

MENOPAUSE HORMONE REPLACEMENT THERAPY AND METABOLIC SYNDROME

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Introduction: We conducted a case-control study to calculate the odds ratio (OR) for the influence of Hormone Replacement Therapy (HRT) on the incidence of postmenopausal SM. We analyzed medical records and made an oral questionnaire to post menopausal women of General Gynecology consultation.

Results: It was obtained 123 questionnaires, 21 were excluded. Forty nine women had the diagnosis of MS after the age of menopause. Of these 11 receive HRT for at least 2 years. At the group with no diagnosis of the MS, 24 women were treated with HRT. The calculated odds ratio was 0.350 (95%CI: 0.148 to 0.8281).

Discussion: Prevalence of MS and treatment with HRT in the study sample are higher than the general population, justified by the of sample selection method. Other limitation of this study relate to the small sample size.

Conclusion: In this study the OR demonstrate a statistically significant decrease in estimated risc of MS in women who took HRT for 2 or more years.