

PRINT: ISSN 0975-1270 ONLINE: ISSN 2456-6306

JOURNAL OF LIFE SCIENCES



© Kamla-Raj 2014

J Life Science, 6(1,2): 1-5 (2014)

PRINT: ISSN 0975-1270 ONLINE: ISSN 2456-6306

DOI: 10.31901/24566306.2014/10.1-2.01

Anthropometric Profile and Menopausal Age of 40 to 80 Year Old Women of Punjab: A Study

Satinder Kaur, Promila Mehta and Ginjinder Kaur

*Department of Human Genetics, Punjabi University Patiala 147002, Punjab, India
E-mail: ginjinder_lamba@rediffmail.com*

KEYWORDS Menopause. Punjabi population. Physical growth. Circumferences. Females

ABSTRACT The present cross- sectional study was designed to assess the physical growth of Pre-menopausal and Post-menopausal women of Patiala and Chandigarh along with their menopausal age. The data collection was done during the period of mid January to April 2010. The study included 318 women (86 pre-menopausal and 232 post-menopausal) in the age range of 40 to 80 years. All the subjects were permanent residents of the Punjab and belonged to urban area of Patiala and Chandigarh. The height, weight, four circumferences (upper arm, thigh, waist and hip), were taken to define the anthropometric profile of aging women. All these Anthropometric measurements were taken on each subject by the first investigator. The results showed that height, weight, upper arm and thigh circumferences had higher values in Post- menopausal women than their counterparts. The median age of menopause of the subjects of the present studied population was 43.5 ± 4.5 years.