

The Genitourinary Syndrome of Menopause (GSM) trial: 3-month clinical study ingesting nutraceutical collagen supplement Totally Derma®

Abstract

The Genitourinary Syndrome of Menopause (GSM) is estimated to affect as many as 70% of women¹, yet despite often debilitating symptoms, many do not seek help. GSM affects the quality of life of women around the age of menopause tremendously, resulting in vaginal dryness, painful sex, urinary symptoms, and itchy and burning labial symptoms. Along with GSM, menopausal women are also confronted with deterioration of their skin, nails, hair, and joints health, triggered by reduced collagen production. This study aims to assess if ingesting Totally Derma® collagen supplement drink can improve those symptoms.

Introduction

The Genitourinary Syndrome of Menopause (GSM) is estimated to affect more than two thirds of women, but it is rarely talked about and many women do not seek treatment. GSM symptoms can affect quality of life and relationships. Urinary symptoms such as stress urinary incontinence and urge incontinence result in many women relying on expensive absorbent underwear or limiting their excursions from home in case they have an accident. Vaginal symptoms such as dryness and painful sex can have a flow-on effect on relationships, with many women unable to have sex or experiencing pain or bleeding during or after sex. The gold standard treatment for GSM is systemic and topical hormone replacement therapy (HRT) but not all women can take it or want to take it, and even when they do it may not always completely alleviate the symptoms. In addition to distressing GSM symptoms, women around the age of menopause also experience declining collagen production, which leads to poor skin, hair, and nails health, as well as joint pain. Collagen supplements are an increasingly popular element in the aesthetics market with consumers told they improve collagen production, skin texture, and nail strength.

This study is aimed at quantifying anecdotal reports that Totally Derma® has helped women who take it with their GSM symptoms, as well as assess the improvements in skin, nail, hair, and joint health of these women. While it is a small study, a 70% improvement in GSM symptoms has been reported, and almost 90% of participants reported an improvement in their skin, nail, hair, and joint health.

Methodology

Eight women with an age range of 48-61 were instructed to take Totally Derma®, a hydrolysed bovine collagen supplement*, at night for 12 weeks. The formulation of Totally Derma® Nutraceutical Drink Supplement contains high amounts of collagen amino acid peptides, hyaluronic acid, and other synergistic co-factors which are distributed via the blood vessels into the deep layer of the skin, the dermis, where they stimulate fibroblast cells to produce more collagen and hyaluronic acid. This unique formulation contains a superior form of hydrolysed collagen, Arthred®, sourced via Gelita, AG, the collagen peptide experts.

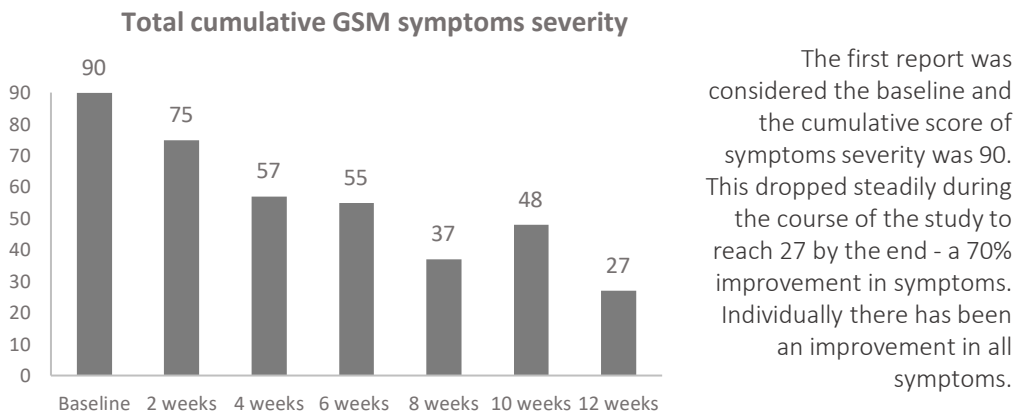
Seven of the eight women had not taken this or other collagen supplement regularly before or within the last 12 months. None had any diagnosis of vaginal or other significant health conditions that would interfere with results or render them ineligible due to contraindications from taking the supplement. Seven of the eight were post-menopause, one was perimenopausal. The average age was 51. Five were using transdermal or oral HRT, in addition, one was using ovestin, one was using vagirux and one was using a DHEA supplement.

