

عنوان مقاله:

Menstrual Cycle Disorders and their Relationship with Body Mass Index (BMI) in Adolescent Girls

محل انتشار:

فصلنامه زنان و مامایی و سرطانهای زنان، دوره 8، شماره 4 (سال: 1402)

تعداد صفحات اصل مقاله: 8

نویسندگان:

Fatemeh Bahadori - *Department of Obstetrics and Gynecology, Maternal and Childhood Obesity Research Center, Urmia University of Medical Sciences, Urmia, Iran*

Zahra Sahebazzamani - *Department of Obstetrics and Gynecology, Maternal and Childhood Obesity Research Center, Urmia University of Medical Sciences, Urmia, Iran*

Somayeh Ghasemzadeh - *Department of Obstetrics and Gynecology, Maternal and Childhood Obesity Research Center, Urmia University of Medical Sciences, Urmia, Iran*

Zahra Kousehlou - *Department of Biostatistics, School of Medical Sciences, Tarbiat Modares University, Tehran, Iran*

Leila Zarei - *Department of Anatomical Sciences, School of Medicine Lorestan University of Medical Sciences Khoramabad, Iran*

Marjan Hoseinpour - *Department of Obstetrics and Gynecology, Maternal and Childhood Obesity Research Center, Urmia University of Medical Sciences, Urmia, Iran*

خلاصه مقاله:

Background & Objective: Menarche is an important stage in the development of girls which can predict the adolescent's puberty process and fertility onset. The changes in menstrual cycle have health consequences not only in adolescence but also over the life-course. Childhood obesity as a common health problem has been observed in both developed and developing countries, and its prevalence is continuing to increase. The aim of this study was to identify menstrual patterns and related disorders and also to investigate the relationship between menarche age, menstrual disorders, and (BMI) in high school girls in Urmia. **Materials & Methods:** In this cross-sectional study, ۷۱۶ adolescent girls aged ۱۴-۱۸ years were selected with multistage sampling from high schools of Urmia (Sept ۲۰۱۲ to Dec ۲۰۱۳). Participants completed the questionnaire of menstrual pattern characteristics including age at menarche, menstrual cycle length, dysmenorrhea, and the need for pain relief. BMI percentile was calculated and obesity was determined using the CDC's ۲۰۰۰ BMI-for-age growth charts. **Results:** The results showed that the average of age, BMI, and menarche age were: 15.66 ± 1.019 year, 22.05 ± 3.91 kg/m² and 12.87 ± 0.98 year, respectively. The prevalence of overweight and obesity were ۱۳.۷% and ۸.۴%, respectively. A large majority of the subjects (۷۶.۱%) had a normal, healthy weight. There was a significant association between BMI and the duration of flow, menarche age, menstruation flow, and pain severity ($P < 0.05$). **Conclusion:** Based on the results, planning and intervention for decreasing the BMI in high school girls can help reduce menstrual disorders. Future studies are required to confirm .and complete our results

کلمات کلیدی:

Menstrual cycles, Obesity, Menarche

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