

Correlación de síntomas vasomotores y el riesgo cardiovascular (RCV) en mujeres de 40 a 65 años.



Introducción (RCV)



- 20% mujeres de 55 años mueren por ECV
- Postmenopáusica: 2-6 veces > ECV

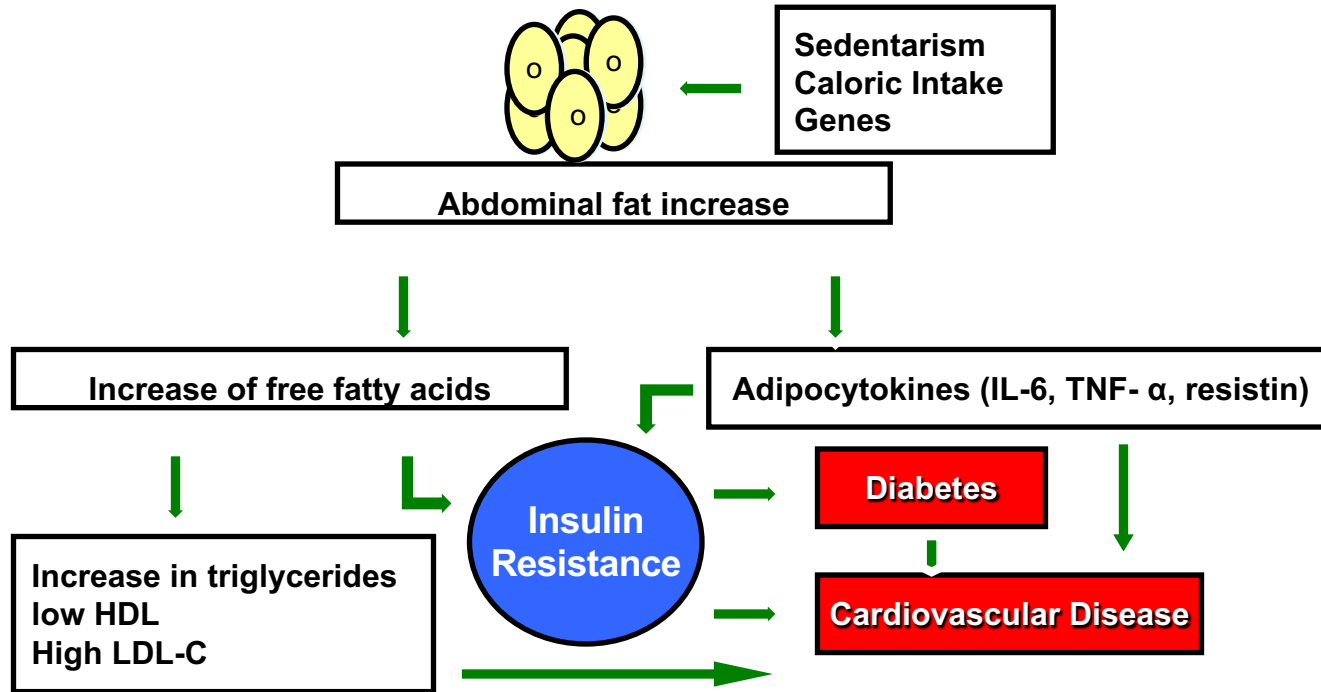
Natural menopause has an unfavorable effect on lipid metabolism, which may contribute to an increase in the risk of coronary disease. (N Engl J Med 1989; 321:641-6.)

- Efecto protector HDL-C
- Incremento de peso progresivo

Association of Mid-Life Changes in Body Size, Body Composition and Obesity Status with the Menopausal Transition

Blümel JE. Menopause 2001;38: 315-19

Obesidad abdominal y enfermedad cardiovascular



METODOLOGÍA

Estudio Omega 2 - UCSG

CONVOCATORIA

“Evaluación de severidad de síntomas menopáusicos, estado metabólico, sexualidad y depresión en mujeres de mediana edad”

Mujeres de 40 a 65 años






Se tomará la presión arterial, se registrará su peso y talla y se obtendrá una muestra sanguínea para determinar los niveles de glucosa (azúcar) y triglicéridos (lípidos). Los exámenes y la consejería no tendrán costo.

Por que Pensamos en USTED!!!



