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Title: Digit Ratio and Age at Menarche and Menopause: A study in Eastern India

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Abstract (upto 300 words)

Menopause being a physiologic event and eventually the prime time to perform risk assessment of chronic diseases and initiate preventive health measures. Previous studies reported, later menopause is independently associated to increased risk of breast and endometrial cancer. The menopausal status is determined and influenced by intrinsic factors. Majority of the studies on menopause from Indian context, specially on Bengalee Hindu Caste population confined to socio demographic issues, attitudes, problems and quality of life. However, relatively little work is attempted to unravel the complex interplay of genetics and epigenetic mechanisms, the effect on menopause. Digit ratio (or 2D:4D) is the relative lengths of the second digit (the “index” finger) and the fourth digit (the “ring” finger). It has been known for many years that 2D:4D varies according to sex, such that males tend to have longer fourth digits relative to second digits (low 2D:4D) than females. Prenatal testosterone correlates negatively with the 2D:4D ratio while prenatal estrogen levels are positively associated with 2D:4D ratio (Manning, 2011). The underlying mechanism for the correlation between 2D:4D and prenatal sex hormone levels may be the action of the Homeobox genes. In this background the present investigation attempted to discern the association of digit ratio and age at menarche and menopause among 187 post menopausal women from Bengalee Hindu Caste population. Digit ratio was measured following standard anthropometric procedure. No bilateral variation in digit ratio (2D:4D) was found among the participants, but significant ($p < 0.05$) association revealed between high digit ratio ($\geq 50^{\text{th}}$ percentile) and higher age at menarche. But in contrast a significant ($p < 0.05$) inverse relationship was found, as low digit ratio ($\leq 50^{\text{th}}$ percentile) participants demonstrated higher age of menopause. In addition to that,

Biography (upto 150 words)

Ms. Priyanka Das completed her M.Sc in Anthropology with specialization in Biological Anthropology 2018 and qualified for prestigious UGC NET Junior Research Fellowship for pursuing PhD and enrolled in PhD program of University of Calcutta. She has published a couple of research articles on population genetics and anthropometric variables in peer reviewed journals. She has research interests on genetic determinants of menarche and ergonomics.

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