INCIDENCE OF TYPE 2 DIABETES MELLITUS AND ITS ASSOCIATION WITH PARITY AND BREASTFEEDING PATTERN AMONG POST-MENOPAUSAL WOMEN.

Chaya Ranasinghe[2], Pallavi G. Shettigar[1], Meenakshi Garg[1]

[1]Department of Allied Hospitality Studies, Manipal University, Manipal, Karnataka, India

[2]Manipal University, Manipal, Karnataka, India.

BACKGROUND

Prevalence of diabetes is increasing and becoming a potential epidemic in India. More than 62 million diabetic individuals currently diagnosed with the disease. Menopause marks the end of ovarian function and it is called ‘early’ or ‘premature’ if it occurs before 45 years.

Literature is scarce about the menopause transition in Diabetic women.

Type 2 Diabetes is very important in women since it is the most common chronic disease in postmenopausal women and it is an underlying factor for cardiovascular diseases and death.

AIM

The study aimed at determining the parity, breastfeeding practices and the prevalence of type 2 diabetes mellitus among the post-menopausal women.

METHOD

INTERVIEW SCHEDULE

A structured interview schedule was prepared for screening and data collection of the selected sample population

ETHICAL CLEARANCE AND PILOT STUDY

The questionnaire was pre tested for its validation after obtaining the institutional ethical committee clearance.

SAMPLING

Samples were chosen randomly as per the inclusion exclusion criteria

DATA COLLECTION

Anthropometric , reproductive and dietary assessment data were collected

DATA ENTRY

Data was entered to diet software and SPSS

ANALYSIS

Data analysis was done using SPSS package

INTERPRETATION AND CONCLUSION

The results were carefully studied and conclusions were made

- A descriptive study was undertaken to determine the influence of parity and breastfeeding practices on body mass index in post-menopausal women in and around Udupi, Manipal, Karnataka, India.
- A total of 140 post-menopausal women from the general population were studied.
- Their anthropometric (height, weight, waist circumference, hip circumference, skin fold measurement) gynecological (menarche age, parity), medical history, breastfeeding practices, personal habits and 24hr diet recall was recorded.
- Chi- square, correlation and paired t test were used as applicable for data analysis using SPSS v16.

RESULTS

- The mean age of the study population was 56 ± 6.0 and average age of menopause among T2DM women was 45.6.
- T2DM incidence was 29.3% and 73.2% women were seeking medical advice whereas 26.8 were not consulting a doctor.
- Among the study participants 70.7% of T2DM post-menopausal women were obese. Majority (n = 110) of the post-menopausal women had breastfed for more than 12 months.
- The mean parity was 2.81 and the maximum parity was 10.
- Among the T2DM post-menopausal women, parity 2 was 41.5% and 95.1% women breastfed for more than 6 months.
- There was a negative correlation ($r = 0.057$, $p = 0.7$) between Fasting blood glucose and parity which was not statistically significant.
- A statistically insignificant negative correlation ($r = 0.167$, $p = 0.304$) was found between fasting blood glucose and breastfeeding duration.

CONCLUSION

- Higher number of T2DM post-menopausal women belonged to obese category. Majority of the post-menopausal women had breastfed for more than 6 months. Parity and breastfeeding duration have a negative relationship with the fasting blood glucose among the study participants.
- Post-menopausal women needed to be educated about diabetes, its complications and its association with menopause.

REFERENCE

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