

#femalehealth #immunesystem #mycycle

Do you want to know how your immune system modulates during the menstrual cycle?

...then join the Femmunity study!



Volunteers are needed for our study: "Femmunity - the immunesystem in the course of the menstrual cycle"

For many diseases, it is now known that the immune systems of women and men react differently. We would like to close the gap of knowledge on how the immune system is influenced by the menstrual cycle! How is it influenced by the hormonal changes? Are there connections between changes in the intestinal microbiota, diet and the glucose metabolism of the body?

Who can participate?

- Age between 20 and 30 years
- Normal weight
- Non-smoker (in the last 3 months)
- Regular menstruation (in the last 6 months)
- A cycle length between 21 and 35 days for each cycle (in the last 6 months)
- No use of a hormonal contraceptive or a copper IUD (in the last 6 months)
- Vaccinated against COVID-19*

Come
join
us!

*If you have experienced changes in your menstrual cycle related to the vaccination, you can still participate.

How does the study work?

Depending on your menstrual cycle, we schedule 5 morning appointments within 5-6 weeks, each lasting 1-4 hours. We ask you to fill out a cycle diary and document your lifestyle habits at home. For the study duration, your body temperature and blood sugar will be measured continuously with a sensor. On the appointment days, we record your health status, measure your body composition, and take blood samples at regular intervals. If you complete the program, you will receive 100€ and a personalized report on your blood sugar data.

Interested? We are waiting to hear from you ;)



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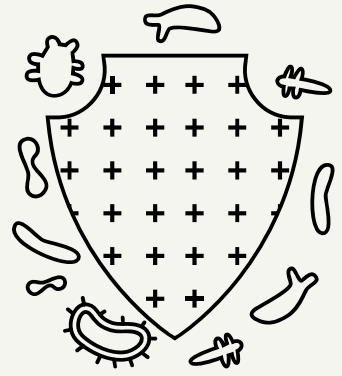
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#myimmunesystem

Do you want to know how your immune system changes during a normal month?



... then join to our Femmunity study as our control participant!

Volunteers are needed for a one-month study of their immune systems



For many diseases, we now know that the immune system reacts differently in women and men.

We would like to find out more about the immune system and its variations over a short period of time as well as possible connections with changes in the intestinal microbiota, diet and the glucose metabolism of the body!

Who can participate?

- Men (AMAB*) between 20-30 years
- Normal weight
- Non-smoker (during the last 3 months)
- No chronic active diseases
- Vaccinated against COVID-19

* Assigned Male At Birth

How does the study work?

The study includes 4 weekly morning appointments within a time frame of 1 month, 1 of the appointments lasting 4 hours and 3 of them lasting 1 hour.

On the appointment days, we will record your health status, measure your body composition and take blood samples. For the study duration, your body temperature and blood sugar will be measured continuously with a sensor.

When you complete the program, you will receive €25 and a personalized report on your blood sugar data.

Interested? We are waiting to hear from you ;)

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