



“Abstracts submitted for SAFOMS - MENOSOC 2021”

The association of BMI and the age with natural menopause among postmenopausal women attending the gynaecology clinic of Castle Street Hospital for Women, Sri Lanka.

Ranatunga RMDB¹, Lanerolle S¹

¹ Castle Street Hospital for Women, Colombo, Sri Lanka.

Corresponding Author - Ranatunga RMDB

Email - rmdbranatunga@gmail.com

Key words

body mass index (BMI), age at natural menopause (ANM)

Objectives

Menopause is identified with cessation of menstruation for at least 12 months. The association between body mass index (BMI) and the age at natural menopause (ANM) is unclear. Current evidence suggests that the BMI affects the age of natural menopause with higher BMI resulting in a later age of menopause. This study aims to assess the association between BMI and the age of menopause in Sri Lankan women.

Method

81 women, aged between 45 to 55 years, attending the gynaecology clinic of Castle Street Hospital for Women, who had naturally menopausal within the last five years, took part in the study. Certain inclusion and exclusion criteria were considered when recruiting the subjects. They were classified according to BMI (kg/m²); <18.5=underweight, 18-24.9=normal, 25-29.9=overweight, >30=obese. The association between BMI and ANM was analysed.

Results

According to BMI, 2 (2.4%) were underweight, 22 (27.2%) were normal, 33 (40.7%) were overweight and 24 (29.6%) were obese. ANM for age categories; 41-44, 45-49 and 50-55 were 9 (11.1%), 32 (39.5%) and 40 (49.4%) respectively. The mean age of menopause was 49.04. Among those who menopausal at or past 50 years of age, 18 (45%) were obese, 16 (40%) were overweight and 6 (15%) were with normal BMI while none were underweight.

Conclusions

Almost half of the study population had menopausal at or past 50 years age. It was observed that a vast majority (85%) of them were beyond BMI of 25. A further study with a larger study population would be able to determine whether there is a true correlation between higher BMI and late ANM.