

UCLA RESEARCH STUDY FOR WOMEN

Dr. Daniel Dumesic and his research team from the UCLA Department of Obstetrics and Gynecology are conducting a study to learn more about endocrine and metabolic conditions in women. The team is recruiting the following three groups of women for participation.

- Women with regular menstrual cycles 21 to 35 days apart (controls)
- Women with irregular menstrual cycles or absent periods (i.e. periods less than every 21 days or greater than 35 days apart) and excessive body hair on upper lip, chin, chest, back, thigh, arm and/or abdomen
- Women with a previous diagnosis of Polycystic Ovary Syndrome (PCOS) and excessive body hair on upper lip, chin, chest, back, thigh, arm and/or abdomen

Participants in all groups must meet the following criteria:

- Between the ages of 18 and 35
- No use of hormones (i.e. birth control pills or a Mirena IUD) for the past 3 months
- Not pregnant or planning to become pregnant
- BMI between 18.5 and 25 kg/m²

Height	Weight	Height	Weight	Height	Weight	Height	Weight
5'0"	95-127 lbs	5'3"	105-140 lbs	5'6"	115-154 lbs	5'9"	126-168 lbs
5'1"	98-132 lbs	5' 4"	108-145 lbs	5'7"	118-159 lbs	5'10"	129-173 lbs
5'2"	101-136 lbs	5'5"	111-149 lbs	5'8"	122-164 lbs	5'11"	133-178 lbs

All participants in the study will receive extensive free medical testing including:

- A test for glucose metabolism (Frequently-Sampled Intravenous Glucose Tolerance Test)
- Ovarian ultrasound to check for cysts and follicles
- DXA scans to determine the distribution of body fat
- Removal of a small amount of abdominal fat
- Laboratory tests and physical exams

After completing the above tests, women with regular menstrual cycles (controls) will conclude their participation in this study. Women with PCOS or irregular menstrual periods will be randomized to take the drug flutamide or a placebo (sugar pill) every day for 6 consecutive 28 day cycles and then the tests and procedures listed above will be repeated. Flutamide is a drug that temporarily blocks the action of male hormones in women.

Eligible women may receive up to \$185 if they are in the control group and \$605 if they are in either of the other two groups. Parking vouchers will be provided.

Please call (310) 794-2514 to learn more. In order to protect your privacy, please do not include any personal health information if you choose to e-mail us at Health4Women@mednet.ucla.edu.