





Femtech in Ireland

The Case for Prioritising Women's Health Research and Innovation.



Foreword





"This report provides important insights into advancing women's health in Ireland. It aligns with the Programme for Government's commitment to further transformations in women's healthcare. It informs the Department of Health's ongoing initiatives such as the Women's Health Taskforce, the Women's Health Action Plan and our on-going service and policy developments in menopause, fertility, and gynaecology. By highlighting areas for further research and innovation, this report helps guide our efforts to ensure that women's health is better understood, better supported, and better served. I welcome its findings and look forward to working with partners across the health system to build on this progress."

Dr. Jennifer Carroll MacNeill TD, Minister for Health





"Innovative Irish enterprise and startups have a pivotal role in driving the future of Femtech, an emerging sector with immense potential for women's health. My Department, through Enterprise Ireland and HIHI, are strategically prioritising these businesses that focus on research and innovation through the Femtech@HIHI initiative and our R&I supports that can catalyse investment, and help grow start-ups to scale in a global market. With Ireland's strong foundation in fostering research and innovation, we can empower Irish Femtech companies to not only provide better outcomes for women's health but also bolster Ireland's position as a leader in health innovation."

Mr. Peter Burke TD, Minister for Enterprise, Tourism and Employment





"As a clinician dedicated to women's health, I've seen firsthand the transformative impact of new services on our patients' lives. This report underscores the immense potential of research and innovation in elevating women's healthcare to exemplary standards. It emphasises the importance of uniting clinicians, patients, technology, and researchers to focus on women's health. By prioritising these areas we can drive significant advancements, improve outcomes, and position Ireland as a global leader in women's health."

Professor John R. Higgins
Professor of Obstetrics and Gynaecology
Clinical Director Ireland South Women & Infants Directorate
Principal Investigator Health innovation Hub Ireland
Regional Director for Strategic Planning and Performance HSE South West.





"Supporting women's health is an imperative and an opportunity for Ireland. Our report is a call to action to prioritise women's health research and innovation. It emphasises the need for increased funding, more extensive research, and greater support for innovation in women's health. By fostering start-ups, translating research into impactful solutions, and attracting global FemTech companies to Ireland, we can drive significant advancements in this vital sector, supporting our economy, advancing healthcare delivery and innovating for 51% of the population."

Dr. Tanya Mulcahy,
Director Health Innovation Hub Ireland and founder of FemTech Ireland





Executive Summary

Women comprise 51% of Ireland's population and 48% of the global workforce¹. They live longer than men but face more years of poor health (Lancet)². Despite the \$500 billion health and economic burden, women's health remains underfunded and overlooked in research and healthcare systems³,⁴.

Femtech, a growing sector addressing women's healthcare needs, is projected to reach \$97 billion by 2030⁵. However, limited research, lack of innovation supports and low venture capital investment hinder transformative innovation. While the field is expanding—with nine Femtech unicorns emerging—Femtech companies still face funding challenges⁶.

Ireland is recognised for its progressive approach to women's healthcare, supported by inclusive policies, the Department of Health's Women's Health Task Force, and national initiatives in fertility, menopause, and gynecology. As Europe's second-largest medical device exporter, Ireland has a strong healthtech sector and a thriving ecosystem of FDI-backed life sciences, medtech startups, and university-led research.

Ireland has a strong start-up ecosystem supported by Enterprise Ireland and the Department of Enterprise, Tourism and Employment, this sector is informed by academic and clinical research, and while we have specific sectors such as Medtech, Pharma, Digital Health, FinTech, Space Science etc, we have an opportunity now to include Femtech as a priority area. In 2022 Health Innovation Hub Ireland recognised this opportunity and launched Femtech @HIHI- with the goal of creating Ireland's Femtech Ecosystem.

supporting start-ups and innovators in this field. HIHI has supported **34 Femtech companies in the last 2 years** and created a network of members interested in supporting, researching, innovating and participating in women's health innovation. Through this activity HIHI has identified the significant opportunity that Femtech offers- in addressing healthcare delivery and in enabling both start-ups and MNCs to lead in this area.

