Journal Scan

Subclinical Thyroid Disorders

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ABSTRACT

Symptoms of the menopause transition-altered cycle length, change in amount of bleeding, sleep disruption, fatigue, mood swings, forgetfulness, heat intolerance, and palpitations can also reflect thyroid dysfunction, common in midlife women. Although many clinicians are familiar with diagnosis and management of overt thyroid disorders, subclinical thyroid disease adds an entirely new dimension to this arena.

Waist-to-Hip Ratio better at Predicting Subclinical Atherosclerosis than Body Mass Index and Waist Circumference in Postmenopausal Women

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ABSTRACT

Objective

Body fat distribution becomes more central after menopause. Although, some studies have identified the superiority of various anthropometric indices to assess general health outcomes, very limited studies have compared the efficacy of body mass index (BMI), waist circumference (WC), and waist-to-hip ratio (WHR) to predict subclinical atherosclerosis according to menopausal status.

Methods

In total, 442 participants (209 premenopausal women and 233 postmenopausal women) were prospectively enrolled from the Health Promotion Center of Korea University Guro Hospital. We examined subclinical atherosclerosis using carotid intima-media thickness (CIMT) and brachial-ankle pulse wave velocity (baPWV).

Results

In premenopausal women, all anthropometric parameters, such as BMI, WC and WHR were positively correlated with baPWV and CIMT values, whereas in postmenopausal women, only WHR was positively correlated with baPWV values (0.27, $p < 0.01$), and WC and WHR were positively correlated with CIMT (0.15, $p < 0.05$ and 0.21, $p < 0.01$, respectively). By receiver operating characteristic (ROC) curve analyses, WHR was superior to the other anthropometric indices to predict carotid atherosclerosis in postmenopausal women. Furthermore, the normal weight (BMI < 23 kg/m^2) with higher WHR group had a significantly thicker CIMT when compared to the normal weight with lower WHR group (0.76 *vs* 0.68 cm, $p < 0.01$) and even the overweight subjects with BMI $\geq$ 23 kg/m^2 (0.76 *vs* 0.70 cm, $p < 0.01$) in postmenopausal women.

Conclusion

The present study shows that WHR has the best potential for predicting subclinical atherosclerosis compared to BMI and WC in postmenopausal women.

Risks Associated with Premature Ovarian Failure in Han Chinese Women

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ABSTRACT

In this retrospective study, the relationship between demographic characteristics, past medical history, general lifestyle habits and susceptibility of premature ovarian failure (POF) in Han Chinese population was investigated. Five hundred and fifty-three patients with POF and 400 women with normal ovarian function were recruited. A questionnaire was designed to gather information from responders. Logistic regression was carried out to calculate odds ratios (OR), 95% confidence intervals (CI) and p-values. History of pelvic surgery, mumps, having relatives with menstrual abnormalities and exposure to chemical agents were significantly associated with increased risk of POF [OR 5.53 (2.15-14.23); 3.26 (2.38-4.47); 28.12 (8.84-89.46); 4.47 (2.09-9.58)]. Vegetarian diet, tea and mineral water consumption reduced the risk of POF [OR 0.27 (0.19-0.37); 0.04 (0.03-0.07); 0.63 (0.47-0.85), respectively]. Heredity, pelvic surgery, mumps and exposure to chemical agents were identified as risk factors for POF, whereas vegetarian diet, tea consumption and mineral water drinking were protective. Therefore, genetic consultation could help those women whose relatives manifested an early or premature menopause to avoid the consequences of possible premature ovarian function cessation. Avoidance of exposure to endocrine disrupters and flavonoids intake should be considered.