DIABETIC WOMEN IN CLIMACTERIC HAVE MAJOR PREVALENCE OF MENOPAUSAL SYMPTOMS AND WORSE QUALITY OF LIFE
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Introduction: Prevalence of Diabetes Mellitus2 (DM2) is estimated in 8.7% in Colombian women older than 30 years. Diabetes and menopause are conditions that can be associated and could lead to major risk of chronic diseases. 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 and non-diabetic women aged between 40 and 59 years from Colombian communities, who belong to Calidad de Vida en Menopausia y Etnias Colombianas (CAVIMEC) project, constituted for 4015 participants assessed with Menopause Rating Scale (MRS). 2171 women were asked 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. Results: 576 women were assessed; 192 with DM2 and 384 control. Average age: 52.4±5.7, premenopausal women: 64.1%, current smokers: 8.3%, BMI: 26.0 ± 4.0. Between non-diabetic women, there was a higher rate of arterial hypertension and never smokers (P<0.05). Women without DM2 had sexual satisfaction score higher than diabetic (P<0.05). Differences were observed in hot flushes, sleep disorders, irritability and anxiety, being more prevalent in diabetic women (P<0.05). The psychological domain and QoL were more damaged in diabetic women (P<0.05). Differences were not found in two groups (P>0.05) in severe symptoms, deterioration severe of the somatic, psychological and urogenital domains and the QoL
Conclusions: In diabetic women in climacteric, the greatest psychological deterioration and alteration of QoL was observed. When severe symptoms, deterioration and severe alteration of QoL were considered, differences were not observed.