As global investment in Femtech accelerates, prioritising women's health research is both a social responsibility and a strategic economic move. Better healthcare access for women boosts workforce participation, productivity, and reduces healthcare costs. With 75% of Femtech companies founded by women, investing in this space fosters innovation and uncovers critical physiological differences in health conditions. By supporting Femtech Innovations we fuel the pipeline for Europe's next Femtech Unicorn. Ireland must take bold action to amplify support for this sector, strategically positioning itself as a global leader in Women's Health Innovation.

and challenges within Femtech in Ireland communicate the advances in Ireland to date and identify actions to catalyse this sector. Supporting Women's Health Research and Innovation in Ireland will require a collective effort, starting at government level across the Department of Health, The Department of Enterprise, Tourism and Employment and the Department of Further and Higher Education, partnering with the private sector- multinationals, insurance companies and investors. Collectively prioritising Femtech research and Innovation in Ireland benefits the economy, healthcare and every citizen of Ireland



WOMEN IN NUMBERS7,8,9

Less than

of the global health research budget has been spent on women's health.

Women make up of the global population and

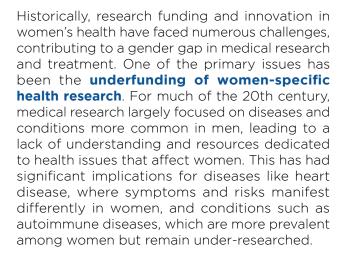
of the workforce





to healthcare for themselves and their families





Another critical issue was the **exclusion of women** from clinical trials until the early 1990s. For decades, women were often left out of studies due to concerns about hormonal fluctuations or the potential risks to pregnancies. This exclusion led to a knowledge gap in how treatments and drugs affected women, as most data were derived from male participants. Consequently, women were often prescribed medications that had not been adequately tested for safety or efficacy in female populations. In 1993, the USA mandated the inclusion of women and minorities in clinical trials, marking a pivotal shift, re-opening opportunities in women's health innovation.

The lack of funding for research on conditions that uniquely affect women, such as endometriosis, polycystic ovary syndrome (PCOS), and postpartum depression, has hindered advancements in women's health. These conditions often go underdiagnosed or untreated, as they have not received the same research attention as conditions like prostate cancer. Endometriosis, for example, affects approximately 10% of women of reproductive age, yet it remains poorly understood, difficult to diagnose and treatment options are limited.

More recently, there has been increased advocacy for funding and innovation in women's health. A realisation that physiological differences between men and women may unlock better treatment options. Increased investments in women's health products, advancements in digital health and Al coupled with demand for better healthcare solutions is resulting in more start-ups. Wearable technology aimed at women has taken a massive step forward with companies such as Oura and Movano specifically launching women's health devices. As we advance the field of personalised medicine, there are significant opportunities across women's health conditions.



When considering women's health conditions in relation to men, there are three broad groups:

Conditions that affect women only:

These conditions are largely related to hormones and reproductive health and include, menstrual health, gynaecological conditions such as Endometriosis and Polycystic Ovary Syndrome, fertility, maternal health, women specific cancers, menopause etc.

Conditions that affect women disproportionately to men:

These are conditions that affect both men and women but in general the incidence in women is much higher, these include (but are not limited to) autoimmune conditions (80% of cases are women), osteoporosis (80% of cases), Alzheimer's Disease (AD) and Dementia (two thirds of cases with AD in the USA are women), Urinary Tract Infections (30:1) etc.

Conditions that affect women differently to men:

These are conditions that affect both men and women but manifest differently in terms of symptoms and outcomes. Cardiovascular Disease- Heart disease symptoms in women (fatigue, nausea, shortness of breath) are often different from the classic chest pain seen in men, leading to misdiagnoses and delays in care in women. Osteoporosis, autoimmune conditions, mental health and neurological conditions all manifest differently and research has shown that hormones and biological cycles impact symptoms, onset and response to medication in these conditions.

Researching sex and gender differences in health is crucial for scientific accuracy, medical advancements, and healthcare equality. It leads to better treatments, improved patient outcomes, and a deeper understanding of human biology. Startups developing personalised treatments, diagnostic tools, and digital health solutions for women-specific conditions (e.g., endometriosis, menopause, PCOS) can tap into a growing multi-billion-dollar industry. Additionally, by addressing gaps in drug efficacy and safety for women, companies can create innovative products that improve healthcare outcomes while reducing long-term healthcare costs. Investors are increasingly recognising the financial potential of women's health research, leading to more venture capital and funding opportunities in this field.

