

## Study proves that the EM 50 from Beurer provides relief from menstrual cramps

**Ulm, 2 September 2022 – Menstrual pain is one of the most common gynaecological issues. Statistics regarding frequency vary between 20% and 90% for women of childbearing age. Pain is typically strongest on the first or second day of menstruation and can radiate into the back and thighs. Accompanying symptoms such as tiredness, diarrhoea, vomiting and nausea often limit quality of life. For many women, taking painkillers is sometimes the only way to get through the day without discomfort. However, women are increasingly looking for alternative treatments, as many medications are associated with side effects. The EM 50 Menstrual Relax from Beurer provides medication-free relief by combining heat and TENS. The effectiveness of the medical device has been confirmed in a study by the Cologne-based Institute Prof. Kurscheid, and will now be presented at the Beurer trade fair stand at the IFA.**



In transcutaneous electrical nerve stimulation (TENS), the pain-relieving effect is primarily achieved through two factors. On the one hand, by suppressing the transmission of pain into the nerve fibres, and on the other, by increasing the release of

endorphins in the body; these endorphins reduce the sensation of pain through their effect in the central nervous system. The EM 50 Menstrual Relax is optimally used for self-treatment at home through the combination of heat and TENS technology.

### **Pain relief on difficult days**

The study analysed data from 59 users with significant period cramps aged between 18 and 47 over a period of three months. Patients were asked to use the EM 50 Menstrual Relax for at least the first three days of their cycle and to document their use. The intra-individual pain of the patients was recorded using VAS and McGill scores both before and after using the

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product. In addition, the result was compared with the same scores from the previous cycle.

### **Highly effective and recommended**

The results show that over 80% of the study participants reported pain relief from the EM 50 Menstrual Relax on the first three days of their cycle. Furthermore, 96% of women would recommend the device to others and 98% want to continue using it\*. Further positive feedback from the testers included the ease of use and increased flexibility in everyday life. The study thus confirms the benefit of the medical product in a broad user group. The full study report is available [online](#).

### **How is the EM 50 Menstrual Relax used?**



The EM 50 Menstrual Relax is placed on the skin of the lower abdomen using self-adhesive gel films. The soft, flexible structure makes it extra supple and therefore very discreet.

This means that the product can also be used on the move easily. The TENS program has 15 intensity levels and the suggested duration of use is 20 minutes. After this, the device switches off automatically. The powerful battery enables up to six uses before the EM 50 Menstrual Relax needs to be recharged. Depending on your needs, soothing heat can be activated separately. More product information can be found [here](#).

Beurer is presenting new products across various product areas at IFA 2022. All highlights can be seen from **2 to 6 September 2022** in **Hall 4.1, Stand 212**.

### **About Beurer**

Beurer was founded in 1919 in Ulm and is synonymous with health and well-being. Today, the long-standing company leads the way in several product fields in this segment; the company is a market leader in Europe in the area of flexible heating and a market leader in Germany for blood pressure monitors and massage products. Beurer is also one of the leading suppliers of personal bathroom scales in Europe. This portfolio, which is under constant development in all areas, offers products for use in the home. It includes: heating products, personal bathroom scales, kitchen

\*Reduction of menstrual pain by the medical device Beurer EM 50 - observational study:  
[www.dr-kurscheid.de/institut/news/study-report-reduction-of-menstrual-pain-by-the-medical-device-beurer-em-50-an-observational-study-reduschmerz](http://www.dr-kurscheid.de/institut/news/study-report-reduction-of-menstrual-pain-by-the-medical-device-beurer-em-50-an-observational-study-reduschmerz)

scales, luggage scales, air purifiers, air humidifiers, air washers, a sea air simulator, fans, thermo hygrometers, aroma diffusers, blood pressure monitors, blood glucose monitors, a resuscitation aid, mobile ECG devices, hearing amplifiers, pulse oximeters, nebulisers, clinical thermometers, insect bite healers, wake up lights, daylight therapy lamps, infrared lamps, TENS/EMS devices, massage products (foot massage, Shiatsu massage, massage chairs, massage cushions, fascia massage, leg compression massager), relaxation aids, hair removal devices (classic, IPL), FaceCare and HairCare products, a cellulite releaZer, cosmetics mirrors, manicure/pedicure sets, beard and body care products for men, a BabyCare line, an ovulation thermometer, a fertility set, activity sensors and heart rate monitors. USB ports and *Bluetooth*<sup>®</sup> make it possible for a growing number of Connect products to be connected to the expanding Beurer app world and/or software. The family-run company operates a global distribution network in more than 100 countries and currently has a workforce of around 1,700 people. You can find more information at [www.beurer.com](http://www.beurer.com).