Journal of Bioanthropology

BOOK OF ABSTRACTS

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Joint International Meeting

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5th - 8th September 2024

Venue: University of Zagreb, Faculty of Kinesiology,

Horvaćanski zavoj 15, 10110, Zagreb, CROATIA

https://web.empl.io/EAA2024

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Presentation number: 21 (EAA)

AGE AT MENOPAUSE IN RELATION TO SOCIOECONOMIC AND GENERAL HEALTH STATUS INDICATORS: A MULTIFACTORIAL ANALYSIS OF DATA FROM DIFFERENT COUNTRIES AND EVOLUTIONARY APPROACH

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Background and Objectives. Only female humans and a few species of whales go through menopause (MP). Why and what is the biological meaning of this phenomenon, which risks may be associated with early or late MP? Menopauses vary worldwide and is related to many biological and extrinsic factors. The aim of this study was to analyse global variation of MP age in relation to socioeconomic and general health status indicators, and to provide an evolutionary perspective on MP age variation. Material and Methods: Data on age at MP during the last decade were analysed in 45 countries using 36 literature sources. The MP age of the Lithuanian population was calculated using the data of 2019-2023 (880 women aged 40 to 60). Socioeconomic and general health status indicators of the included countries were taken from officially available statistical data websites. Factor analysis was applied to reveal potential factors associated with global variation of MP age. Results: Globally, the average age of MP in the analysed countries was 48.6 years (SD±2.01; Min-Max = 45.3-52.3 years). As for Lithuania, MP age was 49.6 (SD
±4.4) years. Factor analysis showed that MP is a multifaceted phenomenon that was mostly associated with general well-being indicators (GDP, life expectancy, etc.), also with many diseases that are common in developed societies today (in particular, hypertensive and ischemic heart diseases, polycystic ovary syndrome, various cancers). In addition, geographic issues were also partially related to MP age. Evolutionary theories to explain variations in MP age will be presented. Conclusions: The earliest menopause was found in countries with a sunny and warm climate. On the other hand, these countries are less advanced economically. The complex relationships between late menopause, various socioeconomic factors, and diseases need to be explored on the individual level as well in order to better understand the multifaceted structure of this phenomenon.

Keywords: Age at menopausal, global variation, general health status, socioeconomic factors, factor analysis