CONDITIONS THAT AFFECT WOMEN ONLY, DISPROPORTIONATELY AND DIFFERENTLY TO MEN



ONLY AFFECTS WOMEN

- Menstrual Health
- **Endometriosis**
- **PCOS**
- Miscarriage
- Breastfeeding
- Postpartum Health
- Sexual Health
- Fertility
- **Pregnancy**
- Childbirth
- POI
- Menopause
- Perimenopause
- Cervical Cancer
- Ovarian Cancer



DISPROPORTIONATELY

- Autoimmune Disease 80%
- Osteoporosis
- 80%
- Alzheimer's Disease & Dementia
- Depression & Anxiety
- 2:1
- **Urinary Tract** Infections (UTI's)
- 30:1
- Migraine
- 3:1
- **Breast Cancer**
- 99%
- **Thyroid Disease**
- 5-8:1



DIFFERENTLY

- Cardiovascular Disease
- **Bone Health**
- Stroke
- **Neurological Conditions**
- **Autoimmune Conditions**
- **Mental Health**
- Alzheimer's
- Dementia

The Economic Opportunity

Recent economic reports emphasize Femtech as a rapidly growing industry with significant financial potential. According to the World Economic Forum¹⁰, closing the women's health gap could generate \$1 trillion in annual global GDP by 2040. Dealroom.co estimates that Femtech companies are now valued at \$28 billion globally and Frost & Sullivan projects continued growth in key areas such as fertility solutions, menstrual care, and menopause treatments, driving the sector's expansion^{11,12}. Additionally, the Women's Health Access Matters (WHAM) report underscores that increased research and investment in women's health could yield substantial returns, as healthier women contribute to stronger economies through workforce participation and productivity¹³.

Closer to home, a recent UK report - Women's Health Economics: Investing in the 51 Per Cent (October 2024) highlights the significant economic cost of neglecting women's health in the UK and the potential financial benefits of increased investment¹⁴. Conditions like severe period pain, endometriosis, and menopauserelated unemployment contribute to £12.5 billion in annual economic losses, while investing just £1 more per woman in obstetrics and gynaecology services could yield an £11 return on investment (ROI), adding £319 million to the economy. Key recommendations include ring-fenced funding, increased research investment, better medical training, and improved data collection to close the gender health gap. Investing in women's health is positioned as both a social necessity and an economic imperative, essential for boosting workforce productivity and UK national GDP.

These insights indicate that Femtech is not only a social imperative but also a lucrative market for investors, entrepreneurs, and governments looking to drive economic growth. Enterprise Ireland's new Strategy aims to support 1000 new start-ups by 2029¹⁵, **Research Ireland** is engaging with stakeholders to inform it's new strategy as it emerges as the national research funding agency and the Health Research Board (HRB) will publish their plans for activity beyond 2025. It is imperative that women's health research and innovation is included in the National Strategy for Life Sciences. Given the significant advances in clinical delivery in women's health within the HSE, supported by the Department of Health-Ireland has at this moment a pivotal opportunity to recognise, embed and deliver women's health focused research, innovation development and commercialisation in all government supported strategies and policies.

Recommendations to support Femtech and Women's Health Research and Innovation in Ireland

- Specific funding for women's health research
- Specific funding for women's health research commercialisation
- Specific investment funding for Femtech Start-ups.
- Requirement to disaggregate data in medical and scientific research
- Establish a Femtech Lab in a healthcare setting with fast access to clinicians, patients, data and a test-bed (sandbox).



HIGH POTENTIAL AREAS FOR START-UPS IN FEMTECH



Reproductive & Maternal Health

- Fertility & Contraception: Al-powered fertility tracking, egg freezing,
- Pregnancy & Postpartum Care: Remote prenatal monitoring,
- postpartum depression treatments, pelvic floor health Menstrual Health: Smart period tracking, sustainable menstrual



Menopause & Aging

- Hormone Therapy Alternatives: Personalized HRT, plant-based
- Symptom Management: Wearable tech for hot flashes, sleep
- Bone & Cardiovascular Health: Al-based risk prediction, supplements



Chronic Conditions & Autoimmune Diseases

- Endometriosis & PCOS: Al-powered diagnostic tools, non-invasive
- pain management, personalized supplements

 Migraines & PMS: Neuromodulation devices, Al-driven medication tracking, hormone-based treatments
- Autoimmune Disorders (e.g., Lupus, Rheumatoid Arthritis):



