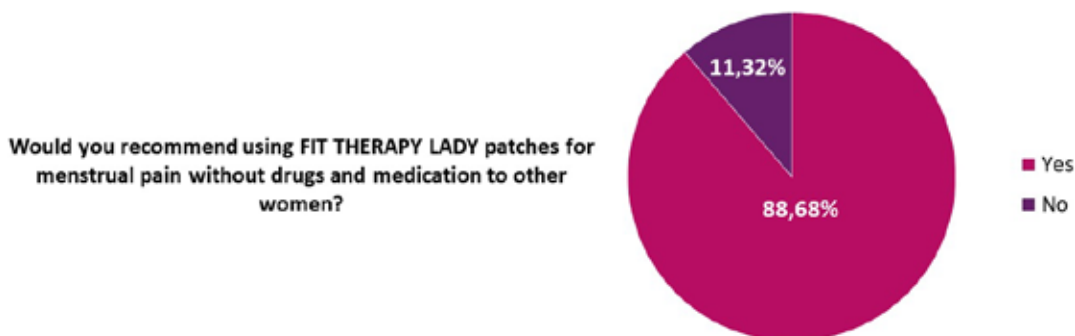


9.2. Final qualitative evaluation

Most of the testimonials collected (**86.8%; N = 46**) were **positive**. The patches were described as an “excellent” and “very effective” pain relief, while the application was considered simple. Neutral or negative evaluations occurred rarely (N = 7).

At the end of the fifth cycle of the study, 88.7% of the participants confirmed that they would recommend the use of FIT THERAPY LADY patches to other women.

Figure 46: The use of FIT THERAPY LADY patches in the future is recommend by the 88.7%





10. Conclusion of the study

After a 5 month use of FIT THERAPY LADY patches:

- **The average intensity of pain did pass** from unbearable (8) to a simple feeling of discomfort (5.5)
- **The average number of related symptoms in addition to pain decreased** from the original 7 to 2
- **59% of women experienced a positive change in term of regularization of the menstrual cycle**
- **34% of the participants got rid completely of the pain during the entire menstrual cycle**
- **During the 5th cycle 0% of women reported pain throughout the entire menstrual cycle**
- **29% of participants stopped the assumption of analgesics with the use of FIT THERAPY LADY patches**
- **91% of participants declared to be satisfied** of FIT THERAPY LADY patches
- **89% of participants recommends the use in case of painful menstrual cycle**

The results of the study unequivocally confirmed the positive effect of FIT THERAPY LADY patches for the treatment of menstrual pain. From the data described above, it can be stated that in cases of dysmenorrhoea **the repeated use of FIT THERAPY LADY patches helps to relieve unpleasant menstrual symptoms**, without burdening the body with the regular and long-term use of pharmacological analgesics.

FIT THERAPY LADY is therefore an **effective substitute for classic painkillers, suitable for long-term use with the positive additional effect of regulating the menstrual cycle.**

Abbreviations explained

M = mean

N = number of participants (in the given group / category)

SD = standard deviation

