

## **P98. The effect of oligomenorrhea and factors affecting metabolic syndrome in Thai postmenopausal women**

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**Context** Menopausal transition is a starting point of senility, and the increasing number of patients in this group is an important issue that physicians are facing, as women go into menopause with a higher risk of metabolic syndrome and cardiovascular disease. Individual post-menopausal women have their own cardiovascular risk and underlying diseases in their reproductive period are factors affecting health during menopause. Diseases causing anovulation relates to many health problems including cardiovascular disease. The most common cause of anovulation is polycystic ovary syndrome which was found in the previous study to be the cause of 73.38% of Thai women with anovulation. The question remains of whether this group of patients will have a late menopause or higher metabolic risk. This came up in the research question whether the history of oligomenorrhea delays age at menopause and has impacts on metabolic syndrome. The answer to this research question might guide us to have more appropriately management tailored for menopausal women.

**Objectives** To explore the effect of oligomenorrhea on age at menopause and metabolic syndrome in Thai postmenopausal women.

**Methods** This study used a questionnaire that asked about the history of oligomenorrhea from post-menopausal women with a collection of data on their weight, height, waist circumference, blood pressure, blood glucose, and lipid profile. Multivariate logistic regression was performed in order to assess individual risks.

**Patients** The data collection was obtained from 605 post-menopausal women, who attended the Menopausal Clinic at Maharaj Nakorn Chiang Mai Hospital, Chiang Mai, Thailand between February 2015 and December 2015.

**Main Outcome Measures** To compare the age of menopause, differences of metabolic syndrome and its parameters between women with and without a history of oligomenorrhea.

**Results** Among 231 post-menopausal women with a complete data record, 31 were with the history of oligomenorrhea, 200 without. The age of menopause was around 48 years in both groups. Prevalence of metabolic syndrome was 12.1%. More women with a history of oligomenorrhea had a waist circumference of over 80 cm at the interview. The adjusted odds ratio of the history of oligomenorrhea to waist circumference was 3.69 (95%CI = 1.17-11.64).

**Conclusion** The history of oligomenorrhea has a nullifying effect on age at menopause but associated with waist circumference during menopause.