Para reservar citas

Llamar a los teléfonos: 2206958, conmutador 2206951 ext. 1825 y 1828,
en horario de 09h00 a 12h00 de lunes a viernes.

| Escala Cervantes Abreviada | Escala de puntuación para cada síntoma o pregunta | | | | |
|--|---|--|---|---|---|
| | 0 | 1 | 2 | 3 | 4 |
| | Nunca | A veces | La mitad del tiempo | Muchas veces | En todo momento |
| 1. Noto sofocaciones o bochornos de calor |  |  |  |  |  |
| 2. Noto que los músculos y/o articulaciones me duelen | | | | | |
| 3. He notado que tengo más seca la piel (cambio en el aspecto, textura de la piel) | | | | | |
| 4. No consigo dormir las horas suficientes (Dificultad para dormir). | | | | | |
| 5. Noto que el corazón me late muy rápido y sin control | | | | | |
| 6. Desde que me levanto me siento cansada (falta de energía) | | | | | |
| 7. Tengo la sensación de que no sirvo para nada. Me siento inútil | | | | | |
| 8. No puedo más de lo nerviosa y/o ansiosa | | | | | |
| 9. Me da miedo hacer esfuerzos porque se me escapa la orina | | | | | |
| 10. Siento picor en la vagina, como si estuviera demasiado seca | | | | | |



ELSEVIER



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Montserrat Manubens^e, Xavier Alberich^f, Agustí Martí^g, el Grupo Cervantes^{*}

Calidad de vida relacionada con la salud en la mujer española durante la perimenopausia y posmenopausia. Desarrollo y validación de la Escala Cervantes

Assessment of menopause-related symptoms in mid-aged women with the 10-item **Cervantes Scale**.

Pérez-López FR, Fernández-Alonso AM, Pérez-Roncero G, Chedraui P, Monterrosa-Castro A, Llaneza P. *Maturitas*. 2013 Oct;76(2):151-4. doi: 10.1016/j.maturitas.2013.07.002. Epub 2013 Aug 1.

Application of the 10-item **Cervantes Scale** among mid-aged Ecuadorian women for the assessment of menopausal symptoms.

Chedraui P, Pérez-López FR, Sánchez H, Sánchez P, Miranda O, Quispe P, Madero-Trelles T, Hidalgo L, Arboleda D, López G, Quintero JC. *Maturitas*. 2014 Sep;79(1):100-5. doi: 10.1016/j.maturitas.2014.06.019. Epub 2014 Jul 6.

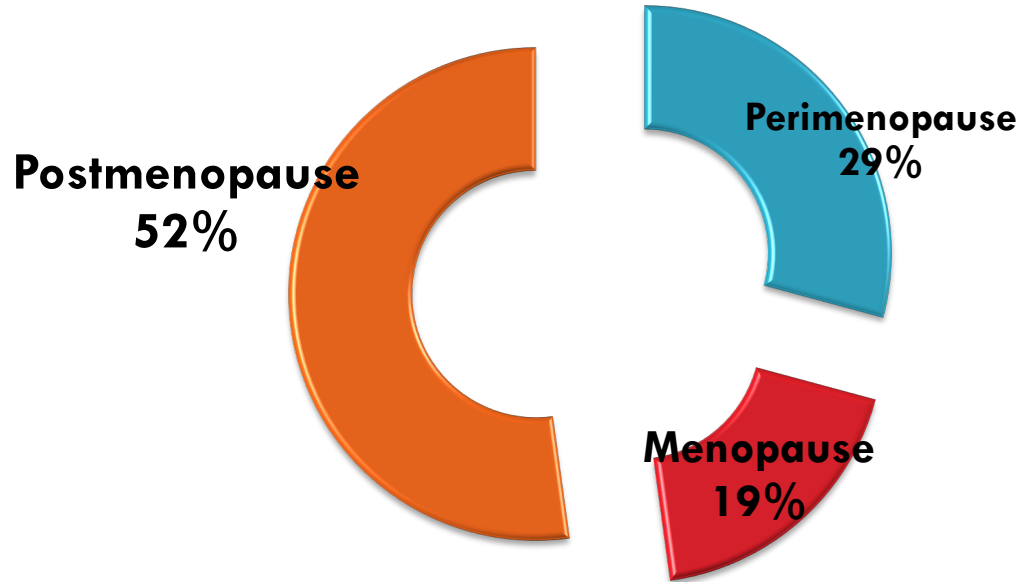
Validation of the 10-item **Cervantes Scale** in middle-aged Portuguese women: paper-and-pencil and online format assessment of menopause-related symptoms.

