Conclusions Sleep dysfunction is a major concern for women dealing with cancer associated menopausal symptoms and availability of effective therapy is urgently needed.

Objectives Hot flashes is a bothering symptom in perimenopause women as well as in women after cancer treatment. Present study aimed to investigate the effects of a non-hormonal herbal complementary (NHHC) in the treatment of hot flashes.

Methods This study is the preliminary result of an ongoing large clinical research assessing the effect of NHHC on reducing hot flashes particularly when hormonal treatment is contraindicated. A randomized, double-blind, placebo-controlled clinical trial was performed on 70 postmenopause women with symptoms of hot flashes (no history of cancer). The cases (n=35) were given 2 capsules/daily of EstroG-100 (extracts of Cynanchum wilfordii Hemsley, Philomis umbrosa Turczaninow, Angelica gigas Nakai) for 12 weeks. The controls (n=35) were given placebo. The consent form, demographic questionnaire were completed. The severity of hot flashes recorded weekly for 12 weeks. Statistical tests were performed using SPSS 22.0.

Results The mean age was 51.1±0.4 and 50.3±0.4 in cases and controls respectively. The mean duration of menopause was < 2 years. No significant differences found in the hormonal treatment variables. Among all the laboratory tests, just the Alkaline phosphatase value in the cases was significantly higher than the controls (p-value = 0.047). In the cases the reduction of the severity of hot flashes at 30, 60, and 90 days after treatment and the trend of reduction, were significantly reduced (P<0.001). The severity of hot flashes in the control group did not change significantly during the study.

Conclusions In this study the use of herbal extract (EstroG-100) significantly reduced the severity of hot flashes in postmenopause women, without significant adverse effects.

E-poster viewing: Symptom management/supportive cancer care

**Abstracts**

Conclusions Learning from the patient experience to develop future models of care.

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**THE VALUE OF NON HORMONAL HERBAL COMPLEMENTARY ON REDUCING MENOPAUSAL HOT FLASHES**

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Objectives To determine the prevalence of malnutrition and predictive factors for the occurrence of early adverse events (infection, hospitalization and death) in THE DIAGNOSIS OF OLDER BRAZILIAN OUT PATIENTS WITH GYNECOLOGICAL CANCER.

Methods Prospective cohort enrolled older patients >60 years with a recent gynecological cancer diagnosis admitted between 2015–2019. The CGA performed at the time of admission included the following instruments: CCI; KPS; MMSE; TUG test; IPAQ; ADL; MNA; MNA-SF; GDS15; PPS; Polypharmacy. The outcomes included malnutrition and early death. Survival analysis (Kaplan-Meier) and Cox proportional hazard regression was performed. was performed by univariate analysis by adjusting simple Poisson regression models, considering p<0.20. Then, the variables that found an association were included in a new