

**Applicant**

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**Project Title**

Menopause hormone therapy, mental health and quality of life

**Project Summary**

Vasomotor symptoms (VMS) present during menopause in approximately 60 to 80 percent of women. VMS most commonly includes hot flashes and night sweats and can detrimentally affect sleep, mood and subsequently, quality of life. Current Canadian guidelines place a 'strong, high' recommendation for menopause hormone therapy (MHT) to manage VMS. However, MHT may not be suitable for all patients, and some may be 'HT averse'. The CLSA provides an opportunity to evaluate the prevalence of VMS in Canada via the rates of MHT use and menopausal status. We are interested in learning about associations between menopausal symptoms, mental health, and quality of life in a Canadian population.

**Keywords**

menopause, hormone therapy, depression