



Too young for night sweats?

If so, we invite you to participate in a study conducted by UBC Endocrinologist Dr. Jerilynn Prior. You'll learn more about yourself and help us understand night sweats in women aged 35 to 50.

Who can participate?

You may be eligible if you are a woman who:

- Is between age 35 and 50
- Has night sweats (hot flushes during sleep time)
- Has menstrual periods no more than 60 days apart in the past year
- Is not taking hormone therapy or birth control

What will I be asked to do?

- Visit our office (at 12th and Oak) for an interview session
- Keep a daily record of your menstrual cycle for 4 cycles
- Record your first morning temperature
- Collect a small amount of urine each morning for one cycle

Who do I contact?

For more information contact Laura Liao at

604-875-5232

Night-sweats@interchange.ubc.ca

Or visit:

www.cemcor.ubc.ca/night_sweats_study

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Vancouver Coastal Health Research Institute



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