Impacts of Cyclic Progesterone and Spironolactone on women living with Polycystic Ovary Syndrome

PURPOSE OF THIS STUDY

The main goal of the study is to learn the changes women living with Polycystic Ovary Syndrome (PCOS) experience in their quality of life, menstrual cycles, and in luteinizing hormone and testosterone levels as they take Cyclic Progesterone and Spironolactone for 6-months.

WHO CAN PARTICIPATE

Women or non-binary persons, between the ages of 19-35, and has diagnosed with androgenic PCOS. Participants must not be at risk for diabetes; must be willing to stop the pill or metformin for a month if they were taking either or both; and willing to prevent pregnancy using the non-hormonal contraceptives the study will provide.

WHAT IS INVOLVED

This study asks women/non-binary folks to come in person to the CeMCOR office four times over about six months. We will be using acombination of questionnaires, body measurements, two quick blood tests, three times of collecting saliva and daily recording of the Menstrual Cycle Diary to learn about this new PCOS therapy.

CONTACT INFORMATION

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STUDY TIME/ DURATION

September 2021 to June 2022

STUDY LOCATION

Room 4139, Diamond Health Care Research Centre

PRINCIPAL INVESTIGATOR

Dr. Jerilynn Prior
Professor, Endocrinology and Metabolism at UBC
Research Investigator with VCH Research Institute

To learn more about this study, visit vchri.ca/participate

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