Sexual & Pelvic Health

- Sexual Wellness: Smart vibrators, arousal-tracking apps,
- **Pelvic Floor Health:** Al-driven kegel trainers, urinary incontinence solutions, postpartum rehabilitation
- STI Prevention & Treatment: At-home diagnostic kits, Al-powered



Mental Health & Well-being

- Postpartum Depression & Anxiety: Digital therapy platforms,
- Hormonal Mood Disorders: Personalized mental health apps.
- Sleep & Stress Management: Wearable stress trackers, biofeedback-based



Oncology & Preventative Health

- Breast & Cervical Cancer: Al-powered screening tools, wearable early
- Preventative Genomics: At-home genetic testing, personalized cancer
- Post-Treatment Care: Al-driven rehabilitation programs, wearable



Digital Health & Al-powered Solutions

- Telemedicine for Women's Health: Virtual OB-GYN consultations,
- Data-Driven Personalization: Al-powered health recommendations, menstrual cycle tracking with predictive analytics

 Femtech Wearables: Smart bras for breast health, period-tracking rings,

Femtech In Ireland

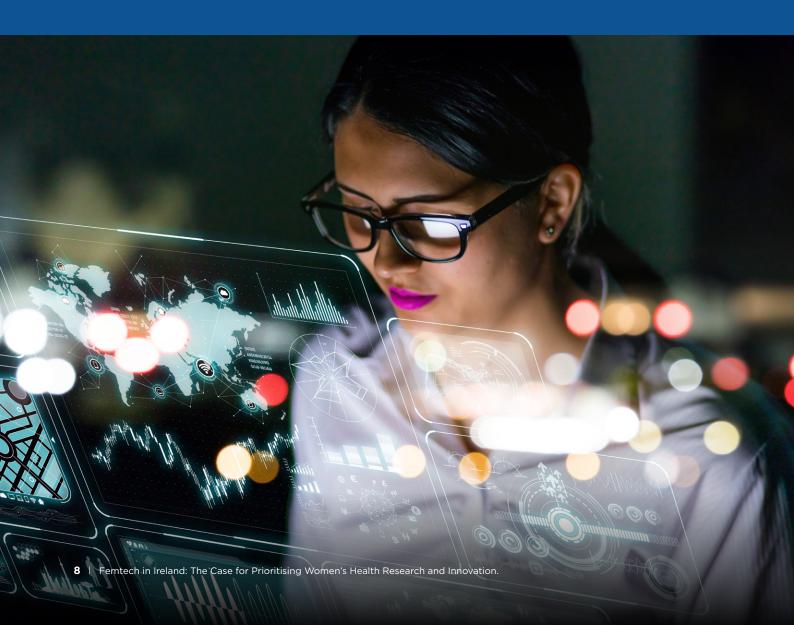
Health Innovation Hub Ireland is a government initiative funded by Enterprise Ireland and the HSE to support the development and implementation of new healthcare products and start-ups in Ireland. HIHI supports innovators at the early idea stage, prototype stage and market ready product phase by providing expert feedback, engaging with clinical staff and healthcare teams, enabling patient and end-user evaluation of products, delivering product pilots in Irish healthcare and supporting more rapid commercialisation of products www.hih.ie

Driven by an increased demand for support for women's health focused products, an obvious gap in technology across all women's health issues and the opportunities in AI, wearables and sensors, Health Innovation Hub Ireland established Ireland's first Femtech initiative.

Femtech @Health Innovation Hub Ireland was launched in November 2022, with the aim of putting Ireland on the global Femtech map, creating a network of members interested in supporting Femtech research and innovation in Ireland, mapping Femtech in Ireland, delivering a programme of work to attract and support Femtech start-ups in Ireland and identifying the opportunities and supports needed to drive this sector in Ireland in the future.







