

WHAT WOULD I BE ASKED TO DO IN STUDY ONE ?

- 1) Fill out a screening questionnaire, a blood glucose diary and a menstrual cycle symptom questionnaire (takes about two minutes per day) for three months.
- 2) Have a screening physical examination and blood tests (no charge).
- 3) Two overnight stays at the Hospital of the University of Pennsylvania (HUP) in the General Clinical Research Center for blood sampling (as part of an intravenous glucose tolerance test).
- 4) Pays \$200

FOR WOMEN WHO HAVE DIABETES AND PMS, STUDY TWO REQUIRES:

- 1) Daily completion of menstrual cycle symptom questionnaire and glucose diary for seven months.
- 2) Taking a drug treatment available for PMS or a placebo ("sugar pill").
- 3) Four more overnight stays at HUP for blood sampling. Pays extra \$500.

PRINCIPAL INVESTIGATORS:

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Beckles GLA, Thompson-Reid PE, editors. *Diabetes and Women's Health Across the Life Stages: A Public Health Perspective*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Diabetes Translation, 2001.

WOMEN AND TYPE 1 DIABETES

RESEARCH VOLUNTEERS NEEDED:

For studies investigating the influence of menstrual cycle hormones and premenstrual syndrome (PMS) on insulin sensitivity



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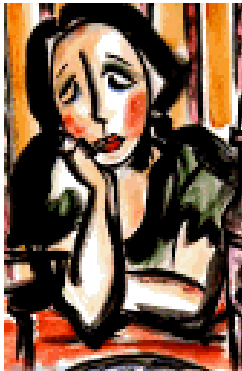
PHILADELPHIA, PA 19104

WHY STUDY WOMEN WITH TYPE ONE DIABETES ?

*Women are at greater risk than men for complications brought on by poorly controlled diabetes.

Women with diabetes are at greater risk than men for:

- *More serious cardiac complications
- * Blindness
- * Diabetic ketoacidosis



* Many biomedical and public policy studies of the past did not include women.

* Several studies done in the past did not have conclusive results and, therefore, could not make specific recommendations for women

MENSTRUAL CYCLE HORMONES AND DIABETES:

- ❖ A woman's insulin sensitivity may change during the different phases of her menstrual cycle.
- ❖ Many women complain that they have difficulty maintaining normal blood sugar levels during certain times of their menstrual cycle, in particular the week or two before their period.
- ❖ Changes in insulin sensitivity may be exaggerated in women who suffer from premenstrual syndrome (PMS).
- ❖ Previous research suggests that women with diabetes may be more susceptible to PMS, and that those women with diabetes and PMS may have more trouble controlling their blood sugar levels.

For further information, or if you are interested in participating in these studies, please call Kim Trout, R.N. at 215-898-6733.



HOW DO I KNOW IF I CAN PARTICIPATE IN A STUDY?

We are looking for generally healthy women with Type 1 diabetes to participate in our studies.

- ❖ In addition to having Type 1 diabetes, women who participate must have:
 - ❖ Regular menstrual cycles (within 24-35 day range).
 - ❖ A reliable method of non-hormonal contraception.
 - ❖ No history of psychiatric treatment (past or current).
 - ❖ No history of severe hypoglycemia (seizures or unconsciousness due to low blood sugar).
 - ❖ No plans to become pregnant or breastfeed while enrolled in the study.