The women were asked to rate their GSM symptoms (vaginal dryness, pain during or after sex, bleeding after sex, stress urinary and urge incontinence, genital irritation) every fortnight for three months with a rating scale of 0-5. Zero equated to no symptoms, 1= mild, 2= mild-moderate, 3= moderate, 4= moderate to severe, 5= severe. The women were also asked to rate skin, hair, nail, and joint improvements each fortnight for 12 weeks on a scale of 0 = no change, 1 = mild improvement, 2= moderate improvement, and 3 = good improvement. The first report was considered the baseline and was compared to the results after 12 weeks for all symptoms measured.

References

collagen supplement Totally Derma®

Results



Comments from participants:

"Everything improved!_The Vulva and Vagina have improved incredibly (a tiny bit sore still but nothing as bad as they were before Totally Derma®. The improvement started after 2 months and continues to improve every day."

"No Pain."

"I have noticed my labia is much more comfortable and I am able to reduce the amount of Ovestin I use now, internally and externally."

"Hurrah!! I am having pain free sex for the first time in a very long time with no bleeding afterwards. Vaginal lubrication is so much better, it is amazing to finally feel comfortable as I was so worried that my sex life was over the way it was so painful before. I am so thankful to Totally Derma®, it has transformed my life."



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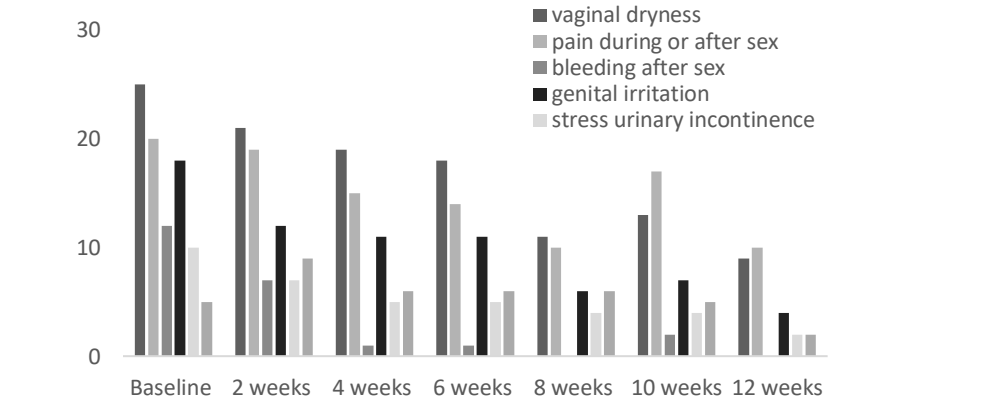
"I think my joints generally feel a bit better."

"I feel my body articulation has overall improved the longer I take it. My joints are more supple. I also feel much better hydration in my skin and vagina. It definitely takes time, patience is required but I feel my skin is smoother and firmer. Stronger nails were one of the first things I noticed as well as stronger hair. This collagen-boosting supplement is something I'll be taking for life."

