



DIABETIC WOMEN IN CLIMACTERIC HAVE MAJOR PREVALENCE OF MENOPAUSAL SYMPTOMS AND WORSE QUALITY OF LIFE

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Objective: To compare the prevalence of menopausal symptoms and the deterioration of the quality of life (QoL) in women with and without DM2.

METHODS.

Comparative study which involves diabetic (DM2) and non-diabetic women aged between 40 and 59 years from Colombian communities, who belong to the CAVIMEC (Calidad de Vida en Menopausia y Etnias Colombianas) research project, constituted for 4015 participants assessed with the Menopause Rating Scale (MRS).

2171 women were asked about the presence, use of medication or following for DM2. 192 (8.8%) answered favorably, which were paired up with 2 women without DM2 with the same age, menopausal status, BMI and smoking habit. The scales were applied during door-to-door visits.

MENOPAUSAL SYMPTOMS (%)	Diabetic	Non-diabetic	P
Hot flushes, sweating	70.3	57.8	0.004
Heart discomfort	47.9	43.0	0.304
Sleep problems	68.2	58.9	0.037
Depressive mood	53.1	47.1	0.204
Irritability	49.5	40.4	0.046
Anxiety	47.9	32.0	<0.000
Physical and mental exhaustion	68.7	61.2	0.094
Sexual problems	45.8	42.4	0.492
Bladder problems	39.1	31.5	0.085
Dryness of vagina	32.8	28.4	0.321
Joint and muscular discomfort	69.3	69.8	0.978

GENERAL DEMOGRAPHIC DATA OF STUDIED WOMEN

N= 576	Diabetic	Non-diabetic	p
	n= 192	n= 384	
Age (X±SD)	52.4±5.7	52.4±5.7	0.954
Mestizo (%)	70.3	67.2	0.510
BMI (X±SD)	26.0±4.0	26.0±4.5	0.961
Age of last menstruation (X±SD)	48.5±4.3	47.8 ± 4.1	0.032
Postmenopausal (%)	15.1	13.5	0.693
Time since menopause onset, y [Me (IR)]	2 (0-6)	4 (0-8)	0.113
Never smoker (%)	63.0	72.4	0.033
Arterial Hypertension (%)	58.9	79.7	<0.0001

DETERIORATION

	Diabetic	Non-diabetic	p
Somato-vegetative, (X±DS)	4.3±2.9	3.9±3.0	0.199
Psychological, (X±DS)	3.3±2.9	2.7±2.6	0.012
Urogenital, (X±DS)	2.1±2.4	1.8±2.2	0.116
QoL, (X±DS)	9.7±6.9	8.4±6.6	0.033
Somato-vegetative (severe),%	8.9	8.6	0.971
Psychological (severe), %	12.0	7.3	0.086
Urogenital (Severe), %	25.0	20.3	0.238
QoL (severe), %	16.1	11.5	0.157

CONCLUSIONS

In diabetic women in Climacteric, the greatest psychological deterioration and alteration of the QoL was observed. When severe symptoms, deterioration and severe alteration of the QoL were considered, differences were not observed.

