

# Impact of hormonal contraceptives on menstrual symptoms and hormone levels

## Volunteers needed!

### What you will do

- Attend a laboratory visit at the UCCS Hybl Sports Medicine and Performance Center for a DEXA bone density scan and to answer questionnaires.
- Monitor your urine hormones, physical activity, and menstrual cycle symptoms on your own at home and return all equipment at a final lab visit.

### Eligibility criteria

- 18-40 years old
- Premenopausal (defined as having regular menstrual periods every 21-35 days)
- Either naturally menstruating (i.e., not using hormonal contraceptives) or having used combined hormonal contraceptives (i.e., those that contain a form of progesterone and estrogen) or progestin only hormonal contraceptives (i.e., those that contain only a form of progesterone) for at least the past 6 months
- Not currently pregnant or trying to become pregnant.

### Benefits

- Information about your DXA bone density and body composition, urine hormones, and menstrual cycle symptoms.

For more information

Marissa Baranauskas, PhD

[mbaranau@uccs.edu](mailto:mbaranau@uccs.edu) 719-255-4475



Assess your eligibility using the QR code