

CASE #1115: A Case Study Evaluating the Effects of a Medical Food to Promote Hormone Balance in a Perimenopausal Patient Experiencing Hot Flashes

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PURPOSE

The purpose of this study was to assess the effectiveness of nutritional support with a targeted medical food designed to promote hormone balance and dietary intervention in a patient with perimenopausal symptoms, such as hot flashes.

PATIENT'S PRESENTATION AND HISTORY

A 42-year-old Caucasian female presented with symptoms of perimenopause—including hot flashes, irregular menstrual cycles, insomnia, and depression—which she had been experiencing for the preceding 4 years. Her hot flashes varied in frequency and pattern, and night sweats and vaginal dryness had just recently become issues.

The patient had a history of recurrent sinus infections with occasional asthmatic symptoms, a paternal history of diabetes and heart disease, and a maternal history of cancer.

Initial Clinical Information

- Initial MSQ* score was 61
- Height was 64 inches, weight was 213 lb, and blood pressure was 130/82
- Medications: albuterol and ibuprofen, as needed for back pain
- General laboratory values were within reference range except low HDL-cholesterol (47 mg/dL)
- High-normal follicle-stimulating hormone (28.4 mIU/mL) indicated early perimenopause

PLAN

The patient was initially asked to keep a diary of hot flashes and night sweats for 2 weeks as a “before program” baseline. After obtaining this baseline, the patient was placed on:

- A medical food to promote hormone balance in a powdered beverage form, providing non-soy isoflavones, antioxidants, and other target nutrients, 2 scoops twice daily
- A diet that included a liberal intake of isoflavones and cruciferous vegetables

RESULTS

2 and 4 Weeks after Starting the Plan

After 2 weeks, the patient reported a dramatic reduction in hot flashes and she was no longer waking from night sweats. At her 4-week visit, she continued to report an absence of night sweats and near absence of daytime hot flashes—except for the 2 days prior to menstruation. She was also having a more regular menstrual cycle for the second month in a row (consecutive menses had been rare in the preceding 3 years).

8 Weeks after Starting the Plan

The patient continued to report an improvement in hot flashes, even though stress from personal issues kept her from consuming 2 full servings per day of the medical food. On average, she was taking 1 full serving daily.

77% Decrease in MSQ Score

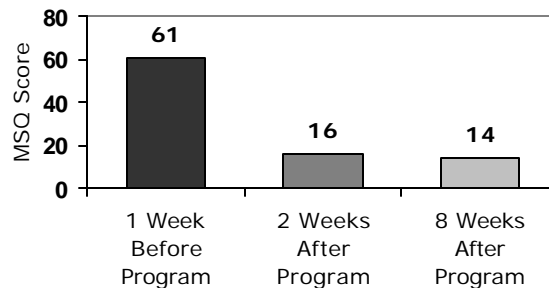


Figure 1. After 8 weeks on the program, the patient's MSQ* score decreased from 61 to 14. This result indicates a very substantial improvement in general physical symptoms with the targeted medical food and dietary intervention.

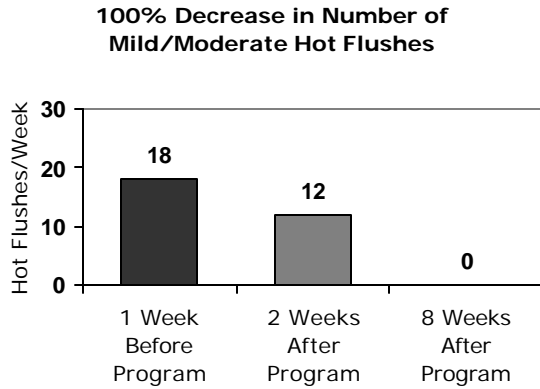


Figure 2. After 8 weeks, the patient's hot flushes were decreased from 8 to 0 per week. This result suggests the plan is very effective in reducing hot flushes.

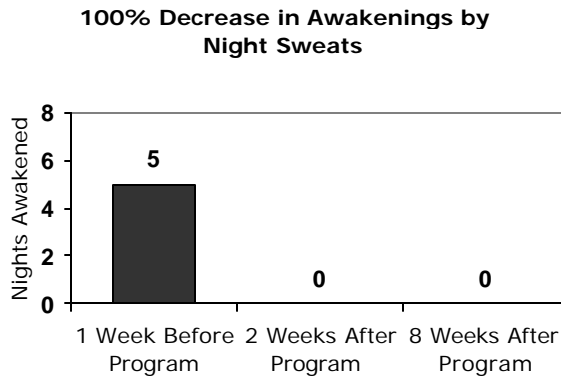


Figure 3. After 2 weeks on the targeted medical food and dietary intervention, the number of nights the patient was awakened by night sweats decreased from 5 to 0. This result continued throughout the study.

SUMMARY

This case study suggests that nutritional support using a medical food to promote hormone balance in powdered beverage form—containing non-soy isoflavones, antioxidants, and other targeted nutrients—along with dietary intervention, may be beneficial in some perimenopausal patients with symptoms of hot flushes and night sweats.

NOTE

The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response.

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* The Medical Symptoms Questionnaire (MSQ) is a clinical tool for the evaluation of general physical symptoms. Total scores above 75 are generally associated with substantial symptomatology and disability; scores below 30 generally indicate few or low intensity symptoms.

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