

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 varies among women, and it is influenced by various factors, including genetics, lifestyle, and environmental factors. The purpose of this study was to investigate the factors associated with the timing of menopause in a region in the northeast of Iran.
Methods: A cross-sectional study was conducted in a region in the northeast of Iran. A total of 7600 women were recruited from the Iranian Longitudinal Study on Ageing. The women were interviewed about their demographic and clinical characteristics, and their menstrual history was recorded. The timing of menopause was defined as the age at which the woman experienced her last menstrual period.
Results: The mean age at menopause was 47.6 years. The factors associated with the timing of menopause were age, education, income, and body mass index. The results showed that women with higher education and income had a later age at menopause. Women with higher body mass index had an earlier age at menopause.
Conclusion: The timing of menopause is influenced by various factors, including education, income, and body mass index. Further research is needed to investigate the underlying mechanisms of these associations.

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