

# Clinical Study

  
**Welme**  
No pain. Period.





# 01

## **Comprehensive Study: A Clinical Assessment of Welme's Period Pain Solution**

Dysmenorrhea, the medical term for menstrual pain, is a pervasive and universal challenge faced by women worldwide. This condition, characterized by cramps and discomfort during menstruation, affects women across diverse cultures and age groups. The impact of dysmenorrhea extends beyond physical discomfort, often causing emotional and psychological distress. Addressing this universal concern requires innovative and effective solutions that can provide tangible relief to women during their menstrual cycles.



**The clinical study was conducted under the principal investigation of Dr. Urvashi Bhatara at the NRR Hospital, Bangalore.** The study stands as a world-class solution to the ubiquitous issue of dysmenorrhea. Through rigorous scientific evaluation, Welme has demonstrated its efficacy in alleviating period pain, offering a beacon of hope for women globally. The clinical study not only underscores the device's effectiveness but also emphasizes its commitment to providing a reliable and evidence-based solution. Welme's benefits, as validated by this comprehensive study, resonate on a global scale, positioning it as a leader in the realm of period pain relief. By combining scientific precision with a focus on improving women's well-being, Welme has emerged as a trusted and world-class solution for addressing the universal challenge of dysmenorrhea.





# 02

## TENS Innovation, Smart Solution

Transcutaneous Electrical Nerve Stimulation (TENS) is the foundation of Welme's technological innovation. It is a non-pharmacological and non-invasive pain relief method that is effective for a variety of conditions. It involves the use of low-voltage electrical currents to stimulate nerves, effectively modulating pain signals and providing non-invasive pain relief. Welme harnesses this technology to empower women in managing menstrual pain seamlessly.

