



WOMEN'S HEALTH

Turning Up The Heat On A Common Problem

(NAPSA)—Interest is heating up in the many ways heat can be used to relieve pain.

People have been using heat to relieve pain for centuries, whether through a simple warm bath or a hot water bag.

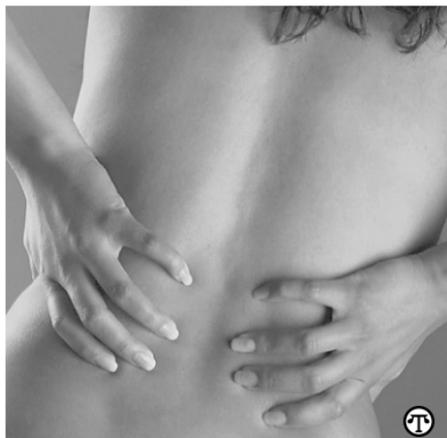
A recent study by rehabilitation specialists Depace and Newton found that applying heat to the site of pain not only relaxes muscles, but also stimulates the body's heat signals, which inhibit the transmission of pain signals to the brain.

This is especially good news for the estimated 30 to 50 percent of women who suffer from monthly menstrual pain. According to recent surveys from the American College of Obstetrics and Gynecology, one in 10 women experience symptoms so severe that they are unable to handle everyday activities.

Often described as a dull ache or pressure in the lower abdomen, menstrual pain is caused by complex chemical processes. An over-production of prostaglandins causes strong and painful contractions that temporarily cut off blood supply to the uterine muscle, thereby depriving it of oxygen and thus causing pain.

Fortunately, continuous, low-level heat is an increasingly popular therapeutic option for the relief of such pain.

Insights about heat have led to



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the development of such therapeutic options as ThermaCare Menstrual HeatWraps. These air-activated heat wraps are designed to provide continuous, low-level heat for powerful pain relief and deep muscle relaxation.

“Low-level heat therapy is a good option for all women seeking relief from cramps,” said Roger Smith, M.D., professor, vice chair and program director, Truman Medical Center, University of Missouri-Kansas City and a member of the Heat Responsive Pain Council. “I especially recommend it to teenage girls who may need a non-drug alternative for relief at school.”

For more information on the benefits of heat therapy, visit www.thermacare.com.