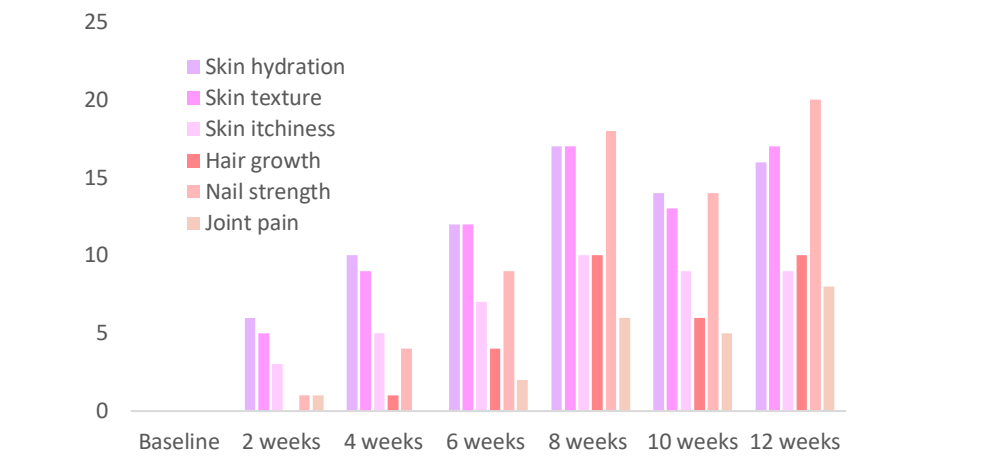
"Skin is consistently hydrated and texture more smooth, the sporadic itchiness on my arms and legs I had been getting has stopped, feeling more fluid movement in my body."

"My hair also feels strong and is growing fast and feels thick and soft. I am not losing it like I was before."

"My skin is wonderful on my face with my hormonal acne now totally gone with only a little dark scarring (not sure if this will improve over time) The skin on my body is less dry with only a little itching on my arms."



There was a 70% improvement in all GSM symptoms. All women said they no longer bleed after sex, 80% said their SUI had improved while 60% said their urge incontinence had improved. Some 77% said their labial symptoms were no longer as severe, with one no longer experiencing any symptoms. Some 64% said their vaginal dryness improved and 50% said pain during sex had reduced. Two who had not been able to have sex for years were able to - one was pain-free. While this is a small, self-reporting study the results are promising with the supplement offering relief for 90% of the participants across the full range of GSM symptoms.



All women saw improvement in skin hydration, skin texture, and nail strength. Some 62.5% of women saw improvement in hair growth, with 37.5% of women reporting good and moderate improvements. Some 62% reported an improvement in skin itchiness, and 37.5% of women also saw a good to moderate relief in their joint pain.

Conclusion

Totally Derma® collagen supplement shows promising results for perimenopausal and postmenopausal women with moderate to severe genitourinary symptoms associated with menopause. Its formulation of enzymatically processed hydrolysed bovine collagen was well tolerated by most and no significant issues were reported. While this is a small study with limitations in terms of self-reporting it also indicated that Totally Derma® can be beneficial for skin, hair, nails and joints.



This study was done independently by Harley Street Emporium (HSE). They were not paid but received a free three month supply to try. Based on the results of the study the site now sells Totally Derma.

1) Moral, E., Delgado, J. L., Carmona, F., Caballero, B., Guillán, C., González, P. M., ... & writing group of the GENISSE study. (2018). Genitourinary syndrome of menopause. Prevalence and quality of life in Spanish postmenopausal women. The GENISSE study. *Climacteric*, 21(2), 167-173.