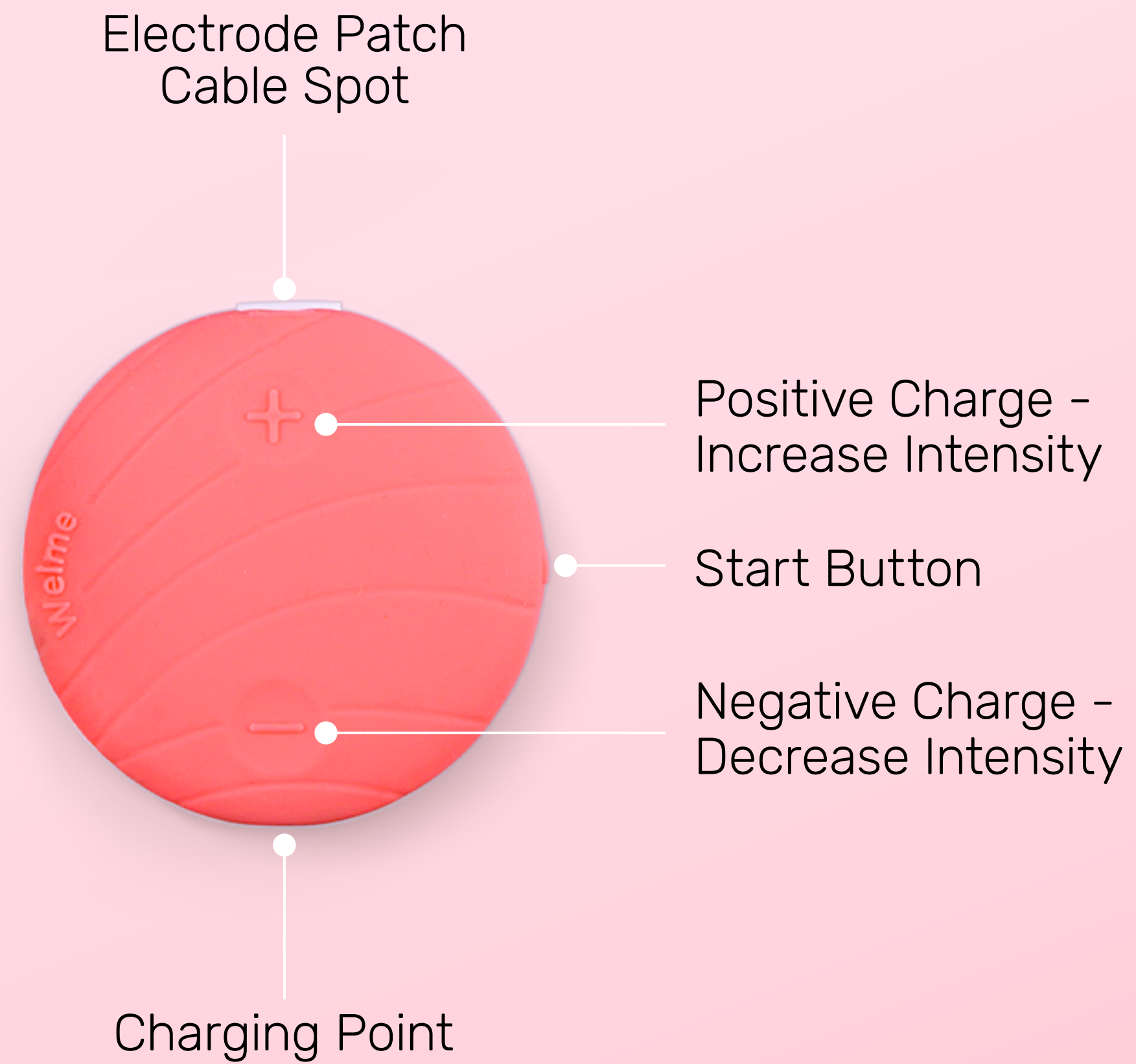


# 03

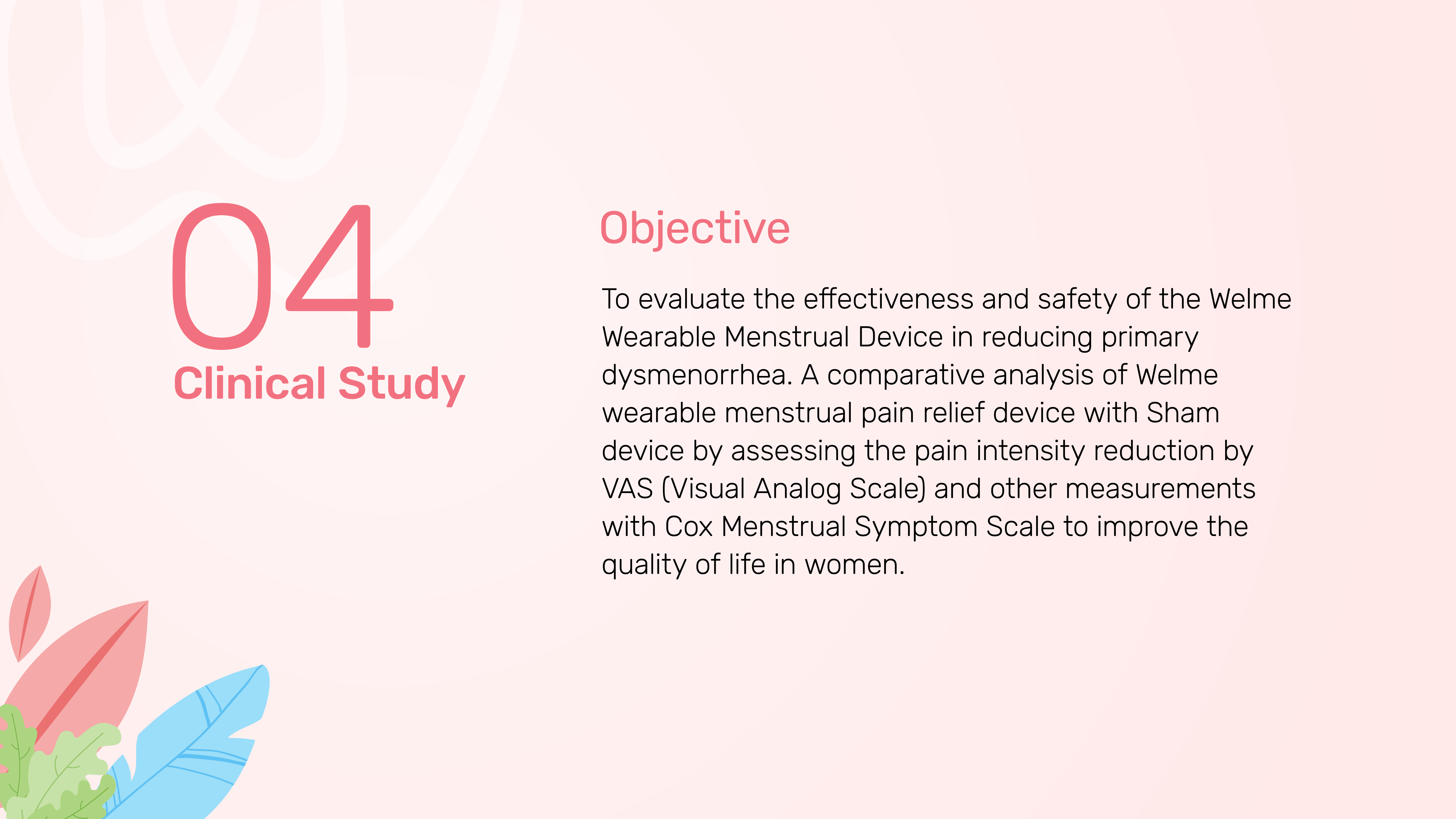
## Welme Product



# Product Guide







# 04

## Clinical Study

### Objective

To evaluate the effectiveness and safety of the Welme Wearable Menstrual Device in reducing primary dysmenorrhea. A comparative analysis of Welme wearable menstrual pain relief device with Sham device by assessing the pain intensity reduction by VAS (Visual Analog Scale) and other measurements with Cox Menstrual Symptom Scale to improve the quality of life in women.

<b>Participant Count</b>	60
<b>Clinical Center</b>	N.R.R Hospital
<b>Place</b>	Bengaluru, Karnataka
<b>Experiment Duration</b>	2 Menstrual Cycle 5 days each

### Procedure

Participants were divided into two groups – Group A received the Welme device with TENS. At the same time, Group B was administered a sham TENS device during the five days of their menstrual cycle. This randomized controlled trial employed stringent methodologies to ensure data reliability and validity of results.