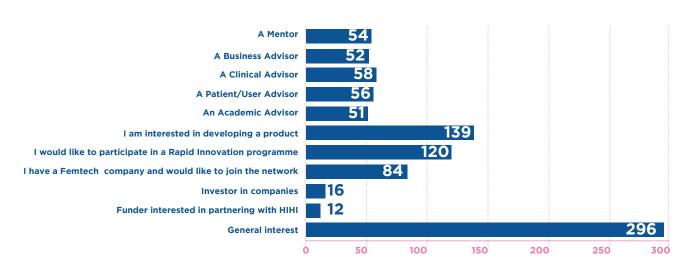


Creating an Irish Femtech Network

The Femtech @HIHI network membership stands at 455, spanning a wide range of interests including those wanting to start their own business, clinicians offering support, investors and women willing to participate in studies. Femtech @HIHI has been able to draw on the expertise of this network to support early stage companies in their research and development. For example an El Funded Commercialisation Fund application was informed by responses received from this network in relation to menopause supplements. This network was engaged to support the development of an algorithm to drive

a device for women's health symptom tracking. Clinicians and Key Opinion leaders have been involved in providing clinical expertise and end user feedback on early stage products. We have a particularly strong engagement with clinicians at Cork University Maternity Hospital and Ireland South Women and Infants Directorate, enabled through HIHI PI Professor John Higgins, Clinical Director CUMH. Many of those clinicians have academic appointments in University College Cork and engage with research and commercialisation projects also.

MEMBERS INTERESTED IN FEMTECH ACTIVITIES



HIHI Femtech Call

In 2023 Femtech @HIHI launched Ireland's first call for companies developing Femtech solutions. Thirty-seven applications were received, 11 were selected for support, 73% of applications were from female founders. These included a novel contraceptive device, easily inserted and reduces the need for pain management, medical devices for the treatment of vaginal atrophy and pelvic

floor conditions, symptom tracking and data analytics apps for menopause, Parkinson's disease and women's sport, products for postpartum care and a wearable for passive monitoring of menopause (vasomotor) symptoms. Health Innovation Hub Ireland has supported these startups through clinical and patient feedback, pilots and evaluations.

FEMTECH @HIHI CALL WINNERS

























MORE INFO:

https://hih.ie/initiatives/Femtech/hihi-Femtech-call-winners-2023/



Map of Irish Femtech SMEs

HIHI has **mapped more than 35 start-up companies*** innovating in women's health across the country. Some of these began as research projects within academic institutions and progressed through EI Commercialisation Funding to become start-ups, creating jobs and supporting our economy. Almost all Femtech companies have at least one female founder.



^{*}Pre-start-ups included.

IRISH SMES WITH FEMTECH SOLUTIONS/PRODUCTS



Pneumoliner and Guardenia Contained Tissue Extraction



Digital therapeutics (DTx.) for the treatment of Overactive Bladder.



Innovo - treatment of incontinence, sexual health dysfunctions and other associated disordersstrengthening the muscles and modulating the nerves of the pelvic floor.



The only simple, non-hormonal, safe, affordable treatment for VaginalAtrophy that is suitable for all women.



Bladder Boss is an 8-week science backed digital program, designed to empower women to improve bladder health and reduce the impact of Overactive Bladder.



Integrated online and in person women's health primary care service.



Breastfeeding monitoring device with app integration.



Frendo is a multi-platform app for endometriosis patients and those with suspected endometriosis symptoms.



functional fitness service for all women, designed to promote strength and wellness in all stages of life, with a special focus on the menopause.

Online health education and



A patented handheld and mobile device that provides a much more accurate and easier-touse alternative to transvaginal ultrasound

Fembition

Helping progressive employers to close the gap by prioritising women's wellbeing and careers.



Femtech Healthcare's Key technology allows every woman personalisation and insight into her individual health and wellbeing.



Menstrual cycle and fitness tracking app.



Measuring menstrual blood and period symptom management tool.



Organic and Natural Personal Feminine Products.



'Fertility Coach' that leverages science to improve fertility mental fitness, bringing mind and body into balance and helps couples, women and men achieve a healthy happy IVF experience.



Their mission is to make menopause care and advice accessible to everyone. empowering women to empower themselves throughout their menopause journey.

norma

Norma Vaginal Pain Programme.



The company has developed the Steri-CISION C-section Retractor to improve access and visualisation during Caesarean Delivery.



Premium Prenatal Fertility Supplements Women that focus on the microbiome to optimise Fertility Health.



Develop a pre-pregnancy health assessment app - bring health to life with a smartphone.



Diagnosis and Treatment of pelvic



Clinical-stage biopharmaceutical company with a focus on women's



Menopausal symptom tracker.



