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Project Title

The effect of menopause on metabolic syndrome: Results from the Canadian Longitudinal Study on Aging

Project Summary

Metabolic syndrome is a combination of health conditions including abdominal obesity, high cholesterol, high blood pressure and pre-diabetes. One in five Canadian women meet the criteria for metabolic syndrome. It is an increasing cause of heart disease and stroke, particularly among women. Metabolic syndrome has also been associated with an increased risk of breast cancer. Changes in biology during menopause are thought to increase the risk of developing metabolic syndrome. This study will analyze the largest cohort of mature Canadian women to investigate this association. If menopause is found to be a risk factor for the development of metabolic syndrome, this would provide an opportunity to focus medical care and public health programming to optimize women's health. By identifying high risk women, targeted preventative care may be provided in an effort to reduce disease and disability.

Keywords

Menopause, metabolic syndrome, cardiovascular disease, hormone replacement therapy