

## **P294. Weight gain and metabolic changes during the menopausal transition in Ecuadorian women.**

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**Background:** During the menopausal transition metabolic and hormonal changes occur. As women age weight increases affecting their quality of life.

**Objective:** To determine weight gain and metabolic changes in mid-aged women.

**Method:** This was a cross-sectional study in which 202 Ecuadorian women aged 40 to 69 to whom weight (kg), height (m), body mass index (BMI, kg/m<sup>2</sup>), waist circumference (cm) and glucose levels were determined.

**Results:** Median age of the cohort was 50 years, with 56.4% being postmenopausal; overall 50% presented abdominal obesity of which 66.3% were postmenopausal, 36.7% sedentary and 18.8% had high fasting glucose ( $\geq 100$  mg/dl). Obesity determined by BMI was higher in postmenopausal women (36.8%) as compared to pre- and perimenopausal ones (15.4% and 33.3%, respectively). There was a non-significant trend for postmenopausal women to present higher mean glucose levels as compared to pre- and perimenopausal.

**Conclusion:** In this mid-aged female sample weight and fasting glucose levels increased during the menopausal transition.

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