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Relation of mean age at menarche with anthropometric index

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Background: Menarche is defined as the first menstrual period. It is considered to be the most obvious sign of puberty in girls. It has been regarded in many cultures as a transitional step to womanhood. Nutrients are needed in varying amounts depending on one's stage of growth.

Objectives: The objective of this study is to study relation between anthropometric index and mean age at menarche.

Study design: This study is done on adolescent counseling center named Anwesha Clinic. Anthrometric measurements are taken for this study.

Method: Adolescent school girls aged 10 -19 years of Salboni Block of Paschim Medinipur were considered. The study area of Salboni block is 25 km away from Medinipur town. Subjects are 10-19 years adolescent girl the studies were done on 1009 girls. Age at menarche of each girl was obtained by status-quo method; with this method it is possible to collect menarche data for large representative samples of girls within a comparatively short period,

Result: The mean height of the adolescents who experience early menarche is 151.20 (4.65), weight 45.32 (4.21) but who experience late menarche their height is154.87 (3.87) and weight is 48.72 (4.08).

Conclusion: Under nutrition girls experienced late menarche, girls whose anthropometric indexes are high experience their menarche earlier, anemic girls experience heavy bleeding, having iron supplement girls experience regular menstruation.

Biography

Kankana De completed her studies from Vidyasagar University. She has completed her PhD (VU), MSc (VU), MSW (NSOU), and MBA (IGNOU).

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Notes:

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Page 48