

## Straw and the most frequent co-morbidities

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The evaluation of women's health through the Stages of Reproductive Aging Workshop (STRAW), allows us to intentionally search for pathologies associated with menopause and aging, related to estrogen deficit and aging, which is why it can be an additional tool for the clinical physician when directing the search for various comorbidities.

The osteoporosis that is relevant for the increase in the risk of fractures can occur from the reproductive stage to the postmenopause, on the other hand, cancer is more frequent in the transition stage and postmenopause, breast cancer stand out in the first place followed by pulmonary cancer and the possibility of presentation increases as age advances. In these same stages it is important to look for the presence of thyroid dysfunction, which impacts the lipid profile, bone turnover and blood pressure among others. The SWAN study found a 9.6% of women with abnormal TSH. Obesity is another pathology that increases its frequency in the transition stage and postmenopause. It has been associated with an increase in the presentation of the vasomotor syndrome and the Genito urinary syndrome it is relevant for the implication of the metabolic syndrome and cardiovascular disease.

High blood pressure (HBP) and sarcopenia occur more frequently in the postmenopausal stage, even sarcopenia is not usually explored, but it must be remembered that it has a prevalence of 26% worldwide and it is related to Hypertension, diabetes mellitus and thyroid dysfunction

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