Impact on the somatic variation and body composition in women of middle age with food supplement OBEX

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The climacteric transition affects a change in body composition and weight status. This change can be modulated according with lifestyle and nutrition.

The objective of the study is to know the somatic situation of perimenopausal Spanish women analyzing emerging risks and their improvement following a program of education in the habits of life and it plus a new food supplement (OBEX, Catalysis laboratory).

Madrid Pilot, double-blinded randomized trial study, on 100 women (35–60 years). Sample was aleatory divided: 50 product and 50 placebo. With three controls initial, at the end of treatment turned out to be effective, relatively quick, and had a reasonable safety profile.

http://dx.doi.org/10.1016/j.maturitas.2015.02.346

P206

Somatometric and clinical cardiovascular risk factors in midlife and older women. A tale of four European countries

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Introduction: Cardiovascular disease (CVD) ranks first as responsible of morbidity and mortality in European women. Despite so, Europe constitutes a heterogeneous entity, with considerable differences in the risk for CVD between regions. It is therefore interesting exploring established cardiovascular risk factors in different European areas.

Objective: To explore the distribution of some basic cardiovascular risk factors along age in midlife and older women from UK, Ireland, Portugal and Spain.

Methods: Somatometric parameters, blood pressure, and the lipidogram were examined in 1674 women from the English Longitudinal Study of Ageing (ELSA), 3184 from the Irish Longitudinal Study on Ageing (TILDA), 563 from the Switchbox (UMinho cohort, Portugal), and 1236 from the Chronic Ailment Reduction after MEnopause (CARMEN, Valencia, Spain). Descriptive statistics were used for comparison.

Results: The age of the women was 69.7 ± 9.8 in ELSA, 63.0 ± 9.4 in TILDA, 67.2 ± 9.2 in Portugal, and 53.7 ± 7.4 years in CARMEN (mean ± SD in all cases). Contrary to data from other databases, there was not a clear worsening of the lipidogram with age. Total cholesterol was higher in UK and Spain. The UK values were influenced by the highest levels of HDL among the four countries. Accordingly, the ratio cholesterol/HDL was lowest for Ireland.
and UK, although differences between countries were minimal. Systolic blood pressure clearly increased with age in every country, the values being higher for Spain and Portugal and lowest for UK. The pattern was not reproduced, however, for diastolic pressure, which decreased in all countries after age 60 years. BMI and waist perimeter increased with age in all countries, the lowest values found in Spain and UK.

**Conclusion:** Age imposed changes in most of the examined risk factors. There was, however, some contrast between the examined European populations. The differences in risk factors did not correlate with the known prevalence of CVD.

http://dx.doi.org/10.1016/j.maturitas.2015.02.348

**P208**

**Screening of late onset male hypogonadism with ADAM and AMS scores and impact of cognitive functions**

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**Objective:** To screen men presenting late onset hypogonadism with the conjunction of ADAM (Androgen deficiency of the Aging Male) score and AMS (Aging Male’s Symptoms) score and measure its impact on cognitive function.

**Methods:** People older than 45 feeling were asked to complete the two questionnaire and with their agreement a blood sample to measure free testosterone was taken to all presenting an AMS ≥ 32 and a positive ADAM score. The subjects were also asked to fill up the Mc Nair cognitive function questionnaire. Hypogonadism was defined by a free testosterone lower than 6.5 ng/dL.

**Results:** Among the 46 patients aged of 55±8 who fulfilled the scoring conditions, 29 (63.0%) had an hypogonadism. The rate of hypogonadism in that was not influenced by age. These subject were also presenting a lower rate of total testosterone and a lower Free Androgen Index (26±5 vs 48±17; p < 0.001). The cognitive function were lower in the hypogonadism group (15.2±7.6 vs 19.2±p<0.05).

**Conclusion:** The conjunction of ADAM score and AMS score) is very efficient do screen subjects presenting late onset hypogonadism. This screening strategy will be used to optimize the recruitment of subjects in clinical trials focused on late onset hypogonadism.

http://dx.doi.org/10.1016/j.maturitas.2015.02.349

**P209**

**Health in middle-aged and elderly women: a conceptual framework for ‘healthy menopause’**

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**Introduction:** Middle-aged and elderly women constitute a large and growing proportion of the population, in high as well as middle and low income countries. Women’s health throughout and after menopause can greatly impact the crucial economic, social, and societal roles that women play globally.

**Objectives:** We aim to characterize the concept of “Healthy Menopause” and to determine ways to measure (sub)optimal levels of this dynamic health state. Furthermore, we aim to identify interventions for the maintenance, recovery and improvement of healthy menopause and to describe research priorities in this area.

**Methods:** To develop this conceptual framework a roundtable will be convened on the 29th of January 2015 in the Erasmus University Medical Center, Rotterdam, the Netherlands. Experts from different fields will share their perspectives and engage in discussions in the light of the existing body of evidence regarding menopausal health. The proceedings will be collated and combined into a unifying conceptual framework addressing healthy menopause.

**Results:** This conceptual framework will facilitate the improvement of adequate preventative and treatment strategies as well as the communication to health care practitioners and the general public. A comprehensive definition of healthy menopause will be devised followed by a description of body functions in specific health domains, quality of life, activities, participation and health behaviour.

**Conclusion:** This conceptualization can be seen as an initial step in the maintenance, recovery and improvement of health in middle-aged and elderly women from different perspectives, including clinical, societal and public health perspectives, as well as an initial step in delineating lines for future research.

http://dx.doi.org/10.1016/j.maturitas.2015.02.350

**FRAILTY**

**P210**

**Clinical medication review as part of an elderly fallers patient care screening service**

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**Background:** This paper presents the findings from a systematic review of the evidence base undertaken as part of a larger project design work-stream. The aim is to define the operational details for providing a clinical medication review service to elderly fallers,