

MENO-COG STUDY



Understanding Changes During Menopause

Little is known about how common symptoms of menopause are inter-related. The MENO-COG Study will examine the memory and concentration changes reported by women during their menopausal transition and how they are affected by sleep, physical activity, hot flashes, and night sweats.

Who Can Participate?

Women experiencing the transition into menopause, between the ages of 40 and 60. Must have one or more of the following:

- High BMI
- High Cholesterol
- Waist circumference over 35 inches
- High Blood pressure
- High blood sugar
- History of smoking

MENO-COG Study Details

- In your home for seven days, you will wear a wrist monitor and complete daily surveys about sleep, hot flashes, and monitor use.
- Two in person study visits.
- Compensation for participation is available.

