Comprehensive Research Experience for Medical Students
Summer Research Program 2021
Supervisor/Project Information Form

Due February 24, 2021 by email to cremsprograms@utoronto.ca

Supervisor Name: Wendy Wolfman MD FRCS(C) FACOG NCMP

Project Title: A descriptive study of women 65 and over who are using hormone replacement therapy.

Hospital/Research Institution: Mt. Sinai Hospital

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Field of Research (2 keywords): 1. Menopause 2. Hormone replacement therapy

Department: Department of Obstetrics and Gynaecology

School of Graduate Studies Appointment (IMS, LMP, IHPME etc)? Yes/No: No

If YES, please name:
**Brief Project Description (<300 words):**

The average age of menopause is 51.5 in Canada. 70-80% of women experience validated menopausal symptoms affecting quality of life and productivity. The primary reason to use hormone therapy is for the relief of validated symptoms such as vasomotor symptoms, night sweats, mood change, sleep disruption, vaginal dryness and dyspareunia. Vasomotor symptoms have been shown to persist on average for over 7 years. 40% of women have symptoms into their 60’s. In 2017, the North American Menopause Society published new guidelines that called for greater individualization of therapy with no specific time limit.

In review of the literature there are very few articles on women in this age group. Our study aims to address this gap in knowledge. We plan a study utilizing a prospective descriptive mix method. Women aged 65 and older will be identified via chart review and asked, after informed consent, to fill in a survey of demographics, overall health and details of hormone therapy usage. Subsequently 20 women will be identified to participate in a semi-structured interview to identify themes about motivation to continue HRT.

The medical student would be involved in all aspects with literature review, data collection, interviewing, evaluation and writing of the manuscript. The opportunity exists to continue involvement after the summer research period.