



Diabetes mellitus and chronical arterial hypertension: factors associated with physical/mental fatigue in Colombian Afro-descendant climacteric women

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AIM

To estimate the association between diabetes mellitus (DM) and chronical arterial hypertension (AH) with perception of physical/mental fatigue in middle-aged Colombian Afro-descendant women

METHOD

Cross-sectional study that belongs to the CAVIMEC [Quality of Life in Menopause and Colombian Ethnicities] research project, carried out in Afro-descendant women, aged between 40-59 years who fulfilled their daily activities (work or domestic) and resided in the Colombian Caribbean region.

Those with physical, mental or cognitive limitations, pregnant women and those receiving neuro drugs were excluded.

The women filled out a form that explored sociodemographic and clinical data, especially previous diagnosis of DM and receiving medication against AH.

The form also included question number seven of the Menopause Rating Scale that assesses: physical/mental fatigue, lower performance, memory problems or reduced concentration.

Bivariate logistic regression was performed: physical/mental fatigue (dependent variable) and DM and AH as independent. Then an adjusted logistic regression that considered age, menopausal status, and nutritional status as covariates. Study with endorsement of the ethics committee [Universidad de Cartagena - Colombia]

RESULTS

Sociodemographic characteristics n = 420	Without physical/mental fatigue n=245 (58.3%)	With physical/mental fatigue n=175 (41.6%)	p
Age (years)	55.4 ± 6.6	55.1 ± 7.9	0.02 ¹
Years of study	26.3 ± 4.9	27.3 ± 6.4	0.29 ¹
Weight, kg	2.2 ± 1.6	3.2 ± 2.4	0.02 ¹
Transition to menopause	58.2	67.0	0.14 ²
Post menopause	22.4	24.3	0.71 ²
Age 45-49	21.8	21.9	0.99 ²
Age 50-54	21.6	24.3	0.58 ²
Age 55-59	29.8	40-2	0.07 ²
Single	25.1	24.3	0.88 ²
Married	69.2	64.6	0.42 ²
widow	5.6	10.9	0.08 ²
Higher education	2.9	3.6	0.74 ²
Primary Education	54.4	57.3i	0.63 ²
Overweight	36.9	42.4	0.45 ²
Obesity	12.1	17.0	0.23 ²
Abdominal hysterectomy	7.1	6.1	0.74 ²
Oophorectomy bilateral	1.7	2.4	0.69 ²
Diabetes Mellitus (DM)	8.2	21.9	<0.001 ²
Arterial hypertension (AH)	25.7	51.2	<0.001 ²

Data are presented as means ± standard deviation or as percentages. The p-value was determined with: (1) Anova. (2) Chi-square test.

Association with physical/mental fatigue

	Not Adjusted OR [CI95%]	Adjusted Model OR [CI95%]
Diabetes Mellitus (DM)	3.11 [1.62-5.96]	3.02 [1.84-4.97],
Arterial Hypertension (AH)	2.21 [1.13-4.61]	2.20 [1.29-3.76].

Covariates: age, education, menopausal and nutritional status, marital status, abdominal hysterectomy, bilateral oophorectomy

CONCLUSIONS

In a group of middle-aged women, daughters of black parents and self-identified as Afro-descendants, it was found that DM and AH were associated with more possibility of physical/mental fatigue

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