Age of Menopause Determinants for Menopause in Indian women

A National Level Survey on Peri & Post menopausal women in India

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Introduction
- Age of Menopause is a physiological marker for various problems of menopause like osteoporosis, coronary heart disease, hypertension, chronic vascular diseases, and breast cancer. The age at which menopause occurs will help us to sort out preventive and diagnostic measures for the same.
- Various health parameters and factors including premenopausal BMI, smoking, type of contraception used, occupational status, smoking, alcohol consumption, and dietary factors have been considered for the same.

Determinants Considered
- Occupation
- Community
- Education
- Socioeconomic status
- Marital status
- Food type
- Alcohol
- Smoking
- Contraception

Trend for BMI/Weight as per age and as per region

AMH levels

Conclusion and future implication
- Revised guidelines in relationship to infertility
- Osteoporosis prevention
- Heart disease and Menopausal syndrome prevention
- Obesity prevention
- Quality of life
- Cancer diagnosis and prevention

Acknowledgments

Participating Doctors

Illustration Contributors

No correlation between smoking, alcohol consumption and age at menopause was found due to small sample size of women who consume Smoking, Alcohol.