Press release

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Basic information

Name: Max N T Lambert Email: MNTL@clin.au.dk Phone: +45 25432763

Department of: Clinical Medicine

Main supervisor: Associate Prof. PhD. Per Bendix Jeppesen

Title of dissertation: The effects of red clover isoflavones and probiotics for treatment of diseases and symptoms of natural estrogen deficiency

Date for defence: 28/03/2017 at (time of day): 13:00 Place: Auditorium 1, Indgang 4A, Aarhus University hospital, Tage-Hansens Gade 2, 8000 Aarhus C .

Press release (Danish)

Rødkløver isoflavoner og probiotika forbedre symptomer og knogle sundhed under og efter overgangsalderen.

Et nyt spændende Ph.D.-projekt fra Aarhus Universitet, Health viser, at behandling med rødkløver isoflavoner sammen med probiotika kan lindre overgangsaldersymptomer og forbedre knogle sundheden hos kvinder under og efter overgangsalderen. Projektet er gennemført af Max N. T. Lambert, der forsvarer sin PhD d. 28/03/2017.

På grund af naturlig reduction i østrogen produktionen i overgangsalderen lider mange kvinder ofte af fysiologiske symptomer, samt en øget risiko for knogleskørhed og hjertekarsygdomme. Konventionelle hormonbehandling med østrogen kan normalt effektiv behandle disse risikofaktorer, men studier tyder på en øget risiko for kræft i østrogen følsom væv som bryst og æggestokke. Isoflavoner fra rødkløver har en mindre skånsomt påvirkning af østrogenfølsomt væv, men trods dette udøver disse planteforbindelser gavnlig effekt på væv, der normalt kræver stimulering med østrogen for at fungere optimalt. Probiotika er vist at kunne forbedre isoflavon biotilgængeligheden og effektiviteten. I sit Ph.D.-studie viser Max NT Lambert , at behandling med isoflavoner og probiotika sammen reducerede menopause symptomer og sved sekretion, samt forbedret knogle status i patienter. For kvinder i alderen over 50 år er restlevetiden er risikoen for fraktur ~ 50%,og i øvrigt dem der oplever voldsomme hedeture yderligere disponeret. Max NT lambert gennemførte hans studier på sunde menopausale og postmenopausale kvinder med lav knogledensitet fra 01/11/13 til 01/11/16.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 28/03 kl. 13:00 i Auditorium: Auditorium 1, Indgang 4A, Aarhus Universitetshospital, Tage-Hansens Gade 2, 8000 Aarhus C. Titlen på projektet er Effekterne af rødkløver isoflavoner og probiotika til behandling af sygdomme og symptomer på naturlig østrogenmangel. Yderligere oplysninger: Ph.d.-studerende Max NT Lambert, e-mail: mntl@clin.au.dk tlf. +45 25432763..

Press release (English)

Red clover isoflavones and probiotics improve symptoms and bone health during menopause and beyond.

A new PhD project from Health, Aarhus University, shows that treatment with Red Clover isoflavones combined with probiotics can treat menopause symptoms and improve bone health in women during and after the menopause. The project was performed by Max N. T. Lambert who is defending his dissertation on the 28/03/2017.

Due to natural decline in estrogen through-out the menopause women often suffer from physiological symptoms, have increased risk of osteoporosis and for cardiovascular diseases. Conventional hormonal treatments can effectively treat these risk factors but are of limited use as they also increase cancer risk in estrogen sensitive tissues. Isoflavones from Red Clover can avoid estrogen sensitive tissues whilst affecting tissues that require stimulation by estrogen to function optimally. Probiotics may improve isoflavone bioavailability and effectiveness. In his PhD studies, Max NT Lambert found that treatment with combined isoflavones and probiotics reduced menopause symptoms and sweat secretion, as well as improved bone status in participants and patients. For women aged over 50 years the lifetime risk of fracture is ~50%, moreover those who experience hot flushes are further predisposed. Max NT lambert carried out his studies on healthy menopausal and post-menopausal women with low bone density from 01/11/13 to 01/11/16.

The defence is public and takes place on 28/03 at 13:00 in Lecture Theatre: Auditorium 1, Indgang 4A, Aarhus University hospital, Tage-Hansens Gade 2, Aarhus University, 8000 Aarhus C. The title of the project is The effects of red clover isoflavones and probiotics for treatment of diseases and symptoms of natural estrogen deficiency. For more information, please contact PhD student Max NT Lambert, +45 25432763.

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