

Abstract
Background: Menopausal transition is a natural process that occurs in all women. However, the age at which menopause occurs can vary significantly between individuals. This study aimed to investigate the factors associated with the age at which menopause occurs in a region in the northeast of Iran. Methods: Data were collected from the Iranian Longitudinal Study on Ageing, a population-based cohort study that follows a representative sample of the Iranian population aged 60 and over. The study included information on various factors such as demographic characteristics, lifestyle, and health status. Results: The mean age at which menopause occurred was 47.6 years. Factors associated with earlier menopause included higher education, higher income, and higher body mass index. Conversely, factors associated with later menopause included higher parity and higher levels of physical activity. Conclusion: The age at which menopause occurs is influenced by various factors, including education, income, body mass index, parity, and physical activity. Further research is needed to explore the underlying mechanisms of these associations.

its and menopause natural at Age 7600 : | 1403/09/25 : |
related factors in a region in the northeast of Iran: Finding fromIranianLongitudinal Study on Ageing