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## P0493 | ASSOCIATION BETWEEN NERVOUSNESS WITH MENOPAUSAL SYMPTOMS AND EATING DISORDERS IN AFRO-DESCENDANT CLIMACTERIC WOMEN

THEME: AB 3 GENERAL GYNAECOLOGY/SUB-THEME: AB 3.2 GYNAECOLOGICAL CARE FOR THE OLDER WOMAN

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**Objectives:** To estimate the frequency of nervousness or irritability (NI) in Afro-descendant women and its association with other menopausal symptoms (MSs) and with possible eating disorders (PED).

**Methods:** A cross-sectional study, derived from the CAVIMEC project (Quality of life in the Menopause and Colombian Ethnic Groups). Women residing in the Colombian Caribbean, between 40–59 years old were included. Participation was anonymous and voluntary. A form applied by the researchers included: Menopause Rating Scale (MRS) and the Sick, Control, Outweigh, Fat and Food (SCOFF) scale. NI was identified with the MRS fifth item and MSs with the rest of the items. SCOFF questions, assess PED. Adjusted logistic regression was performed between NI (dependent variable), MSs and PED (independent variables). The spearman's coefficient was estimated between NI and the SCOFF score.  $P < 0.05$  was statistically significant.

**Results:** 420 women were evaluated,  $50.1 \pm 6.0$  years old, premenopausal: 17.1%, transition to menopause: 60.0% and postmenopausal: 22.8%. NI was reported by 88 women (20.9%) [95%CI: 17.3–21.0]. The most frequent MSs were: hot flashes 59.7%, muscle/joint discomfort 57.8% and sleep problems 35.7%. Women with NI indicated greater PED and MSs, except bladder problems ( $P < 0.001$ ). The MSs with the greatest association with NI were: depressed mood OR: 15.93 [95%CI: 6.04–41.99], anxiety OR: 12.25 [95%CI: 5.37–27.95] and vaginal dryness OR: 5.39 [95%CI: 1.02–28.31]. PED was not associated with NI. Between NI and SCOFF, a rho coefficient of 0.21 [95%CI: 0.11 to 0.30]  $P < 0.0001$ , was estimated.

**Conclusions:** In a group of Afro-descendant women, 20% presented NI. PED were not associated with NI, unlike three of the MSs evaluated.

## P0494 | METABOLIC SYNDROME IN PERIMENOPAUSAL AND POSTMENOPAUSAL WOMEN WITH FRACTIONAL EXPLORATIVE CURETTAGE

THEME: AB 3 GENERAL GYNAECOLOGY/SUB-THEME: AB 3.6 OBESITY AND GYNAECOLOGY

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**Objectives:** To determine the prevalence of obesity and metabolic syndrome in women in perimenopause and post-menopause with fractional explorative curettage.

**Methods:** The examined group consisted of 104 women with fractional explorative curettage due to medical indication. The control group consisted of 35 healthy women. The examined group was divided into two subgroups: perimenopausal and postmenopausal. Body weight, height, waist circumference and blood pressure were measured in all patients. The following laboratory parameters were determined: serum glucose, triglycerides and HDL cholesterol.

**Results:** There was no significant difference ( $P = 0.085$ ) between the two subgroups of the examined group in terms of BMI, while significance was found in the comparison of the examined and the control group ( $P = 0.0001$ ) in addition to a significantly higher BMI in the examined group. We did not find a significant association between the presence of metabolic syndrome and belonging to any of the subgroups of the examined group (Pearson Chi-square test = 2.5561;  $df = 1$ ;  $P = 0.1099$ ). Additionally, in the examined and control group, metabolic syndrome was present in 62 (52.62%) vs. 8 (22.86%) patients. The analysis showed that patients with fractionated explorative curettage had 4,982 times [OR = 4.982 (2.06–12.02) 99% CI] significantly more often metabolic syndrome compared to women in the control group.

**Conclusions:** Patients in the examined group had a significantly higher BMI than those in the control group. Patients in the examined group had 4.982 times more often metabolic syndrome compared to those in the control group.