What do we mean by early menopause?

Early menopause is when a woman undergoes menopause spontaneously before the age of 45.

Why is early menopause a problem?

Women who undergo an early menopause have a higher risk of osteoporosis, depression, heart disease, dementia and a range of other health conditions. Early menopausal women also suffer economic disadvantage. For example, they spend around 4 months less time in employment once they enter their 50s compared to other women.

Who is more likely to undergo an early menopause?

Research from the 1970 and 1958 British birth cohort studies has linked several factors throughout women’s lives to early menopause. The age a woman reaches the menopause is strongly influenced by her genes, but non-genetic factors can also play a role. Several factors are linked to a higher risk of early menopause.

- Women who grew up in a working class family were 2X more likely to experience early menopause.
- Women who work in social care are 30% more likely to experience early menopause.
- Women whose mothers smoked while pregnant have 24% higher odds for early menopause.
- Women who smoke at age 16 have a 51% higher odds for early menopause.
- Women who smoke in their early 30s have a 69% higher odds for early menopause.
- Women who smoke throughout their 30s have a 71% higher odds for early menopause.
- Women who smoked more than 50 cigarettes/day for a year have a 100% higher odds for early menopause.
- Women who smoke less than 5 cigarettes/day are 43% less likely to experience early menopause.
- Women who smoke less than 1 cigarette/day are 68% less likely to experience early menopause.
- Women who smoke more than 10 cigarettes/day are 68% more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 2X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 3X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 5X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 7X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 9X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 11X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 13X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 15X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 17X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 19X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 21X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 23X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 25X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 27X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 29X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 31X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 33X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 35X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 37X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 39X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 41X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 43X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 45X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 47X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 49X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 51X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 53X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 55X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 57X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 59X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 61X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 63X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 65X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 67X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 69X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 71X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 73X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 75X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 77X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 79X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 81X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 83X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 85X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 87X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 89X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 91X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 93X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 95X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 97X more likely to experience early menopause.
- Women who smoke more than 50 cigarettes/day for a year are 99X more likely to experience early menopause.

More about this research

Full paper: This research is part of a project: The economic and social value of health from childhood to later life, funded by the UCL Centre for Longitudinal Studies and the Economic and Social Research Council (ESRC). A full description of control variables and reference categories, please see: Peycheva et al.

Find out more: www.cls.ucl.ac.uk/economicandsocialvalueofhealth