

Association of lifestyle and reproductive factors with age at natural menopause among postmenopausal women in Gampaha District

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Lifestyle and reproductive factors are associated with age at menopause. However, there is limited evidence regarding Sri Lankan women. To describe the association between age at natural menopause and lifestyle and reproductive factors among postmenopausal women in Gampaha a cross-sectional study was conducted in 126 postmenopausal women. Lifestyle factors (diet, physical activity, smoking and alcohol consumption) and reproductive factors (age at menarche, parity, breastfeeding and contraceptive use) were evaluated via interviewer-administered questionnaires, utilizing standardized tools (24-hour dietary recall, International Physical Activity Questionnaire and Reproductive History Questionnaire of Women's Health Initiative). Mean (+/-SD) age at natural menopause and menarche were 48.37 (\pm 5.40) and 13.73 (\pm 1.32) years respectively. 4.8% had premature menopause. Mean parity was 2.39 (\pm 1.12). Mean daily caloric intake (961.02 \pm 233.70 kcal) was low. Most (72.2%) reported high physical activity levels. 7.9% were passive smokers. Most (67.5%) had breastfed for >4 years. Only 35.71% had ever used contraceptives. No statistically significant associations emerged between lifestyle/reproductive factors and menopausal age. The age at menopause corresponds with prior local studies. Results highlight needs for better nutrition and contraceptive education.

Keywords: *Age at menopause, Lifestyle, Reproductive, Diet, Physical activity*