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P285. Climacteric symptoms severity and thyroid hormones status in menopausal women.

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Context
Climacteric symptoms are typical signs of menopausal transition and are the main complaint of women seeking medical treatment at this period of life. Symptoms of thyroid disease can mimic climacteric symptoms, they occur frequently at this period of life and have similar etiology (dysregulation of the neurotransmitter systems).
Objective
Whether associations exist in between thyroid status and prevalence and severity of climacteric smptoms in euthyroid menopausal women.
Methods
We assessed the intensity of climacteric symptoms with the Kupperman index, body mass index (BMI), serum tyreothropin (TSH), free thyroxin (fT4), prolactin (PRL), follitropin (FSH), lutropin (LH), 17?-estradiol, total testosterone (T) and dehydroepiandrosterone sulfate (DHEAS) levels in all studied women.
Participants
The study included 202 women aged 42-65 years admitted to the Department of Gynecological Endocrinology, Pozna? University of Medical Sciences because of climacteric symptoms.
Results
The mean age of the studied group was 54,2 +/- 4,9 years, the mean BMI value was 26,8 +/- 4,6 kg/m2 and the mean value of Kupperman index was in the studied group was 26 +/- 13,1 points. The mean values of the studied hormones were in the normal ranges. There was a negative correlation between fT4 and time since menopause (R=-0.38; p=0.028) and a correlation between nervousness and fT4 serum concentration (R=0.32; p=0.014). There was no difference in TSH and fT4 concentrations between still menstruating women and women at least after one year after the menopause; no correlation between serum TSH and fT4 concentration and age, BMI, Kupperman index value and other hormonal parameters.
Conclusion
In conclusion, nervousness in menopausal women is related to fT4 concentration whereas other menopausal symptoms seem to be independent from thyroid function.

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