

## **Menopause Progesterone vaso-motor Study**

Menopause is a natural event that normally occurs between the ages of 45 -55.It is transition period in the woman's life when ovaries stop producing eggs and gradually makes less of hormones. As the ovaries become less functional, the specific symptoms women experience varies from women to women.

Symptoms include: hot flushes; sleep disorders; vaginal drying; mood changes (depression, irritability); cardiovascular disease, osteoporosis.

Symptoms can be noticed for several months to year before the last menstrual period and can continue for several years after.

Medications, diet and exercise can prevent or eliminate some symptoms and enhance a woman's quality of life.

The Centre for Menstrual Cycle and Ovulation is doing a study called" Progesterone vaso-motor symptoms study". The purpose of this study is to improve that:

- 1) Progesterone therapy is an equally or more effective hot flush/night sweating therapy than estrogens
- 2) Progesterone has a "side effect" it improved deep sleep (menopause->sleep disorders)
- 3) Stopping estrogens therapy increase in the number and severity of hot flushes and night sweats. There is no clinical evidence that stopping progesterone increase in vasomotor symptoms.
- 4) Estrogens or estrogens /progestin increase the risk for many diseases: heart attack, stroke, blood clots, breast cancer, dementia).These adverse effect are not seen with progesterone or most progestin's.

We are looking for women to participate in a 5 month research study on hot flushes, blood vessel functions and clotting factors. We are comparing natural Progesterone (Prometrium) with a placebo (dummy pill)

To be eligible, women must:

- 1) Be past menopause (1-10 years since last menstrual period)
- 2) Currently experiencing hot flushes and/or night sweats
- 3) have no heart disease ,have no risk factors for heart disease high blood pressure;highg cholesterol;smoker;diabetes;very overweight)
- 4) Have taken no estrogen, progesterone, birth control pills within 6 months

Study ends March 2008.

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