Comprehensive Research Experience for Medical Students
Summer Research Program 2020

Supervisor/Project Information Form
Due February 6, 2020 by email to crems.programs@utoronto.ca

**Supervisor Name:** Dr. Wendy Wolfman Director Menopause Unit and Premature Ovarian Insufficiency Unit

**Project Title:** Does cannabis safely improve symptoms of menopause?

**Hospital/Research Institution:** Mt. Sinai Hospital

**Email:** wendy.wolfman@sinahealth.ca

**Field of Research (2 keywords):** Menopause, cannabis

**Department:** Obstetrics and Gynaecology

**School of Graduate Studies Appointment (IMS, LMP, IHPME etc)?** Yes/No:X________ If YES, please name:

**Brief Project Description (<300 words):** Since the legalization of cannabis in Canada in October 2018, many women in our menopause clinic report the use of cannabis to alleviate symptoms of menopause. However there is no scientific literature to provide guidance or basic information to these symptomatic patients with respect to its efficacy or risks. Therefore we propose to investigate the impact of cannabis on the quality of life in menopausal patients via a prospective observational study using a validated questionnaire (MENQOL) when compared to a control group of women receiving traditional treatments. We will obtain basic demographic
information on incidence of cannabis use frequency and types of therapies. The MENQOL is a self-administered 29 question tool divided into four domains: vasomotor, psychosocial, physical and sexual symptoms rated on a 7-point Likert scale. We will evaluate the results of the MENQUOL questionnaire using chi-square or Fisher’s exact test to compare differences in the mean questionnaire values between the two arms. Safety will be determined by a questionnaire on side effects on degree of intoxication, effects on memory, concentration, intelligence and ability to make decisions as well as any medical complaints. We plan an initial pilot study in the summer to assess numbers and feasibility of the project. The data will add valuable initial information on the effects and safety of cannabis for the treatment of menopausal symptoms.