

Focusing on the Menopausal Transition to Improve Mid-Life Women's Health

Status: RECRUITING

Eligibility Criteria

Age: 45 years to 55 years old

This study is also accepting healthy

Healthy Volunteers: volunteers

Inclusion Criteria:

* aged 45-55 * In the late menopausal transition, defined as 60 days of amenorrhea but less than 365 days of amenorrhea18 * No current use of hormone therapy or hormonal contraception * Presence of a uterus and at least one ovary in order to track menstrual patterns * Have a smartphone and broadband access adequate to accept telehealth appointments

Exclusion Criteria:

* Lack of broadband access (activity and survey data will be collected electronically whenever possible and some visits will be via telehealth) * Lack of regular menstrual periods in mid-reproductive life (ages 25-38) when not on hormones or not pregnant. * Pregnancy or actively trying to get pregnant * Inability to adhere to study protocol schedule * Untreated alcoholism * Un- Diagnosed abnormal uterine bleeding * Personal or family history of medullary thyroid cancer or multiple endocrine neoplasia (MEN 2) for participants with a BMI\> 30 kg/m2.

Conditions & Interventions

Interventions:

DRUG: Metformin, DRUG: semaglutide, DRUG: Anti-hypertensives, DRUG: Lipid Lowering Medication, BEHAVIORAL: Life style intervention, DRUG: Fezolinetant, DRUG: Hormonal therapy

Conditions:

Menopause, Menopause Hot Flashes, Menopause Related Conditions, Cardiovascular

More Information

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Principal Investigator:

IRB

Number:

System ID: NCT06975111

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