

Impact of Lean Pork on Endothelial Function in Perimenopause

NCT06976112

Status	RECRUITING
Phase	Not Applicable
Sponsor	Pennington Biomedical Research Center
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (12)

- Are female
 - Are between 40 and 55 years of age
 - Have a BMI (a number calculated from participant height and weight) between 28 and 45 kg/m²
 - Are experiencing irregular menstrual cycles but have not gone longer than 12 consecutive months without a period
 - Are experiencing severe vasomotor (menopause) symptoms
- ... and 7 more (see full listing online)

Exclusion (10)

- Hysterectomy (partial or full) or oophorectomy
 - Using hormone replacement therapy use and/or hormonal contraception use 6 months prior to study start
 - Has systolic blood pressure \geq 140 mmHg and/or diastolic blood pressure \geq 90 mmHg
 - Triglycerides \geq 350 mg/dL, low-density lipoprotein cholesterol (LDL-C) \geq 190 mg/dL, and/or taking a lipid-lowering medication
 - Diagnosed cardiovascular disease, diabetes (type 1 or 2), or endocrine-related disease (e.g. thyroid, PCOS), unstable gastrointestinal disease, kidney, liver, and/or pancreatic disease
 - Diagnosed cancer (except skin cancer) in the last 5 years
- ... and 5 more (see full listing online)

Locations (1 total)

Pennington Biomedical Research Center, Baton Rouge, Louisiana, United States