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Investigating the association between metabolic syndrome and menopause age, number of births, and sexual performance in postmenopausal women at 5 health centers in Tehran

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It is well known that metabolic syndrome as an assemblage of risk factors for cardiovascular disease and diabetes is a challenging problem among menopausal women. The main objective of this study is to investigate the age of menopause and the number of births and the prevalence of sexual dysfunction in postmenopausal women. This study was conducted on 330 postmenopausal women referring to health centers in 5 districts of Tehran, Iran. Data were obtained through an interview containing demographic information, Age of menopause number of births, measurement of HDL-C, TG, blood pressure, waist circumference, and fasting blood glucose. Also, the definition of metabolic syndrome provided by the third panel of adult treatment (III Adult treatment) was used.

Conclusion: The result showed that with the increase in the frequency of childbirth in women with metabolic syndrome, the value of components of metabolic syndrome increased except for HDL-C ($p=0.04$). It was also observed that the age of menopause has a significant relationship with the amount of fasting blood glucose ($p=0.03$). The prevalence of sexual dysfunction in postmenopausal women with metabolic syndrome was higher than that of postmenopausal women without metabolic syndrome ($p=0.003$).

Importance of Research: The purpose of this study is to investigate the relationship between the prevalence of metabolic syndrome and the age of menopause, as well as the relationship between the number of births and the prevalence of sexual dysfunction in postmenopausal women (FSD), so that preventive measures such as a healthier diet and increased physical activity and emphasis on continuity doing them and having regular health check-ups reduced the risk of developing metabolic syndrome.

Biography

Hadis Eskandari is a third year midwifery student at the Islamic Azad University of Medicine. Her purpose of writing this article is to help women in her field. She have also filed a patent to help mother's breastfeed. Her interests is participating in conferences and scientific gatherings to get more information about health problems in different societies, especially women's health. She also volunteered in health centers for a few months and started writing my own articles. She has a hope that she can contribute to the health of society, especially the health of women.

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