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### **CV risk self-assessment for perimenopausal women**

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**Background and Aim:** Menopause is a period in a woman's life when CV risks significantly increase. It is not sure whether this transition from lower to higher CV risk status is the consequence of the ovaries function exhaustion, older age, or changes in lifestyles and motivations. The aim was to assess the occurrence of CV risk factors in perimenopausal women and to get some insights into their lifestyles and behavioural and quality of life issues.

**Methods:** A total of 45 women, old 45-55 years, were interviewed by a multi-item questionnaire. Questions were on: menstrual periods, marital status, sex life matters, occupation, income, self-perceived satisfaction with life, depression, quality of sleeping, eating habits, cigarette smoking, physical activity, chronic diseases and long-term drug use, information on CVDs, diabetes, hypertension and serum glucose and lipids. Measures on BMI, waist circumference and blood pressure were also obtained.

**Results:** There were mainly low-income, married women, 17 out of 45 (38%) still having regular menstrual cycles. Self-reported and measured CV risk factors were rarely present, except for the factors: overweight (19/45; 42%, 3 of them really obese), increased (>80 cm) waist circumference (25/45; 56%, 16 of them >88 cm), and smoking cigarettes (21/45; 47%). Factors significantly associated with increased waist circumference included: irregular menstrual periods or lack of menstruation, lower sleep quality, chronic drug use, being a non smoker, bad eating habits, low physical activity and age over 50 (chi-quadrat test,  $p < 0.05$ ).

**Conclusions:** This approach, based on using a multi-item questionnaire, might be a useful tool for screening perimenopausal women on CV and behavioural risk factors and planning prevention.