

Improving Sympathetic Activity, Hot Flashes, and Sleep in Midlife Women Using Inspiratory Muscle Strength Training

NCT06743269

Status	RECRUITING
Phase	Not Applicable
Sponsor	Mayo Clinic
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (5)

- Females aged 45-60 with hot flashes.
- Participants will be recruited from Rochester, MN and surrounding areas.
- Non-smokers.
- BMI $\leq 40 \text{ kg/m}^2$.
- No history of cardiovascular disease, except for hypertension.

Exclusion (2)

- Detailed medical and social histories will be collected. To allow for ecological validity, participants will not be excluded for use of menopausal hormone therapy or medications affecting cardiovascular function so long as they have been on a consistent regimen for 3 months and during the study period. This approach to medications is consistent with recent work in this area.
- Participants will be screened for contraindications to inspiratory muscle strength training including, a history of spontaneous pneumothorax, collapsed lung that has not healed fully, a perforated eardrum that has not healed fully, and/or any other condition of the eardrum.

Locations (1 total)

Mayo Clinic in Rochester, Rochester, Minnesota, United States