Pimenta F, Albergaria R, Marôco J, Leal I, Chedraui P, Pérez-López FR. *Menopause*. 2019 Feb;26(2):203-210. doi: 10.1097/GME.0000000000001180.

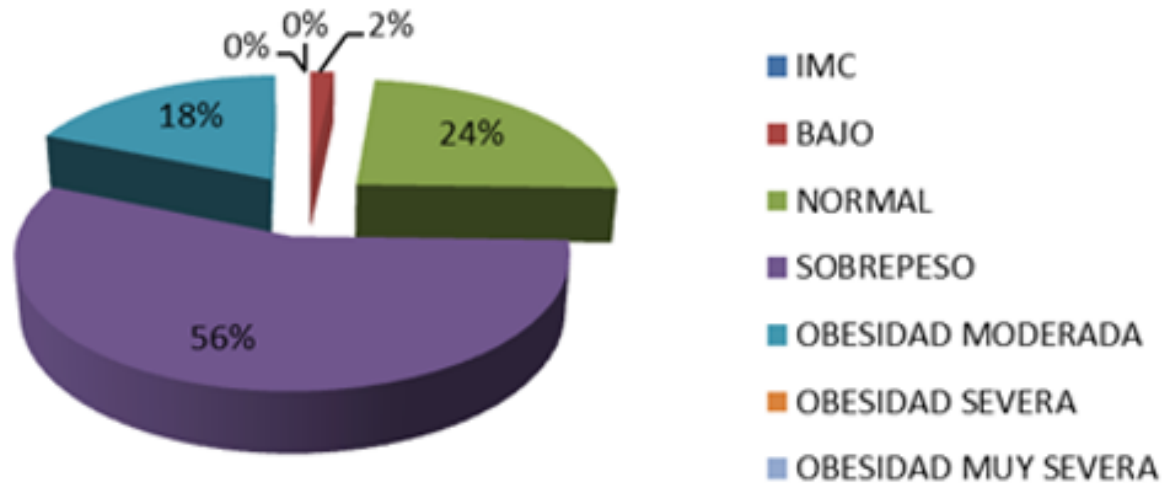


RESULTADOS

Distribución pacientes según Estadio



Evaluación nutricional – OMEGA 2



Poster presentado en Congreso ISGE

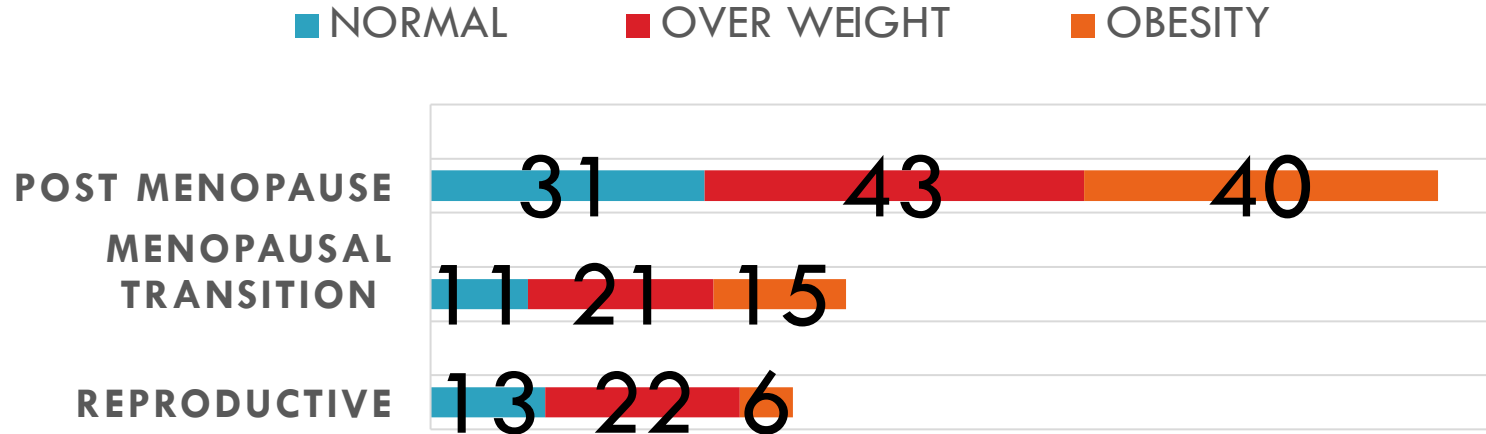
Ganancia de peso y cambios metabólicos durante la transición menopáusica en mujeres de Ecuador