A Med-Tech startup developing wound care dressings for women postpartum. PPR Healthcare strive to make a meaningful improvement in the lives of new mothers to help them on their recovery after giving

SISTERLY

Female focused - Formulations that work better for women.



Optimising supplements for the most common nutritional issues women health and pregnancy.



Innovative Strap - for your post abdominal surgery recovery - C Section.

#menopause hub

Menopause App - a companion for peri, post, early, premature & surgical menopause.



Formulate supplements that support and sync with the hormonal phases of periods, pregnancy and menopause.



Pre-startup developing technology to aid in real-time disease diagnoses in breast diseases.

FemmeBiome^{*}

Pre-startup creating microbiome supplements for women.

Phetal Safe

Pre-startup developing technology for in-utero foetal stress assessment

What Femtech Founders Want

In 2025, HIHI conducted a survey with the winners of the Femtech Call- a small group with valuable insights into the needs and challenges of a developing Femtech company.

This survey identified that the biggest challenges faced by Femtech companies relate to investment and regulatory requirements, lack of specialised expertise in regulatory, market access, women's health and direct specialised access to clinicians and patients.

SURVEY RESULTS



Regulatory & Compliance Barriers

- Complex and costly MDR and FDA approval processes slow down product development.
- Lack of clear regulatory precedents for Femtech innovations, making compliance difficult.
- Data privacy and security concerns (e.g., GDPR) add an extra layer of complexity for digital health solutions.



Clinical Validation & Research Challenges

- Limited access to clinicians and patients for real-world testing and trials.
- Time constraints of healthcare professionals, making collaboration difficult.
- Slow and complex ethics approval processes, delaying research and
- High costs of clinical research, with many startups opting for trials abroad.



Market Access & Adoption Barriers

- **Difficulty integrating** Femtech solutions into hospital systems due to procurement and reimbursement challenges.
- Lack of structured networks connecting Femtech startups with healthcare providers.
- Limited industry recognition of Femtech, leading to slow adoption by healthcare institutions.



Skills & Knowledge Gaps

- Lack of expertise in clinical trial design, affecting regulatory approvals and
- Limited understanding of healthcare procurement and reimbursement models. hindering adoption.
- Shortage of specialists in AI, digital health, and biomedical engineering, crucial for product development.



Funding Challenges

- Lack of dedicated funding for Femtech startups, particularly for early-stage research and clinical validation.
- High financial barriers for product development, clinical trials, and market entry.
- **Difficulty securing investors** who understand the long-term potential of Femtech.
- Limited access to grants and public funding, with Femtech often overlooked in mainstream health investment.

Enabling Femtech in Ireland

WHAT HOW WHY Uncover what has been **Focused Women's Health MORE** under researched **Funding & Calls** Research publications Disaggregation of research data Men:Women Women's **Translational research-patient** Health Research More women's health in medical, lifesciences (V) Identify commercial education opportunities **Economic benefit-significant** Focused Funding for untapped market **Femtech Innovation ⊘** Support indigenous start-ups Femtech experts to support Femtech Create exportable products development **Start-ups** Prototyping supports Clinical and patient access (4) Enable more women founders (75% Femtech founders are women) MORE **Identify Femtech Investors** Address the biggest issue **Create a Femtech Investment** for Femtech **Femtech** Investment Provide a go to location for clinical, patient access BETTER Address issues identified in Provide access to prototype **Femtech survey** Access to testing facilities Fast-track idea to market **Experts Identify regulatory and market** access experts Document and track all women's COMMUNICATE health R&D in Ireland **⊘** Identify Ireland as a location of choice **Communicate and disseminate** Success the outputs and impact (<) Identify all Femtech interest groups- bring together. **STRONGER** Deliver conferences, workshops, Shared interests, varied events that unite the ecosystem **Ecosystem** expertise all supporting Activity Create a culture of co-development to ensure multidisciplinary R&D **⊘** Showcase success **⊘** The US has largest activity Create a programme to attract international Femtech start-ups in Femtech- current politics has changed this - make Ireland International a Femtech destination Interest **Include Women's Health** SUPPORT/ Research and Innovation in government policies and **Indigenous** strategies **Femtech**

Our Vision for Femtech

INVEST IN THE 51%

The purpose of this report is to **inform on** the gaps in women's health research and innovation and **identify the opportunities** for researcher, innovators, investors and enablers. This report highlights the economic, social and healthcare impacts of better women's health research and innovation. This report is a call to action to our government, our politicians, our healthcare providers, our researchers, our universities, our clinicians, our healthcare systems, investors and enablers, to support research and innovation that directly impacts 51% of the population and indirectly impacts every citizen.

