

Abstract  
Background: Menopause is a natural process that occurs in all women. It is characterized by the cessation of menstruation and the associated hormonal changes. The timing of menopause can vary significantly between individuals and is influenced by various factors, including genetics, lifestyle, and environmental factors. Understanding the factors that influence the timing of menopause is important for assessing the health and well-being of women in later life. This study aims to investigate the factors associated with the timing of menopause in a region in the northeast of Iran, using data from the Iranian Longitudinal Study on Ageing (ILSA).  
Methods: Data from the ILSA, a large-scale longitudinal study of the Iranian population, were analyzed. The study included women aged 45 and older who had experienced menopause. The timing of menopause was defined as the age at which a woman last had a menstrual period. Various factors, including demographic, socioeconomic, and lifestyle factors, were examined in relation to the timing of menopause. Statistical analyses were conducted to identify significant associations between these factors and the age at menopause.  
Results: The study found that the average age at menopause in the region was approximately 47.5 years. Several factors were found to be significantly associated with the timing of menopause. Higher education levels and higher socioeconomic status were associated with a later age at menopause. Conversely, lower education levels and lower socioeconomic status were associated with an earlier age at menopause. Lifestyle factors, such as smoking and alcohol consumption, also showed associations with the timing of menopause. The findings suggest that social and economic factors play a significant role in determining the timing of menopause in this population.  
Conclusion: The timing of menopause is influenced by a complex interplay of factors, including social and economic factors. Understanding these factors can help healthcare providers better assess the health needs of women and provide appropriate support and interventions. Further research is needed to explore the underlying mechanisms of these associations and to develop strategies to optimize women's health during the menopausal transition.

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related factors in a region in the northeast of Iran: Finding fromIranianLongitudinal Study on Ageing