



FACTORS ASSOCIATED WITH THREE MENOPAUSE SYMPTOMS IN AFRO-COLOMBIAN WOMEN WITH THE 10-ITEM CERVANTES SCALE



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This research is part of the CAVIMEC (Calidad de vida en Menopausia y Etnias Colombianas) Project.

Objective: To identify factors associated with hot flushes (HF), aching in muscles and/or joints and vaginal discomfort and dryness in afro-Colombian women with the 10-item Cervantes Scale (CS10).

Cross-sectional study. Black women, daughters of black mother and father and who recognize themselves as afro-Colombian were included. Voluntary and anonymous participation with informed consent. A socio-demographic questionnaire and the CS-10, adaptation from the original, were used. A logistic regression was carried out with three menopausal symptoms: HF, aching in muscles and/or joints, vaginal discomfort and dryness. Statistical analysis was done with EPI-INFO7.

SOCIO-DEMOGRAPHIC DATA, n=646	
AGE	48,7±5,7
BMI	27,2±4,8
EDUCATION	8,0±5,7
MARRIED	232 (35.9) [32.2-39.7]
PREMENOPAUSAL	384 (59.5)[55.1-63.8]
POSTMENOPAUSAL	262 (40.5)[36.7-44.4]

PREVALENCE OF SYMPTOMS (CS-10)	
I HAVE HOT FLUSHES	472 (73.0) [69.5-76.3]
I FEEL MY HEART BEATING QUICKLY AND OUT OF CONTROL	184 (28.4) [25.1-32.0]
I CANNOT GET SUFFICIENT SLEEP	399 (61.7) [57.9-65.4]
ACHING IN MUSCLES AND/OR JOINTS	460 (71.2) [67.6-74.5]
I FEEL TIRED SINCE I GET UP	321 (49.6) [45.8-53.5]
I HAVE THE PERCEPTION OF BEING USELESS	102 (15.7) [13.1-18.8]
I FEEL ANXIOUS OR NERVOUS	200 (30.9) [27.5-34.6]
I AM AFRAID OF PERFORMING PHYSICAL EFFORTS BECAUSE MY URINE LEAKS	132 (20.4) [17.5-23.7]
I HAVE VAGINAL DISCOMFORT AND DRYNESS	163 (25.2) [22.0-28.7]
I HAVE NOTICED SKIN DRYNESS	325 (50.3) [46.4-54.1]
GLOBAL SCORE, X±SD	11.2±7.78

FACTORS ASSOCIATED WITH THREE MOST PREVALENT MENOPAUSE SYMPTOMS			
	I HAVE HOT FLUSHES (AND/OR NIGHT SWEATS)	ACHING IN MUSCLES AND/OR JOINTS	I HAVE VAGINAL DISCOMFORT AND DRYNESS
AGE GROUPS (YEARS)			
40 - 44	1	1	1
45 - 49	3.33 [2.10-5.27] p<0.001	2.16 [1.40-3.33] p<0.001	1.95 [1.15-3.31] p=0.013
50 - 54	3.88 [2.27-6.65] p<0.001	4.67 [2.67-8.16] p<0.001	2.17 [1.23-3.82] p=0.0073
55 - 59	2.59 [1.58-4.25] p<0.001	3.00 [1.81-4.96] p<0.001	2.83 [1.63-4.91] p=0.0002
PRE-OBESITY AND OBESITY			
NO	1	1	1
YES	3.1 [2.1-4.4] p<0.001	1.6 [1.1-2.3] p<0.001	1.4 [0.9-2.1] p=0.04
SMOKING			
NEVER	1	1	1
PREVIOUSLY	0.97 [0.55-1.72] p=0.94	1.33 [0.74-2.38] p=0.32	1.96 [1.14-3.37] p=0.01
NOWADAYS	1.14 [0.61- 2.11] p=0.67	1.78 [0.92-3.44] p=0.08	3.34 [1.93-5.76] p<0.001
LABOR ACTIVITY OUTSIDE HOME			
NO	1	1	1
YES	1.4 [1.0-2.1] p=0.01	1.1 [0.7-1.5] p=0.27	0.4 [0.3-0.6] p=<0.001
MENOPAUSAL STATUS			
PREMENOPAUSAL	1	1	1
PERIMENOPAUSAL	0.48 [0.30-0.77] p=0.002	1.98 [1.21-3.23] p=0.006	2.72 [1.60- 4.62] p=0.0002
POSTMENOPAUSAL	1.12 [0.75-1.67] p=0.55	2.69 [1.82-3.99] p<0.001	3.42 [2.22-5.25] p<0.001

Conclusion:

Different risk and protective factors are associated with hot flushes, aching in muscles and/or joints, vaginal discomfort and dryness.

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