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# Predisposition of inflammatory bowel disease in menopausal and postmenopausal women

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## Background:

Decreased estrogen levels in menopausal and postmenopausal women are mentioned in the world literature as one of the IBD etiological factors, however there are conflicting data and studies, and it is not entirely clear whether physiological decrease in estrogen level in menopausal and postmenopausal women affect the development of IBD.

## Aim:

To investigate if menopause has an impact on IBD development.

## Methods:

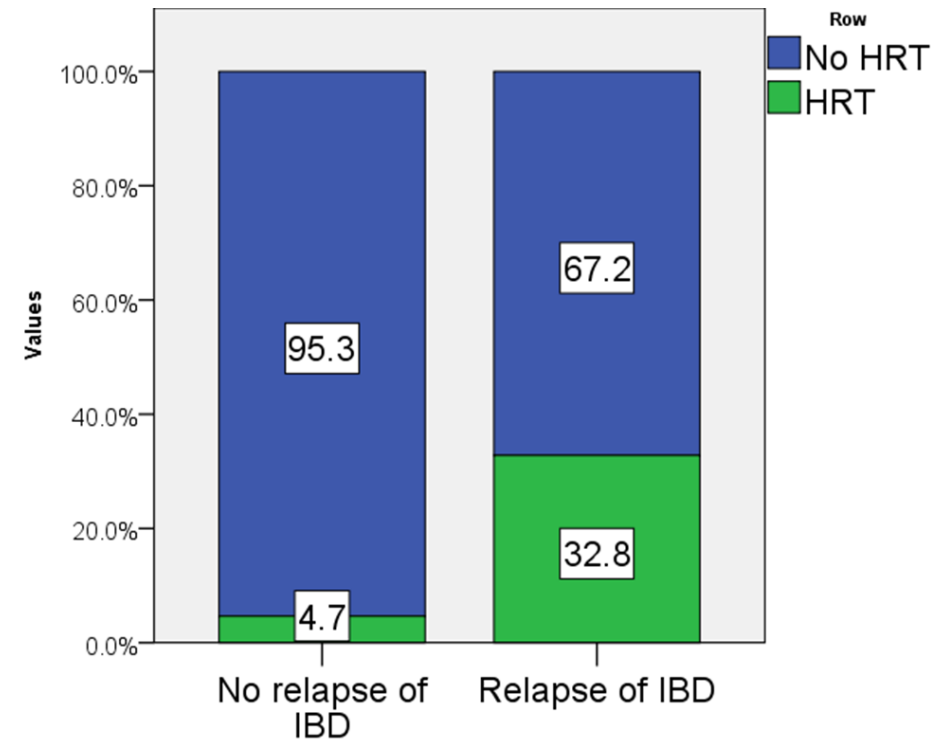
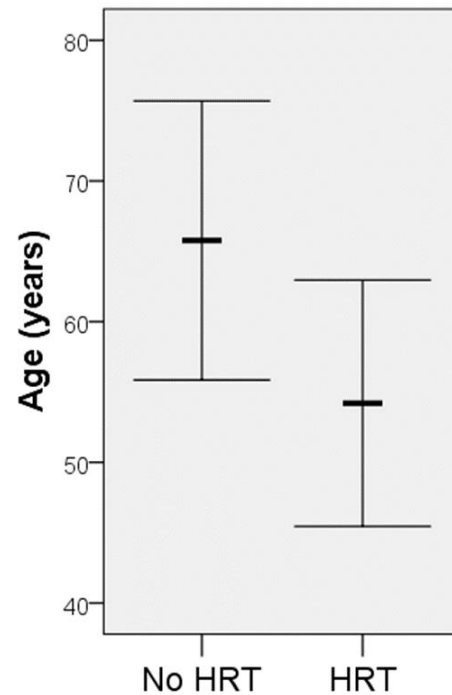
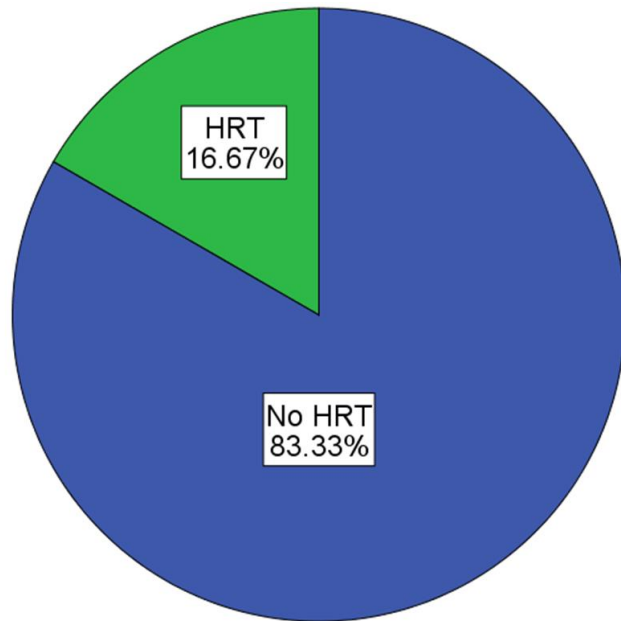
A retrospective study was conducted at Riga East University Hospital and it included data from medical cards of 150 women over 45 years old with menopause and diagnosis “Crohn’s disease” (ICD-10 code K50) or “Ulcerative colitis” (ICD-10 code K51) which were hospitalized from Jan. 2013 to Nov. 2020. Statistical significance was considered as  $p < 0.05$ . Fisher's test and T-test were used.

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## Results:

- Mean age was  $63.84 \pm 10.6$  years (median 64, mode 64).
- 61.3% (n=92) had an ulcerative colitis.
- 8.7% (n=13) had smoking factor in the anamnesis, of which 69.2% (n=9) had Crohn's disease.
- 87.3% (n=131) had at least one comorbidity.

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## Conclusion:

- The study was not found that hormone replacement therapy had protective role for IBD, so menopause impact on IBD development is questionable.
- Using of the HRT had no effect on the severity of IBD, but increased the chance of relapsing of the disease.
- Further investigations with larger amount of patients and control groups are required.