



OVERWEIGHT AND OBESE COLOMBIAN CLIMACTERIC WOMEN HAVE HIGH PREVALENCE OF HOT FLASHES AND POOR QUALITY OF LIFE (*).

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OBJECTIVE: To establish whether overweight and obese Colombian climacteric women have worse quality of life and what magnitude of decline is in each dimension and MRS total score

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).

AVERAGE SCORE OF HOT FLASHES, DOMAINS AND TOTAL SCORE. "M.R.S" SCALE.					
	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 Subscale (+)	2.3 ± 2.6	2.9 ± 2.5	3.7 ± 2.7	4.3 ± 3.0	5.7 ± 3.9
Psychological Subscale (+)	1.8 ± 2.3	2.2 ± 2.4	2.6 ± 2.7	2.9 ± 2.8	4.4 ± 3.7
Urogenital Subscale (+)	0.7 ± 1.2	1.3 ± 1.8	1.6 ± 2.1	1.7 ± 2.1	3.3 ± 2.8
Quality of life (+)	4.0 ± 5.1	6.5 ± 5.6	8.0 ± 6.3	9.1 ± 6.6	13.6 ± 9.2

(+)P<0.005

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.

