

**Applicant**

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**Project Title**

The Effect of Early Menopause on Cardiovascular, Bone Health and Multimorbidity in the Canadian Longitudinal Study on Aging

**Project Summary**

Female reproductive hormones, particularly estrogens, influence many tissues. An earlier age of at menopause results in reduced circulating estrogen levels which can be detrimental in the aging process. Estrogens influence cardiovascular function by affecting cholesterol levels while also acting to relax and dilate the blood vessels. In addition, estrogens influence bone health and an earlier menopause is associated with a higher risk for low bone density and osteoporosis. The CLSA provides an opportunity to examine the effects of an earlier age at menopause on these disease processes. We are interested in describing the effects of both a very early menopause, before age 40 (termed Premature Ovarian Insufficiency, POI), and an early menopause (age 40-45 years), on cardiovascular function and bone density in a Canadian population. A further understanding of the sequelae associated with an early loss of ovarian function, will help us to target early intervention strategies for women.

**Keywords**

Premature ovarian insufficiency, Early menopause, Osteoporosis, Cardiovascular