**GYNecOLOGICAL
eNDOCRINOLOGY**
THE 18TH WORLD CONGRESS

7-10 MARCH 2018
FIRENZE, ITALY

Resultados ISGE

Autores: Danny Salazar-Pousada, Ingrid Morales-Luna, Faustino Pérez-López and Peter Chedraui



Thurston, R. et al. Gains in body fat and vasomotor symptom reporting over the menopausal transition: the study of women's health across the nation. Am J Epidemiol. 2009;170:766-74

Poster presentado en Congreso IMS

Estadio menopáusica en mujeres de Ecuador y su correlación según el cálculo de riesgo cardiovascular



Cálculo del RCV en mujeres

- Framingham:

<https://www.mdcalc.com/framingham-risk-score-hard-coronary-heart-disease>

- Reynolds:

<https://www.mdcalc.com/reynolds-risk-score-cardiovascular-risk-women>

- AHA/ACC:

<http://www.cvriskcalculator.com/>


Calculadora de Framingham

9.0 %


10-year risk of MI or death.

Copy Results 

Next Steps 

 Next Steps

 Evidence

 Creator Insights

ADVICE

Patients with high risk scores should be counseled aggressively about social factors contributing to their risk (smoking, exercise, weight, diet, etc) and also managed with blood pressure and lipid evaluation.

| Age, years | Average this pati Women |
|------------|----------------------------|
| 30-34 | <1% |
| 35-39 | <1% |
| 40-44 | 1% |
| 45-49 | 2% |
| 50-54 | 3% |
| 55-59 | 7% |
| 60-64 | 8% |
| 65-69 | 8% |



ACC/AHA PREVENTION GUIDELINE

2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk

A Report of the American College of Cardiology/American Heart Association Task
Force on Practice Guidelines

METHODS

We applied the risk prediction algorithm used by the National Cholesterol Education Program Adult Treatment Panel III guidelines to data from 13,769 participants (representing 157,366,716 U.S. adults) age 20 to 79 years in the Third National Health and Nutrition Examination Survey (1988 to 1994).

27.2%

10-year risk of heart disease or stroke

On the basis of your age and calculated risk for heart disease or stroke over 10%, the USPSTF guidelines suggest you **start taking aspirin 81mg every day** if you are not at increased risk for bleeding and are willing to take it every day for at least 10 years.

On the basis of your age, your calculated risk for heart disease or stroke over 7.5%, and diabetes, the ACC/AHA guidelines suggest you should be on a **high intensity statin**.

Based on your age and race, your blood pressure is **poorly-controlled**, and you should initiate lifestyle interventions and consider starting a **thiazide diuretic or calcium channel blocker**.

Notes and further reading

- **Moderate intensity statin** may be atorvastatin 10mg, pravastatin 40mg, or simvastatin 20-40mg. **High intensity statin** may be atorvastatin 40mg-80mg.
- AHA/ACC guidelines stress the importance of lifestyle modifications to lower cardiovascular disease risk in all patients. This includes eating a heart-healthy diet, regular aerobic exercises, maintenance of desirable body weight and avoidance of tobacco products.
- Before initiating statin therapy, clinicians and patients ought to engage in a discussion which considers addressing risk factors such as smoking and optimal lifestyle, the potential for ASCVD risk reduction benefits, adverse medication effects, drug-drug interactions, and patient preferences for treatment.
- Additional factors may be considered to inform treatment decision making. These factors may include primary LDL-C greater than 160 mg/dL or other evidence of genetic hyperlipidemias, family history of premature ASCVD with onset less than 55 years of age in a first degree male relative or less than 65 years of age in a first degree female relative, high-sensitivity C-reactive protein greater than 2 mg/L, CAC score greater than 300 Agatston units or greater than 75 percentile for age, sex, and ethnicity, ankle-brachial index less than 0.9, or elevated lifetime risk of ASCVD.