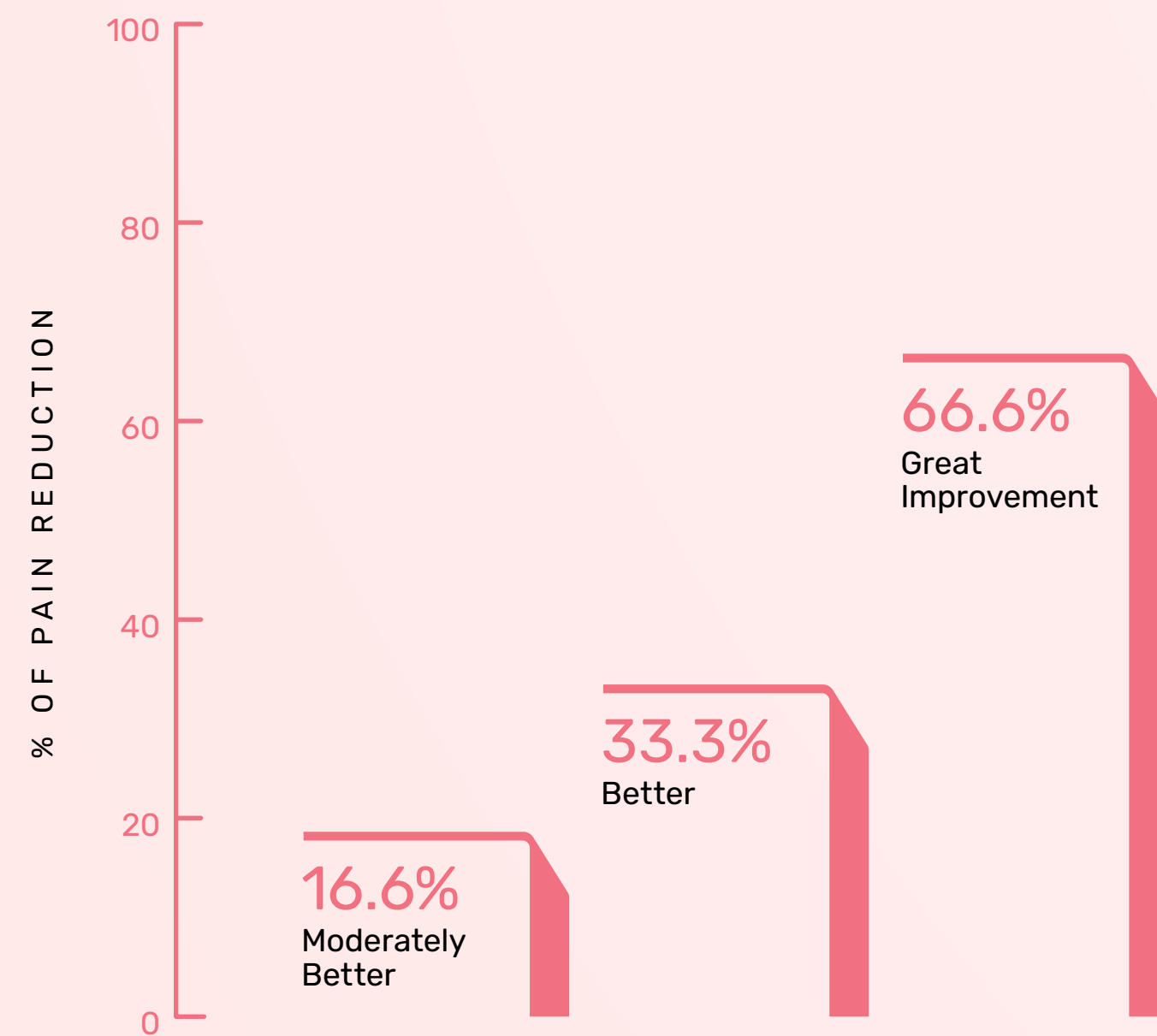


# Results

## Post Cycle 1

### PGIC (Patient's Global Impression of Change) Analysis

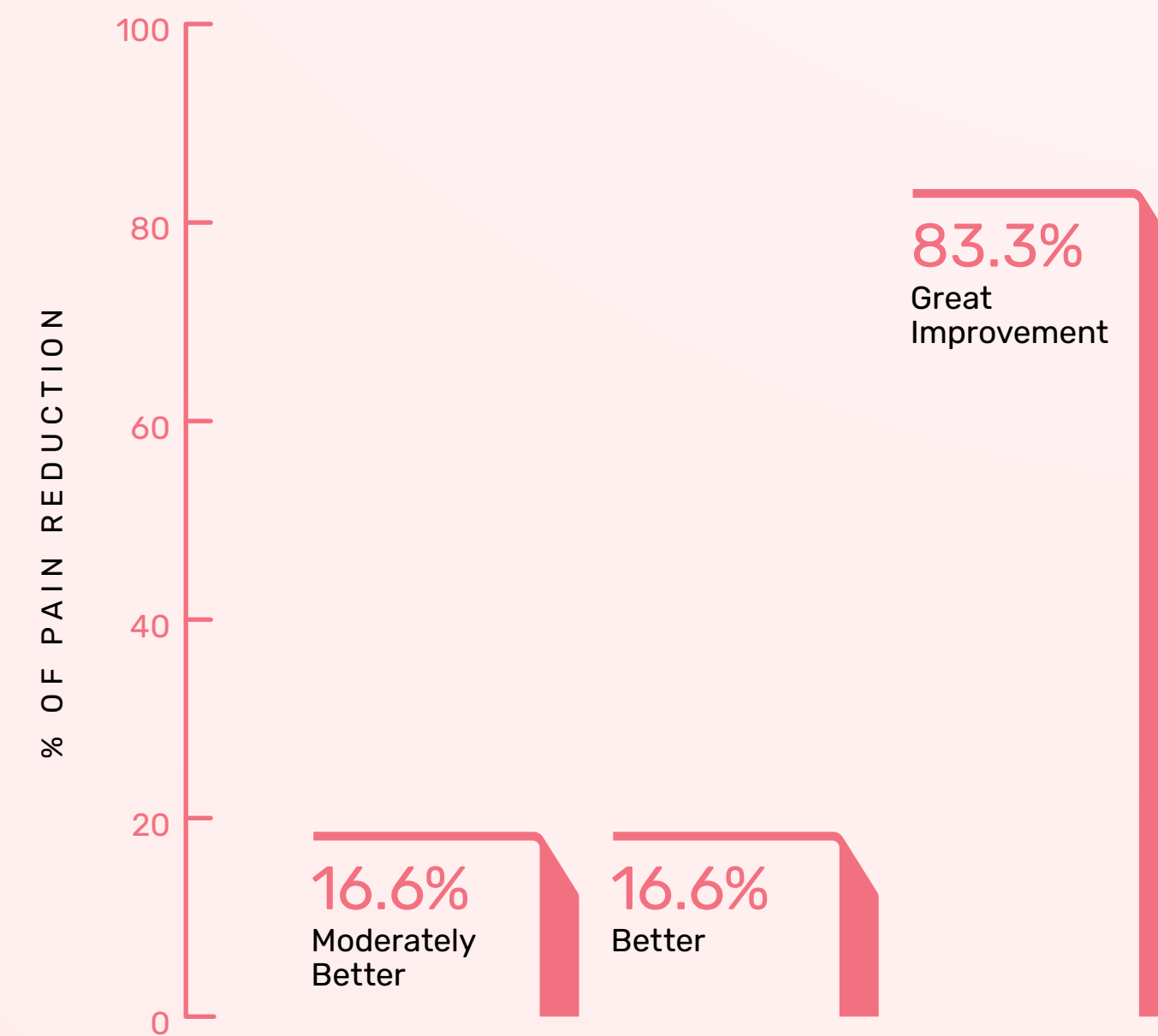
% Reduction in Menstrual Pain following use of Welme



