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P281. Effect of the administration of 50 mg orally of dehidroepiandrosterone (dhea) during 12 months in: sexual function, somatometry, bone mineral density and metabolic variables of the posmenopausic women of the menopause clinic at the hospital juarez de mexico: preliminary results at 6 months

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Context. Menopause is a stage that is associated with a deficit in the production of estrogens and androgens in women. These endocrine changes have an adverse impact on their health. DHEA is a precursor of androgens and estrogens, which during menopause is reduced by up to 60% and represents almost the only exclusive source of sex steroids at this stage. Its oral administration has been shown to improve body composition and various metabolic variables. Efficacy regarding sexual function is controversial. This is the first study in Mexico to evaluate these variables with DHEA produced in our country.

Objective. To determine the effect on sexual function (FS), somatometry, BMD and metabolic variables with the administration of 50 mg DHEA orally for 12 months in menopausal patients.

Methods. Prospective-Clinical Study. Student's T was used to observe statistical differences before and after treatment.

Patients. A sample calculation was made based on the formula of an infinite population of 29 postmenopausal patients.

Interventions. Clinical assessment, monthly follow-up, laboratory and cabinet exams.

Main Outcome Measure. FS index, BMD of full body, weight, height, body mass index (BMI), muscle mass (MM), fat mass (FM), appendiceal muscle mass (MMA), lipid profile, glucose, insulin, HOMA (assessment of the homeostatic model) and serum DHEA.

Results. Average age 53.03 years, average of the age of beginning of her menopause of 48.3 years. Initial average of BMD (-1.2), initial average of AMM 5.9. The differences between the initial pretreatment parameters versus to the 6 months after treatment were: IFSF (11.82 vs 28.18) p ? 0.05, BMI (27.10 vs 26.67) p ? 0.05, MM (24% vs 25.32%) p ? 0.05, FM (41.8 % vs 40.5%) p ? 0.05, HDL cholesterol (54.42 mg / dL vs 57.34 mg / dL) p ? 0.05, LDL cholesterol (128.61 mg / dL vs 122.43 mg / dL) p ? 0.05, total cholesterol (207 mg / dL vs 196 mg / dL) p ? 0.05, triglycerides (157 mg / dL vs. 144 mg / dL) p ? 0.05, Fasting glucose (85.34 mg / dL vs 85.31 mg / dL) p ? 0.05, insulin (8.8 mIU / dL vs 8.6 mIU / dL) p ? 0.05, HOMA (1.85 vs 1.9) p ? 0.05 and serum DHEA (93.41 ng / dL vs 107.86 ng / dL) p ? 0.05.

Conclusion. The daily administration of 50 mg of DHEA orally for 6 months significantly improved the IFSF, BMI and MM without affecting the metabolic profile. We still need to complete this study to

conclude results and follow up with the bone densitometry final control exam.

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