Resultados IMS

Autores: Danny Salazar-Pousada, Ingrid Morales-Luna, Faustino Pérez-López and Peter Chedraui

| All n= 161 CVR | Peri menopausal n= 47 mean= 47.9 | Menopause n= 30 mean= 52 | Post menopause n= 84 mean= 54.9 |
|---|---|------------------------------------|--|
| Framingham score n=155 (96.3%) | 0.7 | 1 | 1.5 |
| ACC/AHA score n=161 (100%) | 1.2 | 3.1 | 3 |
| Women with hypertension n=87 (42.6%) | 17 | 15 | 55 |
| Cervantes Score | 10.1 | 10 | 11.1 |

Szmuiłowicz, et al. Vasomotor symptoms and cardiovascular events in postmenopausal women. Menopause. 2011 Jun;18(6):603-10

Presentación SOGG

Resultados: Correlación de síntomas vasomotores y el riesgo cardiovascular (RCV) – 2020.



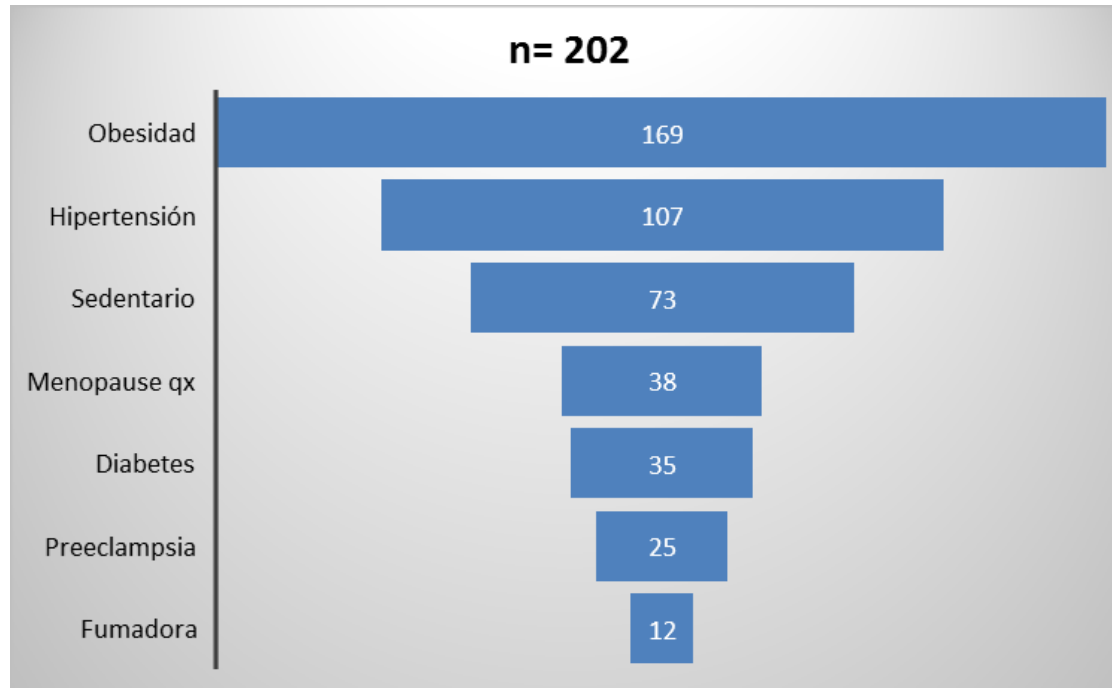
Aporte científico a SOGG

Objetivo: Determinar la correlación entre síntomas vasomotores y el riesgo cardiovascular en mujeres de mediana edad de Guayaquil - Ecuador.

