

# Effects of a 6-months Fiber- and Polyphenol-rich Diet on Brain Inflammatory Processes in Perimenopausal Women Living With Overweight or Obesity

NCT07501377

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Max Planck Institute for Human Cognitive and Brain Sciences
<b>Enrollment</b>	120 participants

## Key Eligibility Criteria

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### Inclusion (5)

- STRAW+10 -1 or -2
- BMI  $\geq$  25 or WHR  $\geq$  0.85
- hsCRP  $\geq$  1 mg/l
- no MRI contra-indication
- written informed consent

### Exclusion (7)

- occurrence of a clinically relevant psychiatric disease in the last 12 months (e.g., depression, substance abuse, eating disorder, schizophrenia)
- type 1 diabetes
- previous bariatric/gastric surgery
- pregnancy or breastfeeding woman
- severe untreated disease, cancer treatment last 12 months, any chronic gastric tract disease (IBS, Morbus Crohn, Helicobacter pylori Infection etc.) or any chronic inflammatory disease
- ... and 2 more (see full listing online)

## Locations (1 total)

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Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Saxony, Germany