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Review Article

Influences the Timing of Menarche and Effect on Women's Well-being

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Abstract

Background:

Early menarche, defined as first menstruation before the age of 12 has been previously identified as a risk factor for an earlier coitarche, possibly linking an early menarche with a higher incidence of teenage pregnancy. This study aims to compare and determine the relationship between the incidence of teenage pregnancy with early menarche and coitarche in a low income setting.[1]

Keywords: Influences: Timing: Menarche: Well-being

Introduction:

Menarche is considered as a milestone in the women's reproductive life. Most existing studies on factors influencing menarcheal age had cross-sectional designs and their finding were controversial.[2]

Menarche denotes the onset of the female reproductive capacity. The age that menarche occurs is mostly attributed to the interaction of genetics and various environmental factors. Herein, the author describes the evolution of the age at menarche from prehistoric to the present times. Data from skeletal remains suggest that in the Paleolithic woman menarche occurred at an age between 7 and 13 years, early sexual maturation being a trade-off for reduced life expectancy. In the classical, as well as in the medieval years, the age at menarche was generally reported to be at approximately 14 years, with a range from 12 to 15 years. A significant retardation of the age at menarche occurred in the beginning of the modern times, soon after the industrial revolution, due to the deterioration of the living conditions, with most studies reporting menarche to occur at 15-16 years. In the 20th century, especially in the second half of it, in the industrialized countries, the age at menarche decreased significantly, as a result of the improvement of the socioeconomic conditions, occurring at 12-13 years. In the present times, in the developed countries, this trend seems to slow down or level off.[3]

Who does menarche affect?

Menarche depend on the reproduction activity and hormone namely estrogen and progesterone. All the female associated with reproductive anatomy and involve vagina, uterus, fallopian tubes, ovaries — can menstruate.

What age is menarche?

In females, the first menstrual period, menarche, signals the beginning of the capacity to reproduce and is associated with the development of secondary

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sexual characteristics. Menarche is one of the most significant milestones in a woman's life. The first cycles tend to be anovulatory and vary widely in length. They are usually painless and occur without warning. Menarche occurs between the ages of 10 and 16 years in most girls in developed countries. Although the precise determinants of menarcheal age remain to be understood, genetic influences, socioeconomic conditions, general health and well-being, nutritional status, certain types of exercise, seasonality, and family size possibly play a role.[4]

How does menarche affect body?

Menarche occurs in the setting of a maturing hypothalamic-pituitary-ovarian (HPO) axis and relies on the following processes: normal hypothalamic and pituitary function, normal female reproductive anatomy, normal nutrition, and the general absence of other intervening chronic illnesses. It is a marker of normal female reproductive health and wellness. Most females recognize menarche as their body's critical declaration of fertility. The absence of normal menstrual periods, unrelated to pregnancy, is termed amenorrhea. Primary amenorrhea is the complete absence of menstruation by 15 years of age in the setting of normal growth and secondary sexual development or the absence of menses by age 13 in the absence of normal growth or secondary sexual development. Secondary amenorrhea is the absence of menses for greater than three cycle intervals or six consecutive months in a previously menstruating female. Of specific concern is when menarche occurs too early, too late, or not at all, as these scenarios have future adverse outcomes. Menarche is considered early if it occurs at or before ten years of age and late if it occurs at or later than 15 years of age.[5]

What are the symptoms of menarche?

during first menstruation these symptoms may develop:

- Severe Cramping or pain or achiness in your belly, back or legs.
- Feel Bloating
- Tender or painful breasts.
- Develop acne/pimples flare-up).
- Affected with Fatigue
- Swings of mood.[6]

Effect on Women's Well-being

Experiences and conditions that disproportionately affect women are underresearched. Menstrual experiences intersect with physical, mental, and social well being, which are all recognised as important facets for good health. For example, menstrual and mental health form a close relationship that is under-appreciated in scientific research, clinical practice and social policy. Menstrual disorders such as endometriosis and polycystic ovarian syndrome (PCOS), and symptoms such as irregular periods, heavy menstrual bleeding and severe pain, are associated with lower quality of life and well being, non-attendance at school and work, and higher rates of mental health disorders. Some people with mental health conditions such as depression, psychotic disorders, borderline personality disorder, or bipolar disorder, report that their mental health symptoms are exacerbated during certain cycle phases (e.g., premenstrual exacerbation) An estimated 20%–40% of people who menstruate experience premenstrual syndrome (PMS), and a further 2%–8% have severe, disabling premenstrual symptoms that meet the clinical definition for premenstrual dysphoric disorder.[7]

How do manage symptoms?

If you suffering from severe cramps few of thing help you:

- Take a warm bath if cramps bothering you.
- Do the exercise and stretching.
- Place a heating pad or warm washcloth on your belly if necessary or when unable to tolerate cramps.
- Take medicines that contain ibuprofen or consult with your gynaecologist.

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