

# MENOPAUSE GOT YOU FEELING HOT?



Q

A

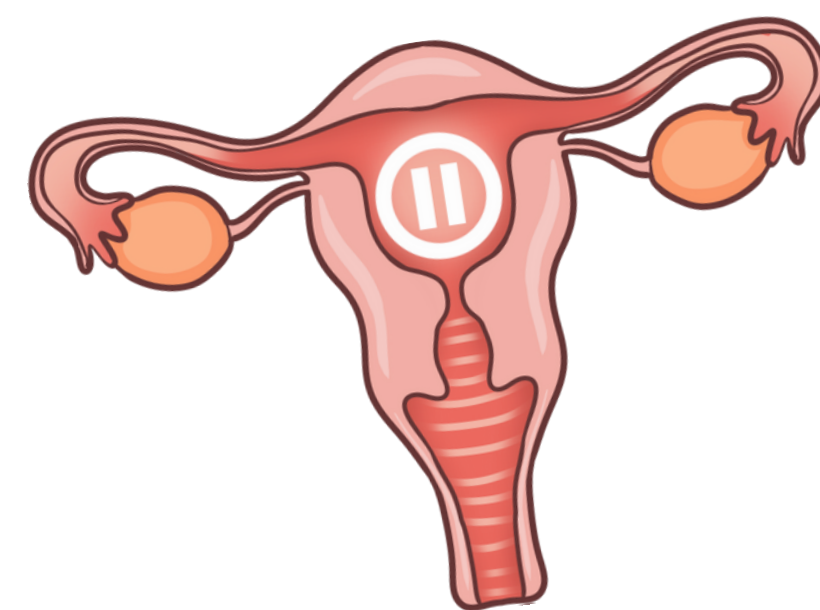
**Do your hot flashes make you feel unwell and less able to be physically active? Do you feel less willing to go outdoors, especially in the summer? Do you isolate yourself in cool indoor environments when hot flashes occur?**

For women, menopause is a normal part of aging. The undesirable symptoms like hot flashes (or night sweats when they occur in the nighttime), fatigue and headaches can severely impact a woman's quality of life including engagement in physical activity especially when temperatures warm up in the spring and summer.

The Human and Environmental Physiology Research Unit at the University of Ottawa is undertaking a series of studies to assess how post-menopausal women respond to heat. This information will be used to develop guidance to assist post-menopausal women in improving their tolerance to heat, such as during exposure to warm outdoor conditions or performing physical activity.

#### **We are looking for women who are:**

- ✓ 50-70 years of age
- ✓ Post-menopausal (>1 year since last menstrual cycle)
- ✓ Have no history of premature or surgically induced menopause
- ✓ Can be on hormone replacement therapy (HRT) for menopausal symptoms



#### **What will your participation involve?**

Two visits to the main campus of uOttawa (adjacent to the LRT station)

- A screening session including a health and fitness assessment (~2 hours)
- An experimental session assessing your body's heat loss response by evaluating skin blood flow during a controlled heat stress (~5 hours).

#### **With your participation, you will receive:**

- free fitness evaluation & report.
- \$40 compensation for your time and free parking.

For more information or to express interest please contact Caroline at [cmalo020@uottawa.ca](mailto:cmalo020@uottawa.ca) or go to [www.hepru.ca](http://www.hepru.ca)  
You may also contact the research director Dr. Glen P. Kenny at [gkenny@uottawa.ca](mailto:gkenny@uottawa.ca)