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August 15th 2007

To whom it may concern

Re: **"Survey to Determine the Effect of the Static Magnetic Device, LadyCare, on Menopause Symptoms" by Dr Nyjon Eccles.**

Thank you for asking my opinion on this report.

This was a survey of responses pre and post the use of the Ladycare magnetic device in women with menopausal symptoms, seeking amelioration of their condition. The sample came entirely from responses to an advert placed in the Daily Mail Newspaper, inviting women to participate in such a study/survey in return for the Lady care magnetic device. The authors are entirely honest about the fact that this was not a double randomised controlled trial of the device, that women were solicited by advert, were not examined or investigated beforehand in person, and took precautions to make sure that the data collected was received and analysed by an independent statistician. It should be made clear at the outset that I have no vested interest in the device being tested, the company doing the testing, nor any of the individuals involved. I have sought, in looking at this study to answer four main questions. Namely:

- 1) Has the survey behind the report been constructed on a reasonable scientific basis?
- 2) Are the statistical analyses valid for this type of data?
- 3) Are the conclusions drawn reasonable given the data?
- 4) Are the results of scientific and/or clinical interest and would I be willing to consider putting a paper based on these results in to the peer review process for the Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice and Policy, of which I am Editor in Chief?

My responses to each of these four questions follows:

1. Has the survey behind the report been constructed on a reasonable scientific basis?

The answer to this question must be an unequivocal "yes". The data is valid in as far as it goes, and the author of the study is candid about the fact that this is survey data, derives from a advert for participants placed in a major national tabloid newspaper and is not a controlled trial.

As a study seeking first of all to derive some idea of how people might respond to the device and from which more robust plans could begin to be drawn up for more rigorous testing and data collection it is entirely valid. The sample is biased in that it is composed solely of those who read that particular

newspaper and will respond to a rigorous questionnaire with numerous items (the details of which have been included in the appendices for our perusal). In my experience it is highly unlikely that people responding to such an advertisement will fabricate responses and send in bogus questionnaires. The authors do not state whether they sought independent verification of the veracity of any of the participants or their symptoms.

2. Are the statistical analyses valid for this type of data?

I believe that the statistical analyses are not only valid for this data but that the author has gone to considerable lengths to prepare for a sophisticated level of statistical enquiry and knowledge. The fact that the Bonferoni correction has been applied is reassuring. It is equally evident that this was done by a dedicated and committed researcher because of the sheer number of associations looked at so meticulously, and the use of non-parametric and parametric statistical evaluations depending on the "statistical normality" of the distribution of the symptom concerned. This is not a small survey and the response rate appears to be high given the nature of the population involved, a fact that indicates that the population was highly motivated to communicate their experience which it would appear arise as a result of its beneficial impact. This, in my opinion may be due to the concern of women suffering with menopausal symptoms to inform other women of their positive experience so that others might benefit!

3. Are the conclusions drawn reasonable given the data?

The conclusions drawn are entirely reasonable. I have looked at the manuscript carefully for the presence of exaggerated claims for the device, or evidence of manipulation of the data so as to facilitate a political "spin" which might well lead in turn to the manuscript being fit only for a non-peer reviewed magazine in to a magazine type article.

4. Are the results of scientific and/or clinical interest and would I be willing to consider putting a paper based on these results in to the peer review process for the Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice and Policy, of which I am Editor in Chief?

The results of this study are certainly of scientific and public interest. Menopause is responsible for a very substantial amount of suffering, and the use of hormone replacement, which most women involved would be doing, has a significant side effect profile as well as a significant, albeit small, risk of morbidity. As Editor in chief of J.Altern.Complement.Med I would be recommending that this paper be put through full peer review for a host of reasons. It is self evident that a researcher being paid by a company to conduct such research is compromised. However, the potential conflict of interest involved is clearly stated. There are increasing numbers of Journals which will now consider such submissions, so long as the original data can be made available, and the authors are entirely honest about the way the study

was conducted. If all components to the survey are honestly discussed then there is no reason whatsoever to withdraw the paper from peer review. To find a device that is so small and so simple having an effect on symptoms such as Gastrointestinal function, weight gain, muscle soreness and strength, mood and feelings of well-being, anxiety, dread and sleep duration and quality, is remarkable. Given the safety profile and the expense of hormone replacement therapy, it is even more impressive to find something that can impact very significantly, and especially entirely safely (reducing symptoms by 67-100%!!) on common symptoms of menopause. Whilst this may appear to be too good to be true, the onus is now on the clinical and scientific community to help establish the controlled trial that would generate some answers to questions repeatedly being asked about how “deep” these responses are, how consistent they would be under controlled trial conditions. The results of this survey are impressive. The author gives all the raw data and hides none of it. The case is made that over 500 women with symptoms of discomfort of various kinds tried the device in good faith and returned questionnaires, showing a significant benefit with or without concomitant use of hormone replacement therapy. This is of immense potential benefit. No claims other than these are made. Any informed member of the public can assess the findings and decide on the basis of the reports of other women whether they wish to try it. I consider this to be worthy of communication and would therefore consider it important to make available in the public domain. Most significantly the author reports that these data merit a double blind controlled trial to evaluate the device further. I wholeheartedly agree with this assertion and can only hope that the work will be conducted as soon as possible. If these initial survey findings can be bourn out in such a controlled trial then it is of great significance not only for the wellbeing of the thousands of women who might benefit, but also for their families who will be living with the behavioural, emotional and physical consequences of the menopausal symptoms of the sufferer. There are likely to be significant cost implications which would appear to offer considerable savings over hormone replacement therapy, not only directly but also indirectly in terms of the side effect profile of hormone replacement but also in terms of the consequential effects on those living with or interacting with those suffering with menopausal symptoms, which will include productivity at work etc.

In summary I am delighted to have been made aware of this work and consider it important now that it be made available to the public.

With best wishes
Yours sincerely

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