

The metabolic syndrome during the menopausal transition

**Peter Chedraui¹, Danny Salazar-Pousada¹, Jasson A. Espinoza-Caicedo¹,
Gustavo S. Escobar¹, and Faustino Pérez-López²**

¹ *Institute of Biomedicine, Research Area for Women's Health, Facultad de Ciencias Médicas,
Universidad Católica de Santiago de Guayaquil, Guayaquil, Ecuador*

² *Department of Obstetrics and Gynecology, Facultad de Medicina,
Universidad de Zaragoza, Hospital Clínico Lozano Blesa, Zaragoza, Spain*

Background: The prevalence of metabolic syndrome (METS), and its components, increases after the menopause and as women age; however, most research focuses on the METS after the menopause.

Objective: To determine the prevalence of the METS (Modified ATP III criteria) and its components in mid-aged women and compare results in each menopausal stage.

Method: This is an ongoing cross-sectional study reporting preliminary data of 127 pre-, peri, and postmenopausal women aged 40 to 65, invited to participate in a METS screening program. Weight (kg), height (m), body mass index (BMI, kg/m²), waist circumference (cm) and blood pressure were registered. In addition fasting HDL-C, triglyceride and glucose levels were determined.

Results: For the whole sample, median [IQR] age was 50 [9.0] years, prevalence of the METS was 15% and 3.9% used hormone therapy.

A 26% were pre-, 16.5% peri-, and 57.5% postmenopausal. Abdominal obesity and hypertension were the two main components of the METS among all participants and only among those with the METS.

Prevalence of the METS and four of its components did not differ when menopausal stages were compared; nevertheless, abdominal obesity showed a significant increasing trend through the different stages.

Conclusion: In this preliminary data, while the prevalence of the METS did not differ according to menopausal stage, obesity an important feature of the syndrome increased throughout the stages.