

# Testing the effect of VibroAcoustic Therapy for the reduction of menopause-related problems

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## Introduction

Six clinics in Norway participated in this study, which began in 2010. Earlier reports on using vibroacoustic therapy in the treatment of gynecological problems, such as irregular and problematic menstruation, hot flushes etc., had been positive. Based on these symptoms, a VAT program was constructed that contained several frequencies relevant for menopause problems.

## Method

All clinics used the 10 transducer MULTIVIB mattresses connected to an amplifier equipped with the program «Secret», which lasts 23 minutes. Twenty-four women received 10 sessions, 2-3 times per week. We used an evaluation scale from 1-10. 1 was no problems and 10 was high problems. The women evaluated their symptoms before and after the test series.

## Results

The results of the study confirmed that the treatment program appears to have a satisfactory effect on several menopausal problems. Eight of the women got rid of one or more of their problems after 10 therapy sessions. We have seen, however, that we can obtain increased effects on these symptoms if treatment is continued. The frequency can be reduced to 1 – 2 times per month until the issues disappear.

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