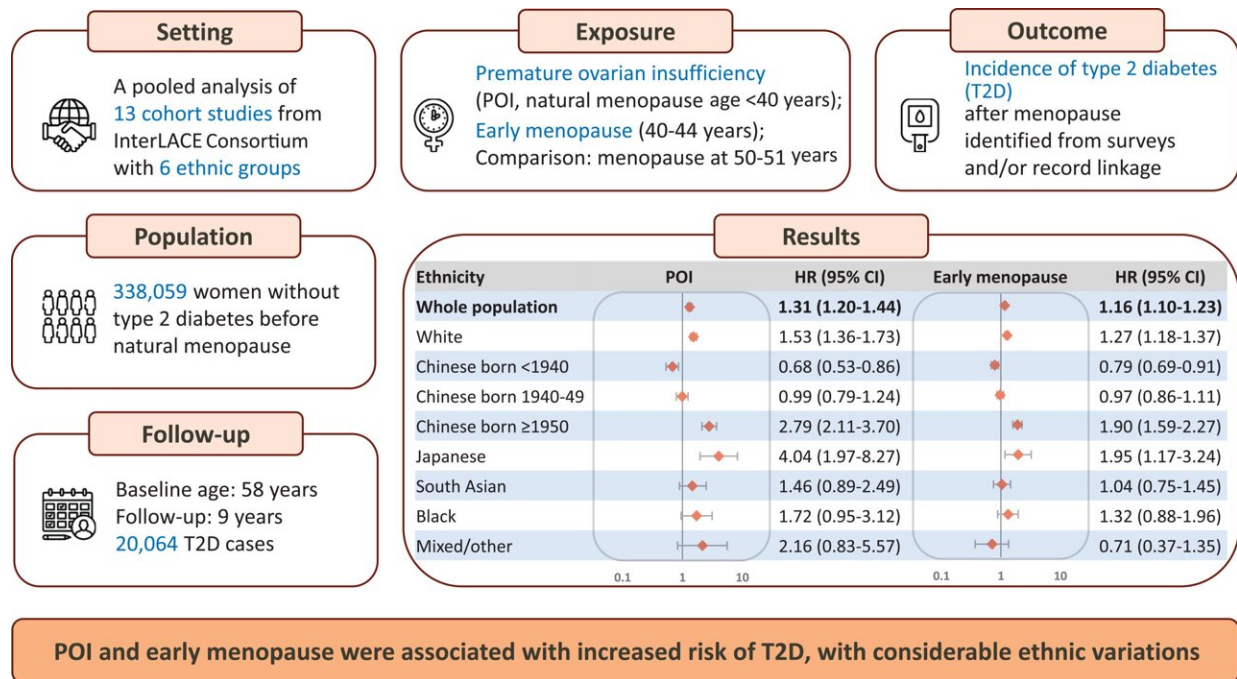


Ethnicity and early menopause increase risk of type 2 diabetes, finds study

September 26 2023



Credit: *Diabetes Care* (2023). DOI: 10.2337/dc23-1209

University of Queensland research has found ethnicity plays a significant role in determining a woman's risk of developing type 2 diabetes after early menopause.

Dr. Hsin-Fang Chung and a team of researchers from the UQ School of Public Health analyzed the health data of more than 330,000

[postmenopausal women](#) from 13 studies conducted in Australia, United Kingdom, Netherlands, Sweden, Japan, and China.

The research was published in the journal *Diabetes Care* and used data from the [International collaboration for a Life course Approach to reproductive health and Chronic disease Event](#) (InterLACE).

"Our findings show [early menopause](#) before the age of 45, particularly premature menopause before the age of 40, is a risk factor for type 2 diabetes in women, and the risk is higher for some [ethnic groups](#)," Dr. Chung said.

"Australian/European white women who experienced premature menopause were one and a half times more likely to have type 2 diabetes than white women who experienced menopause at the expected age of 50 to 51."

"The risk of developing type 2 diabetes after menopause at expected age was already high at 23.3% for South Asian and 18.9% for African/Caribbean Black women living in Western countries, compared to only 5.5% for white women."

"Their diabetes risk jumped to 28.6% for South Asian and 24.1% for Black women if they experience premature menopause, compared to 9.2% for white women."

Dr. Chung said this was the largest study to investigate the impact of [premature menopause](#) on the risk of type 2 diabetes in women from diverse ethnic backgrounds.

Women who have experienced menopause before the age of 45 can work with their [general practitioners](#) to closely monitor and manage metabolic [risk factors](#) to improve their overall health.

Senior author, Professor Gita Mishra said current research on the prevention of type 2 diabetes is largely based on health data from white male populations.

"There are very few female-specific risk factors considered in diabetes screening guidelines with minimal evidence from non-white ethnic groups," Professor Mishra said.

"The findings from this research could help inform ethnic-specific initiatives to prevent type 2 diabetes in women globally."

More information: Hsin-Fang Chung et al, Ethnic Differences in the Association Between Age at Natural Menopause and Risk of Type 2 Diabetes Among Postmenopausal Women: A Pooled Analysis of Individual Data From 13 Cohort Studies, *Diabetes Care* (2023). [DOI: 10.2337/dc23-1209](https://doi.org/10.2337/dc23-1209)

Provided by University of Queensland

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