

Investigating the effects of cow, goat or sheep milk on nutrition and digestive comfort in older women

ACTRN12622001161718

Status	RECRUITING
Sponsor	Riddet Institute
Enrollment	160 participants

Plain Language Summary

Milk is one of the best natural sources of protein and calcium — two nutrients that are especially important for older women trying to maintain muscle strength and bone density. However, many older adults avoid milk because it causes stomach discomfort such as bloating, gas, or cramping, which can become more common as we age due to changes in the digestive system.

This study is comparing how cow's milk, goat's milk, and sheep's milk affect digestion and nutrition in older women over 12 weeks. Goat and sheep milk have slightly different protein structures from cow's milk, which may make them easier on the stomach. Most previous research in this area has been done in younger people or over very short periods, so this study aims to fill an important gap.

You may be eligible if you are a woman aged 60 to 80 who lives independently, is generally healthy (no serious illness like cancer or uncontrolled diabetes), and has a BMI between 18.5 and 30. You would not be eligible if you have a dairy allergy, lactose intolerance, a history of gut problems like Crohn's disease or coeliac disease, are currently smoking, or already drink more than 500ml of milk per day.

Key Eligibility Criteria

Inclusion (1)

- Women who live independently and are free from serious medical illness such as cancer, uncontrolled diabetes or cardiovascular disease, with a Body Mass Index between 18.5 to 30 kg/m², and do not undertake more than 2 hours of structured exercise each day.

Exclusion (12)

- Inability to give informed consent
- Taken antibiotics within the month before starting the study
- Use of certain prescribed medication or recreational drugs within the last three months that could affect the gastrointestinal tract: opioids, non-steroidal anti-inflammatory drugs, proton pump inhibitors, laxatives, prebiotic or probiotic supplements.
- Medical history of gastrointestinal surgery or disorders (inflammatory bowel disease, ulcerative colitis, coeliac disease, Crohn's disease), cardiorespiratory problems, uncontrolled diabetes mellitus, bleeding disorders, sleep disorders, psychiatric conditions (major depressive disorder, schizophrenia, bipolar disorder, post-traumatic stress disorder)
- Alarm features associated with significant gastrointestinal or other disorders, such as burning pain in the epigastrium which increases during the night and wakes up the patient; frequent vomiting; loss of appetite; lower gastrointestinal bleeding; odynophagia; dysphagia; palpable abdominal mass; lymphadenopathy; jaundice.

... and 7 more (see full listing online)

Locations (1 total)

Dunedin, New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622001161718>

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