

Applicant

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Project Title

Hormone therapy and sarcopenia among menopausal women from the Canadian Longitudinal Study on Aging

Project Summary

Sarcopenia is an age-related progressive and generalized musculoskeletal disorder that may result in adverse health outcomes in older adults. Among menopausal women, the depletion of ovarian hormones contributes to sarcopenia. While there is agreement on the benefit of Hormone therapy (HT) on bone density, the role of HT for maintaining muscle mass and function has been less studied, with only a few small studies to date presenting contradictory results. The objective of this proposal is to evaluate the association between HT and sarcopenia in Canadian women. We will also explore the mediating role of obesity and physical activity on the association between HT and sarcopenia. This research will directly benefit menopausal women from Canada, who spend an important part of their lives in a state of estrogen deficiency and its negative effects, including sarcopenia. It will also contribute to developing programs to prevent sarcopenia among menopausal women.

Keywords

Muscle strength, Women's health, Aging, Hormone replacement therapy, Physical function