Differences of Prevalence and Components of Metabolic Syndrome according to Menopausal Status

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Objectives: Metabolic and endocrinologic alterations are developed at menopausal transition of women and these alterations can have an effect on prevalence of metabolic syndrome. Therefore, we evaluated the prevalence of metabolic syndrome and differences of components as menopausal status of women who visited our health screening clinic.

Methods: We surveyed body sizes, blood pressures and other several blood tests from January 2006 to December 2010 in Pusan National University Hospital by retrospectively reviewing medical records. These results were compared as presence of metabolic syndrome and menopausal status. Differences of the components of metabolic syndrome as the menopausal status and occurrences of metabolic syndrome as the age and the menopausal status are investigated.

Results: In premenopausal and postmenopausal women, the prevalence of metabolic syndrome were 8.69% and 21.85%, respectively. More body weight, high body mass index and cholesterol were checked in women who have metabolic syndrome irrespective of menopausal status. Low high density lipoprotein was the most prominent component of metabolic syndrome irrespective of menopausal status. Hypertension and high blood sugar were showed meaningful proportions in postmenopausal women. The prevalence of metabolic syndrome was unrelated to the menopausal status by regressively analyze, but meaningfully increased related to aging.

Conclusion: Menopausal alterations restrictively effect on occurrence of metabolic syndrome and aging is more effect on it. But more detailed and additional studies are needed about determining the relation of metabolic syndrome in women who surgically menopaused and receiving hormone therapy.

Key Words: Menopause, Metabolic syndrome, Prevalence