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Methodology

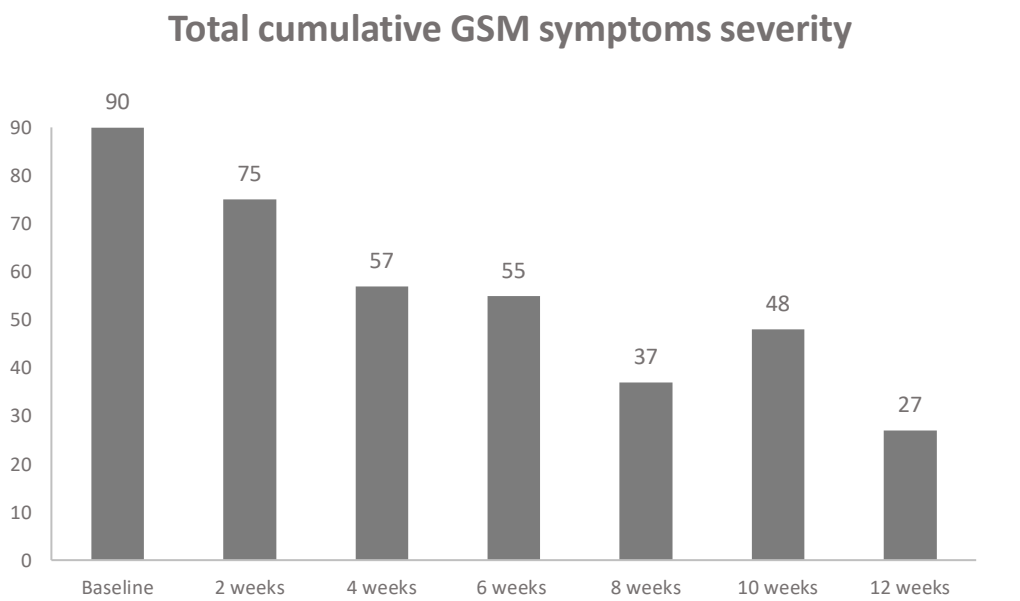
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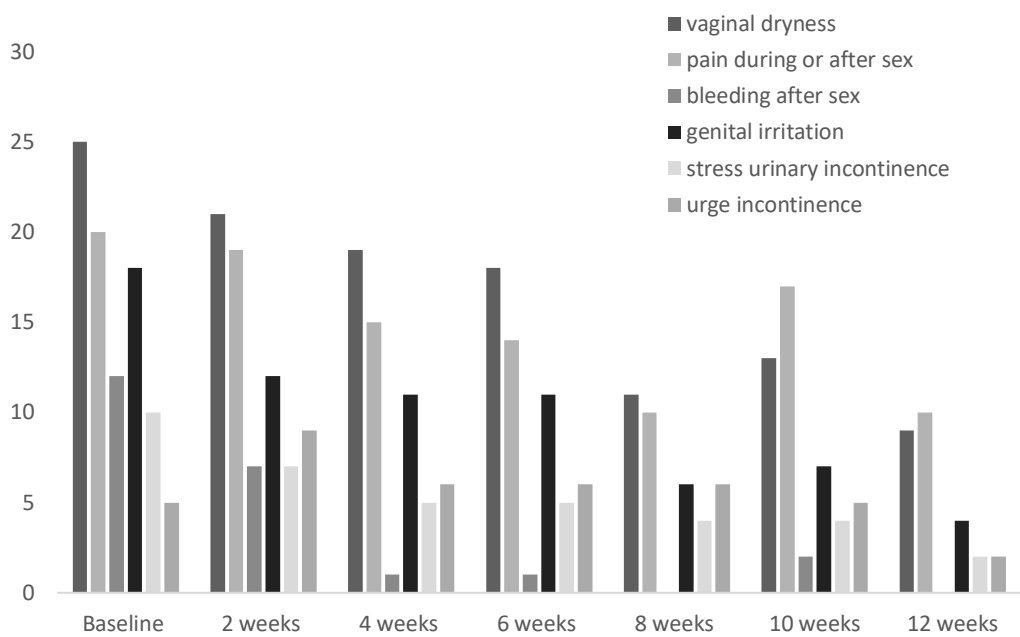
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Results



The first report was considered the baseline and the cumulative score of symptoms severity was 90. This dropped steadily during the course of the study to reach 27 by the end - a 70% improvement in symptoms. Individually there has been an improvement in all symptoms.



There was a 70% improvement in all GSM symptoms. All women said they no longer bleed after sex, 80% said their SUI had improved while 60% said their urge incontinence had improved. Some 77% said their labial symptoms were no longer as severe, with one no longer experiencing any symptoms. Some 64% said their vaginal dryness improved and 50% said pain during sex had reduced. Two who had not been able to have sex for years were able to - one was pain-free. While this is a small, self-reporting study the results are promising with the supplement offering relief for 90% of the participants across the full range of GSM symptoms.

