

Strength and Aerobic Training Against Hot Flashes in Postmenopausal Women

NCT06030388

Status	RECRUITING
Phase	Not Applicable
Sponsor	Linköping University
Enrollment	90 participants

Key Eligibility Criteria

Inclusion (5)

- Postmenopausal women (one of: \leq 12 months since last menstruation; amenorrhea due to intrauterine device or hysterectomy and Follicle Stimulating Hormone (FSH) $>$ 30 mIU/ml; bilateral oophorectomy; induced menopause due to chemotherapy or radiation and \geq 2 years amenorrhea);
- \geq 2 moderate to severe hot flashes per week during a 2-week screening period, registered through a daily VMS diary;
- Age \geq 45 years;
- Physical ability to participate in strength training or high intensity aerobic exercise for 60 minutes, 3 times/week during 15 weeks;
- Understand Swedish orally and in writing

Exclusion (7)

- Regular physical activity $>$ 30 minutes per week of vigorous intensity or \leq 150 minutes of moderate intensity or combined activities representing maximum 150 minutes of moderate intensity;
- Use of systemic menopausal hormone therapy the last 2 months;
- Use of natural preparations such as herbal preparations for VMS, or other medications for VMS the last 2 months;
- Capillary hemoglobin $<$ 110 g/l;
- Blood pressure $>$ 160 mmHg systolic or $>$ 100 mmHg diastolic;
- ... and 2 more (see full listing online)

Locations (2 total)

Region Kalmar Län, Kalmar, Sweden
Region Östergötland, Linköping, Sweden