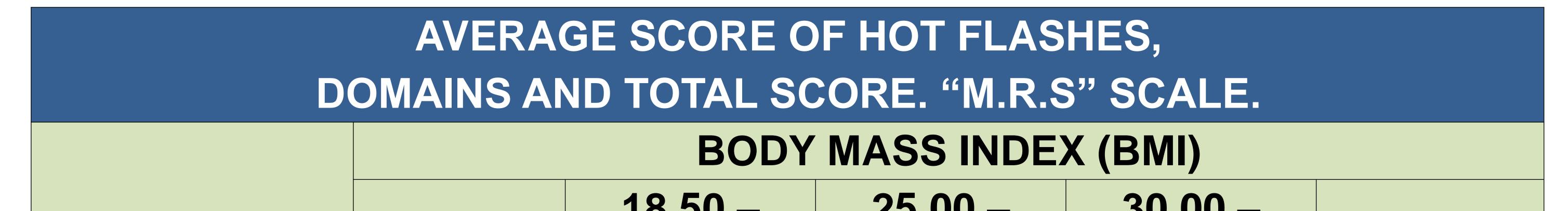


OVERWEIGHT AND OBESE COLOMBIAN CLIMACTERIC WOMEN HAVE HIGH PREVALENCE OF HOT FLASHES AND POOR QUALITY OF LIFE (*). Álvaro Monterrosa-Castro; Ángel Paternina-Caicedo; Ivette Romero-Pérez. Facultad de Medicina. Universidad de Cartagena. Colombia.

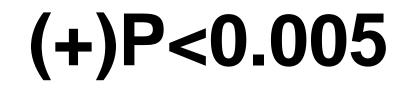
Research group: "Salud de la Mujer". Cartagena. Colombia. (*) This research is a part of the CAVIMEC (Calidad de Vida en la Menopausia y Etnias Colombianas) Research Program.

OBJECTIVE: To establish whether overweight and obese Colombian climacteric women have

METHODS: A cross-sectional study 40-59 year-old women from the Atlantic and Pacific Coasts of Colombia, including individuals from three ethnic groups: African descent, mestizos and indigenous. We applied the scale quality of life "Menopause Rating Scale" and a general questionnaire that included determination of weight and height to calculate body mass index (BMI).



	<18.50	18.50 – 24.99	25.00 – 29.99	30.00 – 34.99	>35.00
Hot flashes (+)	0.4 ± 0.8	0.7 ± 0.9	1.1 ± 1.1	1.3 ± 1.2	1.3 ± 1.1
Somatic	2.3 ± 2.6	2.9 ± 2.5	3.7 ± 2.7	4.3 ± 3.0	5.7 ± 3.9
Subscale (+)		Z.9 I Z. 3	J./ I Z./	4.3 <u>-</u> 3.0	J./ I J.J
Psychological	1.8 ± 2.3	2.2 ± 2.4	2.6 ± 2.7	2.9 ± 2.8	4.4 ± 3.7
Subscale (+)	1.0 <u>7</u> 2.3	<i>L.L I L.4</i>	Ζ.Ο Ξ Ζ.Ι	Z.J Z.O	4.4 I J./
Urogenital	0.7 ± 1.2	1.3 ± 1.8	1.6 ± 2.1	1.7 ± 2.1	3.3 ± 2.8
Subscale (+)	U.I I I.Z	I.J I I.O	1.U <u>T</u> Z.I		J.J I Z.O
Quality of life	4.0 ± 5.1	6.5 ± 5.6	8.0 ± 6.3	9.1 ± 6.6	13.6 ± 9.2
(+)	4.0 ± J.I	0.5 1 3.0	0.0 1 0.3	3.1 1 0.0	13.0 ± 3.2



CONCLUSION: Colombian women from Atlantic and Pacific Coast with an increased BMI have a significantly impaired quality of life when assessed by the MRS and they experience a higher prevalence and severity of hot flashes.

