

## Influence of functional hypothalamic amenorrhea on autonomic blood pressure regulation in female endurance athletes

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Female

**Age Group:** 18 years and over

This study is also accepting healthy volunteers

**Inclusion Criteria:**

- females ages 18–35 - endurance athletes who regularly participate in sports such as running, cycling, swimming, skiing, rowing, or multisport activities

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**Exclusion Criteria:**

- current injury limiting training participation - pregnant or breastfeeding - use of depo provera, nexplanon implants, or progestin-only oral contraceptives - diabetes or significant heart, lung, neurologic, metabolic, or endocrine conditions - nicotine/tobacco use in the last six months - current use of heart or blood pressure medications

### Conditions & Interventions

**Conditions:**

Heart & Vascular, Prevention & Wellness, Women's Health

**Keywords:**

Cardiovascular health, Clinics and Surgery Center (CSC), Endurance training, Women's health

### More Information

**Description:** This study is being done to learn more about how hormone changes related to menstrual cycle disruption and underfueling in highly trained endurance athletes may affect blood pressure regulation, blood vessel function, and cardiovascular health. Researchers will measure heart rate, blood pressure, blood vessel function, and nervous system activity in endurance athletes to better understand how these factors differ between athletes.

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**IRB Number:** STUDY00027777

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