Comments from participants:

"Everything improved!_The Vulva and Vagina have improved incredibly (a tiny bit sore still but nothing as bad as they were before Totally Derma®. The improvement started after 2 months and continues to improve every day."

"No Pain."

"I have noticed my labia is much more comfortable and I am able reduce the amount of Ovestin I use now, internally and externally."

"I can say that my vagina is definitely moist at all times now which is great for comfort-wise."

"Hurrah!! I am having pain free sex for the first time in a very long time with no bleeding afterwards. Vaginal lubrication is so much better, it is amazing to finally feel comfortable as I was so worried that my sex life was over the way it was so painful before. I am so thankful to Totally Derma®, it has transformed my life."

Conclusion

Totally Derma® collagen supplement shows promising results for perimenopausal and postmenopausal women with moderate to severe genitourinary symptoms associated with menopause. Its formulation of enzymatically processed hydrolysed bovine collagen was well tolerated by most and no significant issues were reported.

While this study has many limitations as it is small and self-reporting, it has demonstrated that a three-month course can improve the GSM.



Boley Nutraceuticals Ltd
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This independent study by Harley Street Emporium aims to assess if ingesting Totally Derma® collagen supplement drink can improve the skin, nail, hair, and joint health of these women. While it is a small study, almost 90% of participants reported an improvement in their skin, nail, hair, and joint health.

Introduction

Collagen supplements are an increasingly popular element in the aesthetics market with consumers told they improve collagen production, and in turn, joint pain, skin texture, hair and nail strength, as well as joints health. Enzymatically hydrolysed collagen amino acid peptides, as the ones used in Totally Derma® supplement, can help the skin regain elasticity and firmness, while softening fine lines and wrinkles. Hydrolysed collagen is also thought to promote joint health by supporting the growth and repair of the articular cartilage, which allows joints to function properly and move smoothly against each other. Collagen supplements have been shown to help attain longer, thicker hair by replenishing the body's hair building proteins. Moreover, it has been shown that collagen can also improve the nail growth and appearance.

