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## **Menopausal status is not associated with hypertension in post menopausal women**

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**Introduction:** Menopause is an inevitable physiological phenomenon in which cardiovascular risk factor (CRF) factors association is reported, but age at menopause (AAM) varies considerably and could affect the risk among post-menopausal women. The aim of the study was to clarify whether AAM is associated with hypertension, independent of chronological age, lifestyle and hormone replacement therapy (HRT), in Nepalese women.

**Methods:** A cross-sectional study was conducted using the baseline survey in 60 female among them 30 were post menopausal aged (45-55) study group and 30 pre menopausal aged (35-44) women considered to be control group. The prevalence of hypertension in AAM groups was compared by using statistical analysis. Daily lifestyle such as smoking, alcohol consumption, and doing brisk physical activity and women under oral contraceptive pill were not included in this study.

**Results:** The estimated risk (odds ratio: OR) was significantly higher in post-menopausal women and linearly elevated according to the AAM groups, and the late AAM group was more likely to have hypertension however, after adjustment for age, BMI (kg/m<sup>2</sup>), HRT and lifestyle, AAM showed no significant association with cardiovascular variables such as systolic, diastolic and pulse pressure when just considered the menopausal status, therefore AAM group is not associated with increased risk of hypertension compared with premenopausal control group attributed just because of menopausal status.

**Conclusions:** There is no any association of hypertension relevant to menopausal status confounding other parameters such as age, BMI, life style and HRT therapy in the post-menopausal women.