The survey of perimenopausal and postmenopausal women's metabolic syndrome in Hangzhou

Objective: To investigate the prevalence of metabolic syndrome (MS) in women of 40~70 years old in Hangzhou, and realize its relationship with age and menopause. Method: Total of 1425 women between 40~70 years old were grouped by age; Analysed the prevalence of metabolic syndrome and its relationship with age and menopause, according to the diagnostic criteria of Mets designed by Chinese Medical Association. Results: (1) The average age of total subjects was (52.38±7.79) years old; Differences of age height body mass index (BMI) between different groups were statistically significant (P<0.05); Compared with 40~45 age group, the BMI levels of other groups were significantly increased (P<0.005). (2) The prevalence of metabolic syndrome (MS) in total subjects was 17.89%, and the prevalence rate was significantly increased with the growth of age (X²=159.1, P<0.005); MS include many components, such as obesity, hyperglycemia, hypertension and dyslipidemia, and the incidences of them were significantly increased along with the age growth (X²=59.239, P<0.005; X²=10.707, P<0.005; X²=158.4, P<0.005; X²=143.7, P<0.005); (3) The differences of SBP DBP FBG TG TC LDL-C level between different age groups was statistically significant (P<0.05); Compared with 40~45 age group, the SBP DBP TG TC LDL-C levels of other groups were significantly increased; From 56~60 years, the FBG level began to significantly increased (P<0.05). Conclusion: In our study, the prevalence rate of metabolic syndrome was significantly increased with the growth of age, postmenopausal women are at high-risk of metabolic syndrome; in perimenopausal period and early postmenopausal period, start hormone replacement therapy timely and individualized can effectively reduce the risk of MS and cardiovascular disease in postmenopausal women, improve their health and quality of life.