

Asymptomatic metabolic syndrome in urban Indian women aged 40 years and above

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Context

Cardiovascular disease (CVD) in Indian women has increased significantly¹.

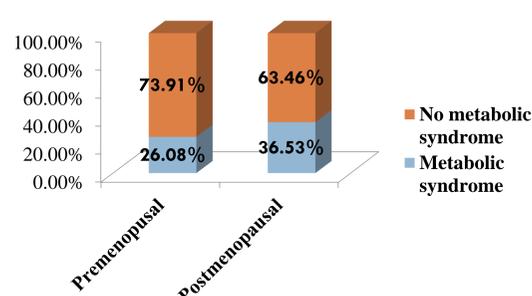
Menopause and thereby the decline in oestrogen increases the incidence of cardiovascular disease in women².

Metabolic syndrome has an overall negative impact on cardiovascular health and mortality and has a worse prognosis in women.

Studying the presence of asymptomatic metabolic syndrome is important to modify future risks before menopause.

Majority of women were below 60 years of age (>95%) and majority (>75%) were overweight or obese.

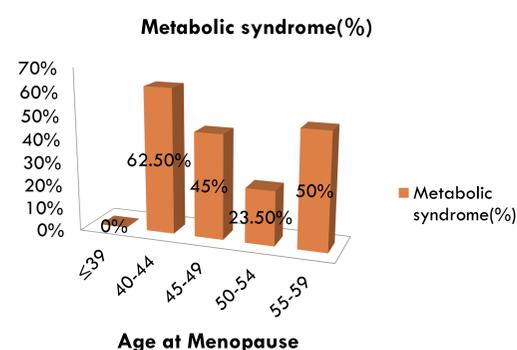
Menopause or age at menopause did not make a significant difference in the incidence of metabolic syndrome.



Objective

To determine the prevalence of asymptomatic metabolic syndrome in women aged 40 yrs and above and to study the possible risk factors.

Prevalence of metabolic syndrome was significantly higher in those who attained menarche after 14 years of age (p=0.001)



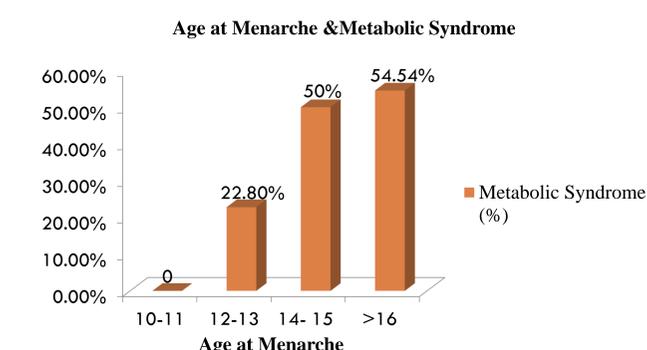
Methods

Women who presented voluntarily for screening from 01 September 2015 to 01 April 2016 to Jehangir Hospital, Pune, India were included.

Those with history of Diabetes, Hypertension, Dyslipidemia or a cardiac event were excluded.

A detailed history was taken and a thorough clinical examination was performed.

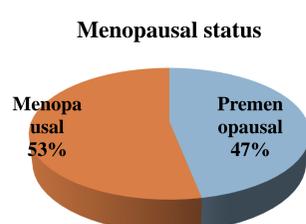
Fasting and Postprandial sugars and Lipid profile was done and data evaluated.



Results

98 women were enrolled. There were a similar number of pre and postmenopausal women. The mean age of menopause was 46.9 years.

There was a higher incidence of metabolic syndrome among women with menopausal symptoms. However this did not achieve statistical significance (p 0.56).



Conclusion

This study highlights that there is a higher risk for women to develop metabolic syndrome in the perimenopause. Women should be screened, so that lifestyle modification can be advocated to reduce morbidity.

Reference:

1. Indian Million Death Study 2009
2. Mikhail GW. Coronary Heart Disease in Women BMJ 2005;331 (7515): 467-8