Método:

- Estudio transversal 202 mujeres de 40 a 65 años.
- Encuesta con Escala Cervantes (CS-10)
- Valorar el RCV con los diferentes factores de riesgo

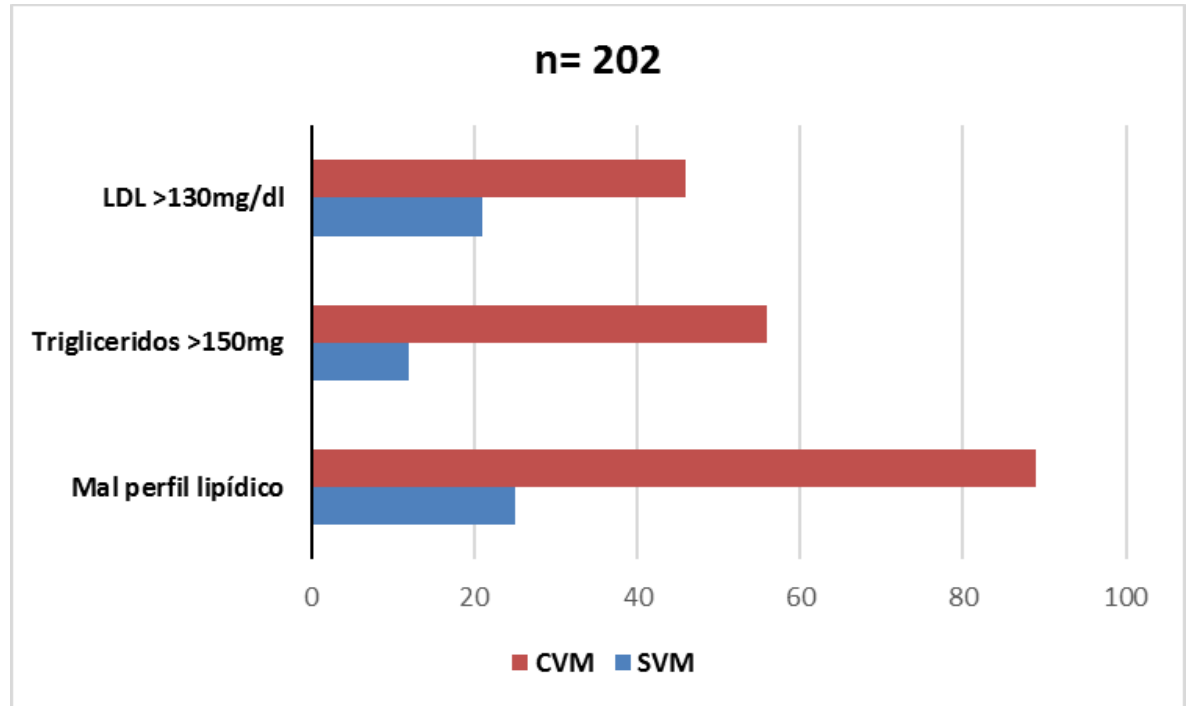
Factores de riesgo para ECV



Saeed, A; et al. Prevention of Cardiovascular Disease in Women. Methodist Debaquey Cardiovasc J. Dec 2017;13(4):185-192.

Determinar el perfil lipídico

Paciente con síntomas vasomotores presentaron con mayor frecuencia alteración del perfil lipídico



Correlación entre VM y factores RCV

A pesar de no encontrar significancia estadística, el tener menopausia quirúrgica tiene mayor riesgo de VM y RCV

| Factores de RCV | OR | Chi | p |
|---------------------|------|------|------|
| Menopausia qx | 1,80 | 1,63 | 0,20 |
| HTA | 1,30 | 0,60 | 0,42 |
| Mal perfil lipídico | 1,25 | 0,48 | 0,48 |
| Sedentario | 1,17 | 0,21 | 0,64 |
| Obesidad | 0,87 | 0,14 | 0,70 |
| Diabetes | 0,60 | 0,47 | 0,49 |

Referencias

- El Khoudary, S; Thurston, R. Cardiovascular Implications of the Menopause Transition: Endogenous Sex Hormones and Vasomotor Symptoms. *Obstet Gynecol Clin North Am.* 2018 Dec;45(4):641-661.
- Dam, V; Van der Schouw, Y; Onland-Moret, C; Groenwold, R; Peters, S; Burgess, S; et al. Association of menopausal characteristics and risk of coronary heart disease: a pan-European case-cohort analysis. *J Epidemiol.* 2019 Aug 1;48(4):1275-1285.
- Young, L; Cho, L. Unique cardiovascular risk factors in women. *Heart.* 2019 Nov;105(21):1656-1660.

Gracias !

