

March, 2005

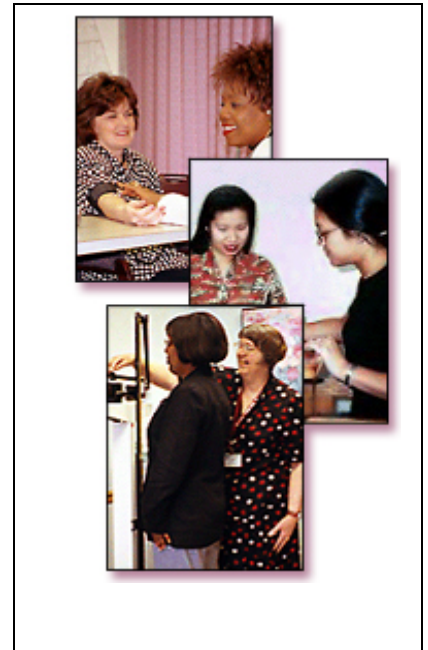
SWAN Awarded Another 5 Years of NIH Funding

The National Institutes of Health has funded the SWAN study for another five years, from 2004-2009. This funding ensures that SWAN will be able to conduct 2 or 3 more visits, depending on how many visits women have already had and where they are in the menopause transition, which will cover the time period when we expect most participants to complete the menopause transition. We will be able to fulfill our original goal of being the first study to track women of multiple ethnicities throughout menopause. Considering the intense competition to earn NIH funding, we

Did you know that over 60 articles have been published so far with SWAN data?

If you would like to stay up-to-date on SWAN's progress, you can visit www.swanstudy.org and click on "Participants." In the "Research Findings" section you can see a list of article summaries and read highlights of major findings. You can also access the full text of the October *Parade* magazine article on menopause that features the SWAN study. The article credits the SWAN study with being one of the first menopause studies to study women from multiple races and ethnicities. You might have also seen the SWAN study mentioned in a March *USAToday* article on hot flashes.

are especially excited that SWAN was funded again. "We were thrilled to receive continued funding from the NIH for this vital project," says Dr. Joel Finkelstein, primary investigator for the Boston SWAN site. "It received the best evaluation and rating from the review group that I have seen in 20 years of research." The high rate of continued participation from the SWAN participants was one of the key factors in receiving funding. Dr. Finkelstein says, "We hope the SWAN women will continue to remain enthusiastic about the study and help us achieve our goal of understanding how the menopause transition impacts



Site Specific INFO or Picture

Selected SWAN Research Highlights

- Women have more trouble sleeping around the time of their menstrual periods. Sleep is worse when women's progesterone hormone levels are highest (after ovulation, in the second half of the menstrual cycle).
- Larger body size is related to longer menstrual cycles and lower levels of the reproductive hormones that regulate menstrual cycles.
- Hispanic and African American women are more likely to report hot flashes, cold sweats and night sweats than Caucasian, Japanese or Chinese women.
- Being perimenopausal versus being premenopausal has no effect on how women rate their quality of life. Being married and having low levels of perceived stress are related to better quality of living in all ethnic groups. Other factors related to quality of living among some ethnic groups are education, difficulty paying for basics, self-assessed health, physical activity, attitudes towards aging, and social support.
- As women age, they gain weight and their waist size increases, but these changes are not related to changes in their menopause status.
- Premenopausal and perimenopausal women's performance on cognitive tests that measure working memory and perceptual speed improved slightly over time.
- Based on national cholesterol management guidelines, 10% of SWAN women have cholesterol levels that merit diet changes and 5% meet the criteria for needing cholesterol medications.
- African American women who have symptoms of depression appear to be at higher risk for developing diabetes. This relationship was not found in other ethnic groups and needs to be confirmed in long-term follow-up.
- Of SWAN women on blood pressure medications, 40% still have blood pressure above the ideal range.
- African American and Hispanic women tend to have more risk factors for heart disease than Caucasian, Japanese and Chinese women.

Thanks for your help in making all these discoveries possible! Please continue to support our efforts to learn more about menopause and women's health.