

برآورد ناپارامتری الگوی سن یائسگی طبیعی زنان شهرستان گرمسار

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چکیده

سابقه و هدف: یائسگی طبیعی طبق تعریف سازمان بهداشت جهانی عبارت است از قطع عادت ماهیانه در خانم‌ها که به دلیل توقف فعالیت فولیکولار تخمدان در طی ۱۲ ماه متوالی (بدون هیچ‌گونه علت پاتولوژیکی و فیزیولوژیکی) روی می‌دهد و به پایان یافتن دوران باروری در زن می‌انجامد. یائسگی آغاز دوره‌ای از تغییرات جسمانی و متابولیکی است که بر کیفیت زندگی زن تاثیر می‌گذارد و می‌تواند باعث بروز مشکلاتی همچون پوکی استخوان و بیماری‌های قلبی نیز شود. بنابراین با افزایش سالانه تعداد زنانی که دوران پس از یائسگی را طی می‌کنند، چنین به نظر می‌رسد که مطالعه بر روی الگوی سنی بروز یائسگی ضرورت داشته باشد.

مواد و روش‌ها: برآورد الگوی سن یائسگی طبیعی به روش ناپارامتری با استفاده از شیوع یائسگی در هر گروه سنی معرفی و به عنوان مثال کاربردی از اطلاعات بررسی سن یائسگی زنان شهرستان گرمسار استفاده شد که مطالعه مذکور به صورت مقطعی بر روی ۵۸۱ زن ۳۰ ساله و بالاتر شهری و روستایی طی سال ۱۳۸۵ انجام و الگوی سن یائسگی آن‌ها با استفاده از شیوع یائسگی در هر گروه سنی برآورد شد.

یافته‌ها: میانگین (\pm انحراف معیار) و میانه سن یائسگی برای شهرستان گرمسار به ترتیب $51/9 \pm 3/6$ و $52/2$ سال برآورد شد. یائسگی از سن ۳۰ تا تقریباً ۴۳ سالگی به آرامی افزایش می‌یافت، اما پس از آن تا سن تقریباً ۵۵ سالگی سرعت آن رو به افزایش گذاشته و سپس به سرعت رو به کاهش می‌گذاشت.

نتیجه‌گیری: به نظر می‌رسد میانگین سن یائسگی شهر گرمسار در مقایسه با سایر مناطق کشور بالاتر و از این لحاظ از وضعیت مطلوب‌تری برخوردار است.

واژه‌های کلیدی: سن یائسگی طبیعی، برآورد ناپارامتری، الگو، شیوع، مطالعه مقطعی، گرمسار

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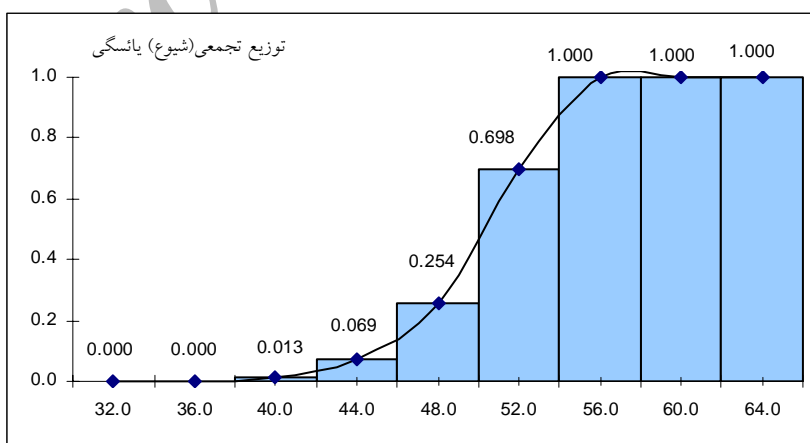
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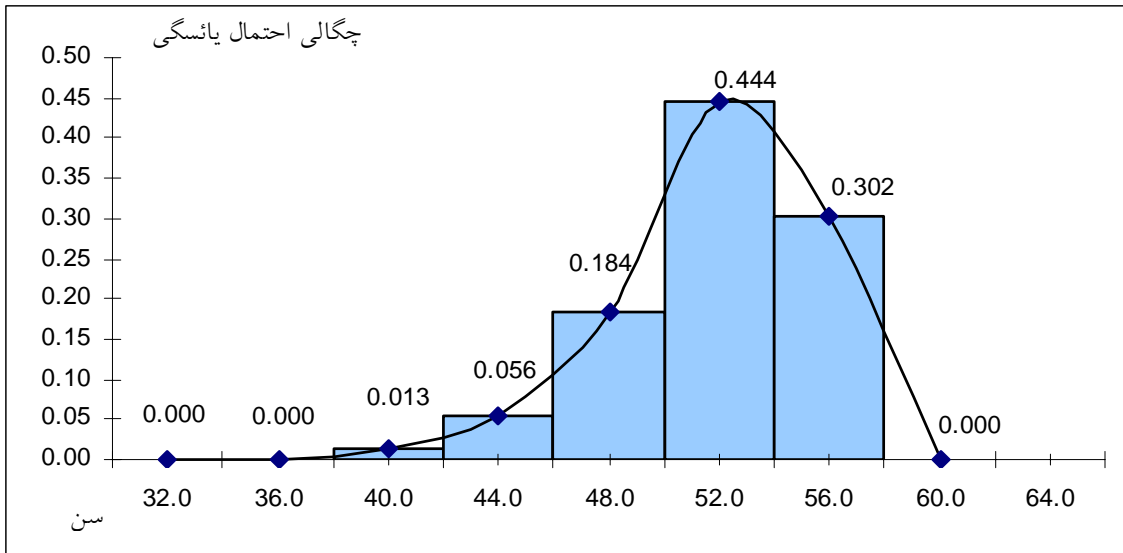
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