

Association of Caffeine Consumption in Coffee, Tea and Soft Drinks with Age of Menopause

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Abstract : Introduction: Normal menstrual cycle in women ranges from 21-34 days. Menopause is defined as the time when there have been no menstrual periods for 12 consecutive months and no other biological or physiological cause can be identified. Caffeine might increase the estradiol in the early of follicular phase and possibly increase the progesterone and shorten menstruation cycle. Women with shorter menstrual cycle, (below 26 days) would likely get to menopause 1.4 years earlier than those who are normal, and 2.2 years earlier than women with longer menstrual cycle. Purpose: To study the association of caffeine consumption in coffee, tea, and soft drinks with the age of menopause. Design Study: A cross-sectional study using purposive sampling of 132 menopause women from elderly nursing, hospitals and students' relatives from August 2015-December 2015. The mean difference of age of menopause among the caffeine intake was analyzed by using the unpaired t-test and logistic regression. Results: Mean current age of the respondents are 61.4 years \pm SD 9.8; and age of menopause was 47.7 years \pm SD 4.2. There are 49.6% who drink coffee, 62.6% of tea and 7.6% of soft drinks. The analysis of t-test showed no significant mean difference in age of menopause among women who drink coffee, tea and soft drinks, mean age of 47.63 \pm 4.3 in coffee with p=0.392, mean age of 47.8 \pm 4 in tea with p=0.373; and mean age of 46 \pm 5.5 with p=0.083 after adjustment of smoking history. Conclusion: Consumption of caffeine among women who drink coffee, tea, and soft drinks did not show significant mean difference in age of menopause.

Keywords : caffeine, menopause, coffee, tea, soda, soft drinks

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