## Post Cycle 2

### Analysis

% Reduction in Menstrual Pain following use of Welme



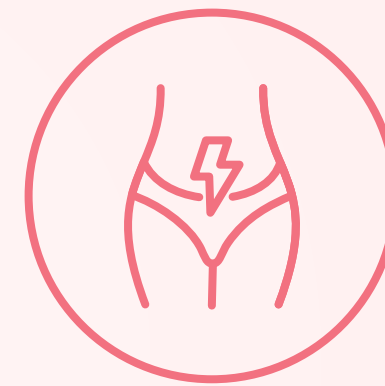
## Group A: 83.3% reported pain relief after using Welme



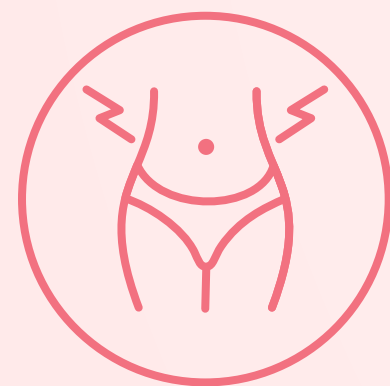
Decrease in use of  
Analgesic Drugs



Improvement in  
Physical & Mental Health



Decrement on  
Cox Menstrual Symptom



Reduction in  
Pain Intensity



No Side Effects





## Comparison of Group A and Group B Women

Group A experienced a notable decrease in pain intensity. Improved ability to engage in daily activities observed in Group A.

Group B, exposed to sham TENS, showed minimal change in pain perception. Welme's impact extends pain relief to enhance overall well-being.





## Conclusion

Menstrual pain was effectively relieved by the Improved Prototype, according to 83.3% of research participants, with statistically significant gains in both efficacy and speed of action.

Welme's TENS Technological Device coupled with patient-controlled electrotherapy, highly effective in managing primary dysmenorrhea, provides immediate pain relief, and has no negative impact during menstruation.





## Study Impact

This study marks a significant stride towards empowering women to reclaim control over their lives. The Welme Wearable Menstrual Device, operating on the principles of electrotherapy, stands as a beacon of innovation, promising a brighter, pain-free future for women worldwide.



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