

RELATIONSHIP BETWEEN AGE AT MENOPAUSE AND ALCOHOL CONSUMPTION: THE KOREAN NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEYS

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Objective. To investigate the relationship between age at the menopause and alcohol consumption in South Korea by using data from the 2010-2012 Korean National Health and Nutrition Examination Surveys (KNHANES). **Methods.** Cross-sectional data of 712 women who became menopausal state within 3 years were analyzed. **Results.** Non-drinker, mild to moderate-drinker and heavy-drinker population were 271 (36%), 426 (61.1%) and 17 (2.9%). After adjustment for body mass index, smoke, and exercise (model 1) or smoke, exercise, education, duration of menopause, age at menarche, age at first and last delivery (model 2), mean age at the menopause of non-drinker, mild to moderate-drinker and heavy-drinker was 51.6 ± 0.2 , 50.7 ± 0.2 and 50.5 ± 0.6 years (model 1) and 51.3 ± 0.2 , 50.8 ± 0.2 and 50 ± 0.8 years (model 2). The difference of mean age at the menopause among three groups was statistically significant (model 1; $p = 0.0016$, model 2; $p = 0.014$). In the Alcohol Use Disorders Identification Test (AUDIT) score, mean age at the menopause of 5, 10, and ≥ 10 score groups was 51.2 ± 0.2 , 50.6 ± 0.4 and 50.1 ± 0.5 years (model 1) and 51.1 ± 0.1 , 50.7 ± 0.4 and 49.6 ± 0.5 years (model 2). The difference of mean age at the menopause among three groups was statistically significant (model 1; $p = 0.014$, model 2; $p = 0.0071$). **Conclusion.** In the Korean women, alcohol consumption was associated with an early age at the menopause.