



CONCERNED ABOUT CALCIUM?

FACT

- Postmenopausal women need 1200 mg of calcium every day to keep their bones strong.
- Most postmenopausal women rely on supplements to get enough calcium daily.

QUESTION

Calcium supplements are good for the bones, but is it possible that they are bad for the heart?

As researchers at the McGill University Health Centre, we are conducting a study on calcium to answer this question. We want to know if calcium supplements have a different effect on vascular health in postmenopausal women compared to calcium obtained from food. You can help answer these important questions by participating in our study!

YOU MAY QUALIFY TO PARTICIPATE IF:

- you are a healthy non-smoker over the age of 50
- you have had no menstrual period for at least 2 years
- you are not taking HRT, or medication for high blood pressure, high cholesterol, or osteoporosis

PRINCIPAL INVESTIGATORS:

Dr. Suzanne Morin
Dr. Stella Daskalopoulou

RESEARCH FUNDED BY:

Canadian Institutes of Health Research

LOCATION:

Montreal General Hospital, McGill University Health Centre

FOR THE PERIOD OF A YEAR, YOU MUST BE WILLING TO:

- alter the amount of calcium in your diet
- take or abstain from taking calcium supplements

REQUIREMENTS:

3 visits to complete questionnaires, provide blood and urine samples, and undergo ultrasounds

PARTICIPANTS WILL RECEIVE ALL SUPPLEMENTS AT NO COST AND WILL BE REIMBURSED FOR TRANSPORTATION.

**FOR MORE INFO CALL
OR E-MAIL**

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