

CLSA Webinar Series



Age of menopause and its relation to frailty and biological age in the CLSA comprehensive cohort

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12 to 1 PM ET | JUNE 21, 2018

Frailty is a complex pathophysiological phenomenon that will impact a significant proportion of adults over the age of 65 and contributes to the risk of several adverse health outcomes. Although women have a disproportionately higher risk of frailty, the sex-specific factors related to this syndrome are not well-described. Using the CLSA comprehensive cohort, this research examines the relationship of age at menopause and hysterectomy status with prevalent frailty in older women. The frailty index was inversely related to age at menopause, decreasing 1.2% of the mean with every year of menopause onset, and was significantly higher for women categorized in the premature or early menopause and hysterectomy groups. The odds for being classified as frail using Fried's criteria was higher for the premature menopause and hysterectomy groups. Interestingly, using a battery of physiological and functional measures to estimate biological age, we also show that age at menopause is associated with accelerated aging. In conclusion, our study supports a role for age at menopause and hysterectomy in the risk of frailty in older women, and confirms a previously reported association with accelerated aging.

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