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**BREAST LIPOSSUBSTITUTION AND METABOLIC PARAMETERS IN PATIENTS UNDER ROUTINE MAMMOGRAM SCREENING**

CATEGORIA DO TRABALHO: PESQUISA

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Background: There is growing evidence that links metabolic syndrome and insulin resistance with total body and abdominal fat distribution. In women, breasts are one of the main fat storages. Despite that, little is still known about the relation between intramammary adipose tissue and metabolic parameters. Objectives: To evaluate the relation between intramammary fat distribution and metabolic parameters in pre and post-menopausal women. Material and methods: In a cross-sectional design, 80 women ( $55.3 \pm 8.6$  years) were recruited the mammogram schedule of a tertiary university hospital and classified based on menopausal status. They underwent clinical and anthropometric evaluation, including bioelectrical impedance analysis. Blood samples collected included fasting glucose (Glu), glycated haemoglobin (HbA1c), fasting insulin, total cholesterol, HDL cholesterol and triglycerides. Blood pressure was measured 3 times during evaluation. Body mass index (BMI) and waist-to-hip ratio were estimated. These parameters were analysed in relation to the composition of patients breast tissue, which was assessed by ultrasound. Grade of breast liposubstitution through ultrasound (GBL) was visually estimated by a radiologist and classified between  $<50\%$  (dense breasts;DB) and  $\geq 50\%$  (fatty breasts;FB). Additionally, thickness of subcutaneous breast fat (SBF), breast tissue (BT), retroglandular fat (RF), subcutaneous abdominal fat (SAF) and visceral fat (VF) were measured. Results: GBL was associated with menopausal status ( $\chi^2=4.24$ ;  $P=0.039$ ), with metabolic syndrome status ( $\chi^2=4.00$ ;  $P=0.45$ ) and with the thickness of BT (DB  $2.13 [1.63-2.74]$  vs FB  $2.60 [2.23-3.06]$ ;  $P=0.008$ ). Both in post-menopausal and premenopausal women, the thickness of BT was positively related to lifetime weight variation, waist and hip circumferences, body fat percentage, VF, and Glu ( $P<0.05$ ). Thickness of BT was higher by the presence of metabolic syndrome ( $P=0.012$ ) and with greater waist circumference ( $P<0.001$ ). There was no significant difference of breast ultrasound parameters according to diabetes status, but VF was higher in women with prediabetes and diabetes compared to the normoglycemic ones ( $P=0.33$ ). Conclusions: GBL relates to thickness of BT and both were more pronounced by the presence of central obesity and metabolic syndrome. These findings open new insights on the relevance of intramammary fat in global metabolic health, especially in its relation with central obesity.

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**INFLUÊNCIA DAS CONDIÇÕES SOCIODEMOGRÁFICAS E DO CONSUMO ALIMENTAR MATERNO NA ALIMENTAÇÃO DE PRÉ-ESCOLARES**

CATEGORIA DO TRABALHO: PESQUISA

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A alimentação de pré-escolares sofre influência de diversos fatores, incluindo os hábitos alimentares de quem os cuida e com quem convive. O objetivo deste estudo foi avaliar a influência das condições sociodemográficas e do histórico do consumo alimentar materno sobre a alimentação de pré-escolares. Trata-se de um estudo longitudinal utilizando amostra de conveniência de pares mãe-criança aninhado no projeto IVAPSA (Impacto das Variações do Ambiente Perinatal sobre a Saúde do Recém-Nascido nos Primeiros Seis Meses de Vida). As variáveis analisadas foram: histórico alimentar materno mediante três recordatórios alimentares de 24 horas (R24H) das fases I e II, condições sociodemográficas familiares, idade e ingestão alimentar habitual da criança pré-escolar utilizando um Questionário de Frequência Alimentar (QFA) e tempo de utilização de telas. O consumo alimentar foi classificado por grupo alimentar e nível de processamento. Na análise estatística utilizamos os testes ANOVA One-Way e Post Hoc de Tukey, Teste de Kruskal-Wallis, correlação de Pearson e de Spearman, com nível de significância de 5%. A amostra incluiu 83 pares mãe-criança. Houve correlação estatisticamente positiva entre o consumo alimentar mãe-criança no grupo alimentar 5 (carnes, ovos, miúdos e vísceras) ( $r=0,22$  e  $p=0,049$ ) e in natura e/ou minimamente processados ( $r=0,30$  e  $p=0,006$ ), o