P290. Incidence of insulin resistance in postmenopausal women at Human Reproduction's Biology clinic during the period 2016 - 2017 at Hospital Juárez de México

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Context: Insulin resistance (IR) represents one of the main risk for development of cardiovascular diseases (CVD), being associated with obesity, high blood pressure (HBP), diabetes mellitus (DM) and dyslipidemia among others, the risk increases even more. Menopause, on the other hand, constitutes a highly vulnerable stage in a woman's life, since various age-specific changes and secondary to estrogen deficiency can induce a decrease in basal metabolism rate, deterioration of the lipid profile and concomitant pathologies (hyperinsulinemia and hypothyroidism), added to the physical inactivity of these patients, determine a potential risk of cardiovascular events.

Objective: To know the incidence of insulin resistance in postmenopausal women attending at Human Reproduction´s biology Clinic during the period 2016 - 2017 at Hospital Juárez de México.

Method: Prospective/descriptive study.

Patients: From March 2016 to February 2017, 641 postmenopausal women were included, who attended at the Hospital Juárez de México and they met established selection criteria.

Interventions: Clinical assessment, anthropometric measurements, and laboratory tests.

Main measurements: Glucose, insulin, weight, height, body mass index (BMI), waist circumference, blood pressure and presence or absence of acanthosis nigricans.

Results: The incidence of IR was 24.8% (159 patients), some other relevant data were: the most affected age group (50-59 years: 44%); type of predominant menopause (spontaneous: 56.6%) and STRAW + 10 stage with greater commitment (+2: 40.3%). On the other hand, considering the association of insulin resistance with other CVD risk factors: BMI (overweight: 53.4%), waist circumference > 88 cm (80.1%) and the presence of HBP (14.4%) was evaluated. In addition, as a clinical marker of RI, the frequency of acanthosis nigricans (47.3%) was determined.

Conclusions: The incidence of IR in postmenopausal patients was 24.8%, most frequently in women between 50 and 59 years of age, with spontaneous late menopause, overweight and a waist circumference greater than 88 cm.

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