We are specifically calling on our government to include women's health research and Femtech innovation in the National Life Science Strategy, we are asking our funding agencies to deliver focused funding calls for women's health research and innovation, we are encouraging researchers, clinicians and academics to look at their research with a gender lens and unlock what is still unknown in conditions that affect women only, differently and disproportionately and we are calling on innovators to take that knowledge and translate to products that impact women now and for future generations. We are calling on Ireland to invest in the 51%.





SUPPORT WOMEN'S HEALTH THROUGH









BY PROVIDING

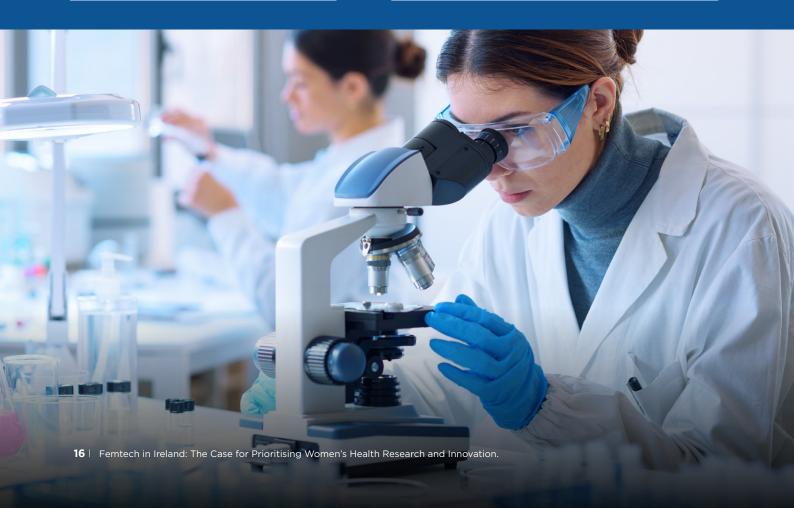


specific funding for women's
HEALTH
RESEARCH
COMMERCIALISATION

specific investment of the funding for FEMTECH START-UPS *

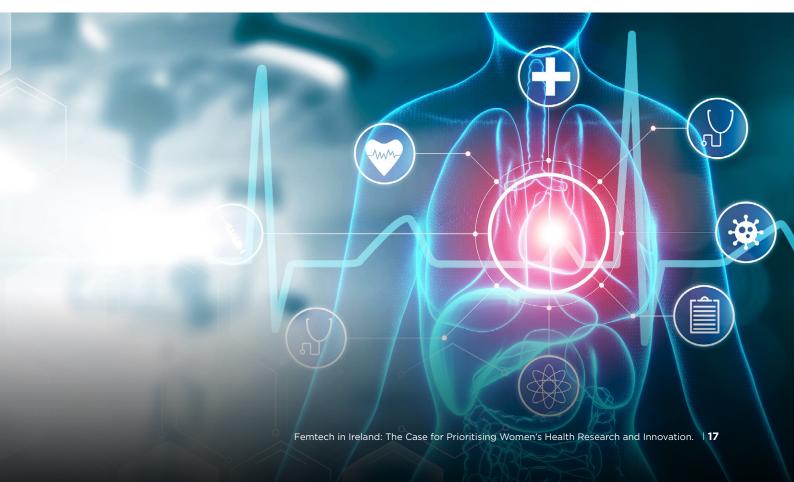


establish a
FEMTECH LAB
in a healthcare setting with a fast
access to clinicians, patients,
data & a test-bed (sandbox)



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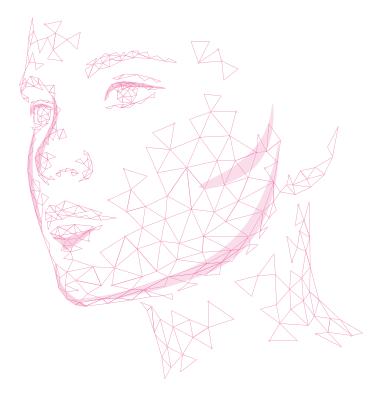
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Dr Tanya Mulcahy













An Roinn Sláinte Department of Health







