

Prevalence of Eating Disorder and its association with Subclinical Hypothyroidism in postmenopausal women living in Colombia

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OBJECTIVE

To estimate the prevalence of Eating Disorder and its association with Subclinical Hypothyroidism in postmenopausal women living in two Colombian cities

MATERIALS & METHODS

Cross-sectional study part of the Thyroid Project and Colombian Menopausal Women, approved by the ethics committee and endorsed by the University of Cartagena, Colombia.

Postmenopausal women residents of the cities of Cartagena and Medellín,

Colombia, were recruited in their own residences and participated anonymously and voluntarily by filling out a form after signing informed consent.

A physician applied the format that explored sociodemographic characteristics, clinical history data and applied the items of the SCOFF scale (Sick, Control, One, Fat, Food).

Tool that allows identifying symptoms related to eating disorders with dichotomous responses, establishing a possible eating disorder.

A nursing assistant took a peripheral venous blood sample to measure TSH and free T4 with an ultrasensitive 3rd generation chemiluminescence technique.

Subclinical hypothyroidism was defined as TSH > 4.5 µIU/mL with free T-4 between 0.7-1.9ng/dL.

Statistical analysis was performed with EPI-INFO-7.

Adjusted and unadjusted logistic regression was performed to establish association, OR [95%CI].

Dependent variable (subclinical hypothyroidism) and independent variable (the SCOFF scale items and Possible Eating Disorder).

P value <0.05 was considered statistically significant.

RESULTS

303 women were studied	
Age, X ± SD	54 ± 5.6
Hysterectomy, n (%) [IC95%]	81 (26,7) [22,1-31,9]
Dyslipidemia, n (%) [IC95%]	96 (31,7) [26,7-37,1]
Anxiety, n (%) [IC95%]	46 (15,2) [11,6-19,7]
Depression, n (%) [IC95%]	37 (12,2) [8,9-16,4]
Thyroid nodule, n (%) [IC95%]	12 (3,9) [2,3-6,8]

SCOFF SCALE	
Symptoms and possible eating disorder n (%)	
Do you make yourself Sick because you feel uncomfortably full?	96 (31,7)
Do you worry you have lost Control over how much you eat?	73 (24,1)
Have you recently lost One stone in a 3-month period?	64 (21,1)
Do you believe yourself to be Fat when others say you are too thin?	69 (22,8)
Would you say the Food dominates your life?	47 (15,5)
Possible Eating Disorder	98 (32,3)

Subclinical hypothyroidism: 4% - Possible Eating Disorder: 32%
At least one symptom of Eating Disorder: 20%

Symptoms related to Eating Disorder associated with Subclinical Hypothyroidism	Unadjusted Logistic regression		Adjusted Logistic Regression	
	OR [IC 95%]	p	OR [IC 95%]	p
Lost One stone in 3 months	3,4 [1,1-10,6]	0,03	3,0 [0,94-9,7]	0,06
Food dominates your life	3,7 [1,1-11,8]	0,02	4,3 [0,1-19,0]	0,05

The other symptoms of Eating Disorders and Possible Eating Disorders were not associated with Subclinical Hypothyroidism (p>0.05)

CONCLUSION

In a group of postmenopausal Colombian women, a Possible Eating Disorder was identified in the third part. In 4% Subclinical Hypothyroidism was diagnosed. No significant association was observed between Eating Disorder symptoms or Possible Eating Disorder with subclinical hypothyroidism.

