

# CASE #1146: A Case Study Evaluating the Effects of a Medical Food Designed to Promote Hormone Balance in a Patient with Perimenopausal Symptoms

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## PURPOSE

*The purpose of this case study was to assess the effectiveness of a nutritional intervention featuring a medical food designed to promote hormone balance in a patient with perimenopausal symptoms—such as night sweats, irregular menstrual cycles, and irritability.*

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## PATIENT'S PRESENTATION AND HISTORY

A 49-year-old female presented with symptoms of perimenopause. Her primary complaint was night sweats that had been occurring 2 to 3 times per week for the preceding 8 months, but increasing in frequency to twice per night for the preceding 2 months. She rarely experienced hot flashes during the daytime. Additionally, in the previous 2 months she had noted short-term memory loss, irritability, difficulty falling asleep, vaginal dryness, and inconsistent bowel movements (BMs) with some constipation. Her menstrual periods had been regular up until 6 months prior to her initial visit. The patient's health history included long-term dry skin, eczema, and seasonal allergies.

### *Initial Clinical Information*

- Height was 66 inches, weight was 165 pounds, blood pressure was 102/62, and BMI \* was 26.6
- Physical exam was unremarkable
- Perimenopausal symptoms as indicated by Greene Climacteric Scale<sup>†</sup> results
- Medications and supplements: probiotics, blue-green algae, digestive enzymes, and aspirin
- Laboratory findings: slightly elevated cholesterol, elevated HDL-C; FSH (follicle-stimulating hormone) and SHBG (sex hormone-binding globulin) were within reference ranges

## PLAN

The patient was instructed to:

- Begin a medical food in powdered beverage form designed to promote hormone balance, providing non-soy isoflavones, antioxidants, and other target nutrients, gradually increasing the dosage up to 2 scoops twice daily
- Increase intake of soy and cruciferous vegetables
- Keep a daily log of hot flush/night sweat symptoms

## RESULTS

### ***2, 4, and 8 Weeks after Starting the Plan***

After **2 weeks**, the patient reported a decrease in the frequency and intensity of night sweats. Her constipation had improved, she was having daily BMs, and her menstrual cycle was uneventful. After **4 weeks**, her night sweats continued to improve, her irritability had dissipated, and she was having 1-2 BMs daily. At her **8-week** visit, the patient reported having another uneventful menstrual cycle and an overall 75% improvement in perimenopausal symptoms.

She was instructed to decrease the medical food dose to 1 serving (2 scoops) once daily.

### ***12 and 24 Weeks after Starting the Plan***

After **12 weeks**, the patient reported having only an occasional night sweat and said, "the product is fantastic stuff!" By the **24-week** visit, she no longer had night sweats. Laboratory results indicated normalized lipids, while FSH and SHBG continued to be within their respective reference ranges.

The patient was advised to discontinue the medical food while continuing to monitor her perimenopausal symptoms.

### ***28 Weeks after Starting the Plan***

At the **28-week** visit, the patient reported that she continued to have regular menstrual cycles and her mood, memory, and concentration were not troublesome. However, her night sweats had returned at 1-2 per night and they were of moderate-to-high intensity.

She was advised to reintroduce the medical food at 2 scoops twice daily for 2 weeks, then decrease to the maintenance dose of 2 scoops once daily.

### ***34 Weeks after Starting the Plan***

6 weeks after reintroduction of the medical food, the night sweats had once again abated completely.

### 67% Decrease in Greene Climacteric Scale Score

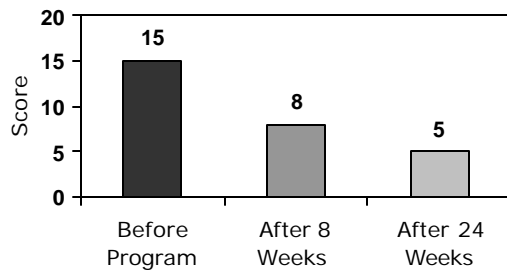


Figure 1. After 24 weeks, the patient's score on the Greene Climacteric Scale<sup>†</sup> decreased from 15 to 5, suggesting the nutritional plan had a substantial positive impact on a spectrum of perimenopausal symptoms.

#### SUMMARY

This case study suggests that perimenopausal symptoms—such as night sweats, irregular menstrual cycles, constipation, and irritability—can be abated with a targeted nutritional intervention featuring a medical food to promote hormone balance, along with dietary modifications.

#### 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.

Financial support for this study was provided by Metagenics, Inc. This study was conducted at the Functional Medicine Research Center (FMRC), the clinical research arm of Metagenics, Inc. Dan Lukazcer, ND, is the Director of Clinical Research at the FMRC.

\*BMI is the Body Mass Index and can be computed by the weight (kg) divided by the square of the height (m).

<sup>†</sup>The Greene Climacteric Scale is a comprehensive questionnaire that provides a valid measure of a woman's climacteric symptomatology, which can be applied at any time during adult life. Scores are obtained in 5 categories; higher scores are associated with stronger climacteric symptoms.

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