

## TIMING OF MENOPAUSE: A POTENTIAL RISK FOR WOMEN OF REPRODUCTIVE AGE

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**Introduction:** Menopause is an important transition in women's reproductive life, as it signals end of fertility. Timings of menopause (natural) is an important determinant of future risk diseases. Women who have their ovaries removed surgically seem to have less insulin levels that may suggest link between premature menopause and diabetes. Past epidemiological studies have yielded conflicting results. **Methods:** A cross sectional study adopting multistage random sampling was used in recruiting 3081 women aged above 30 years. Data analysis has been done by stratifying the ANM in three quartiles and exploring its association with factors that may influence the onset of menopause. **Results:** The results indicated that presence of type 2 diabetes was found to be statistically significantly after controlling for education, occupation, intake of tea/coffee, parity and other variables. **Conclusion:** Menopausal health demands priority in Indian scenario due to increase in life expectancy. Efforts are required to educate and make these women aware of menopausal symptoms and thus enable them to seek appropriate medical care.