Methodology

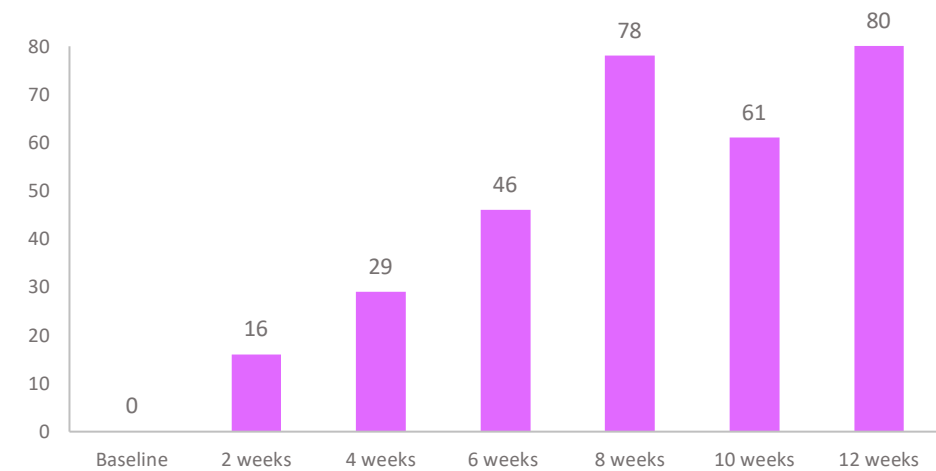
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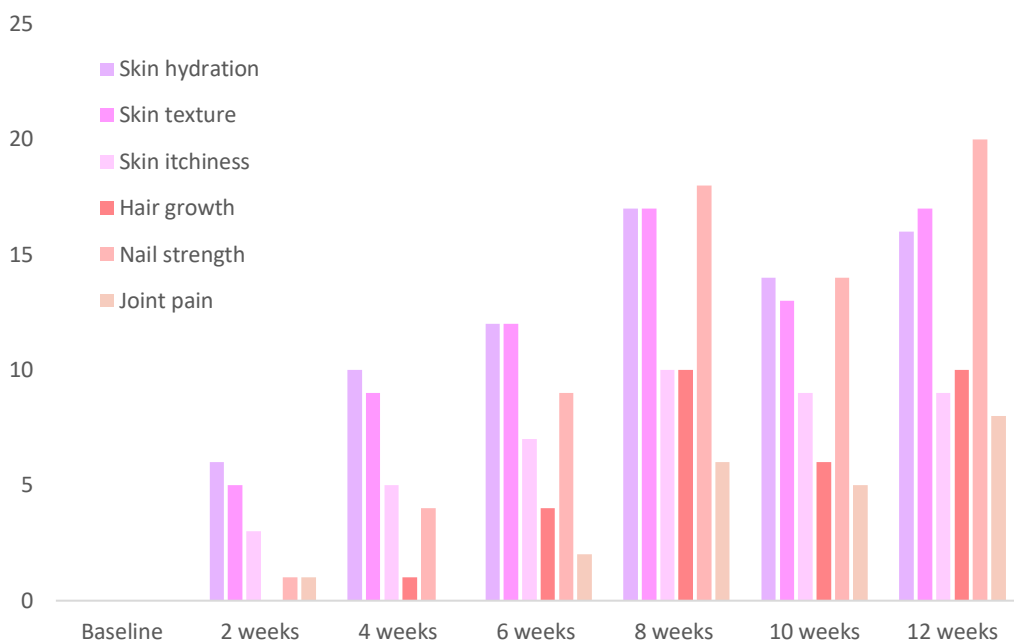
The women were asked to rate skin, hair, nail, and joint improvements each fortnight for 12 weeks on a scale of 0 = no change, 1 = mild improvement, 2= moderate improvement, and 3 = good improvement. The first report was considered the baseline and was compared to the results after 12 weeks for all symptoms measured.

Results

Total cumulative skin, nails, hair and joints improvement



Across the board, 88.8% of the participants saw improvements in all areas measured. Skin and nail strength performed the best with a 65% improvement in skin hydration, 71% in skin texture and a 95% improvement in nail strength and appearance reported. Skin itchiness improved by 70%.



All women saw improvement in skin hydration, skin texture, and nail strength. Some 62.5% of women saw improvement in hair growth, with 37.5% of women reporting good and moderate improvements. Some 62% reported an improvement in skin itchiness, and 37.5% of women also saw a good to moderate relief in their joint pain. While participants were quick to see results with skin hydration and texture with improvements starting within two weeks, nail, hair and joints took longer to advance, as expected. More participants started reporting improvements in those areas after about 6 weeks.

One woman reported a month after the trial that she could now see new good hair growth in an area of previous temporal hair loss consistent with hormonal changes and female pattern baldness.

Comments from participants:

“I think my joints generally feel a bit better.”

“No pain, so happy. Nails are good!”

“Really, really good. Joints are feeling really good, hallelujah, hair and nails are great.”

“Thank you for letting me do this trial, it has been an amazing journey for me.”

“I feel my body articulation has overall improved the longer I take it. My joints are more supple. I also feel much better hydration in my skin and vagina. It definitely takes time, patience is required but I feel my skin is smoother and firmer. Stronger nails were one of the first things I noticed as well as stronger hair. This collagen-boosting supplement is something I'll be taking for life.”

“Skin is consistently hydrated and texture more smooth, the sporadic itchiness on my arms and legs I had been getting has stopped, feeling more fluid movement in my body.”

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Conclusion

While this is a small study with limitations in terms of self-reporting it also indicated that Totally Derma® can be beneficial for skin, hair, nails and joints - but patience is required. At least three months is needed to see results for hair, joints and nails but skin appearance may improve within a month of use.



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