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**The
Menopause
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Leading the Conversation

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Diabetes Risk Not Associated With Timing or Type of Menopause

Despite increases in fat and insulin resistance during the menopause transition, a new study shows no independent or clinically significant relationship between early or premature menopause and the risk of diabetes

CLEVELAND, Ohio (Jan 14, 2026)—Women aged younger than 45 years who experience menopause are at a higher risk of coronary heart disease and stroke. However, despite such diabetes-related risk factors as increased fat and insulin resistance occurring during menopause, a new large-scale study found no independent relationship between age or type of menopause and the onset of diabetes. Study results are published online today in *Menopause*, the journal of The Menopause Society.

Natural menopause and menopause with a surgical cause have been associated with a higher risk of alterations in glucose metabolism in postmenopause. That led many researchers to theorize that early onset (women aged 40-45 y) or premature (women aged < 40 y) menopause would increase a woman's risk of type 1 or type 2 diabetes. However, a new large-scale study analyzed nearly 147,000 women over a mean follow-up of 14.5 years and concluded that there was no independent or clinically significant relationship between age or type of menopause and the onset of diabetes.

The mean age of women in the study was 60 years, and more than half (60%) were classified as overweight or obese. Nearly 6,600 women (4.5%) were diagnosed with diabetes. Although the incidence of diabetes was higher for women with earlier-onset menopause (5.2% vs 4.2%), the significance disappeared in multivariate modeling. Thus, neither age at menopause nor type of menopause was independently associated with the onset of diabetes.

A significantly higher incidence of diabetes was also observed in women with other risk factors, such as smoking at 7.5%, obesity at 10.8%, no intake of vegetables at 6.8%, cholesterol medication at 10.0%, and a high intake of added salt at 7.0%.

The researchers associated the misleading associations observed in the crude and age-adjusted analyses with the presence of confounders. More research is needed to better document the causal pathways between early or premature menopause and its association with morbidity and mortality to implement more appropriate prevention and screening measures in this important segment of the population.

Study results are published in the article "Timing and type of menopause are not risk factors for the onset of diabetes: a UK Biobank cohort study."

"The results of this study highlight that, although postmenopausal women are at increased risk for diabetes, it does not appear to be related to the age at menopause onset or whether menopause occurs naturally or due to surgery but rather to cardiovascular and lifestyle risk factors. This is somewhat reassuring in that cardiovascular risk factors, such as hypertension and hyperlipidemia, can be controlled,

and lifestyle factors, such as smoking, diet, and exercise are modifiable, whereas age at menopause is not,” says Dr. Stephanie Faubion, medical director for The Menopause Society.

For more information about menopause and healthy aging, visit www.menopause.org.

The Menopause Society is dedicated to empowering healthcare professionals and providing them with the tools and resources to improve the health of women during the menopause transition and beyond. As the leading authority on menopause since 1989, the nonprofit, multidisciplinary organization serves as the independent, evidence-based resource for healthcare professionals, researchers, the media, and the public and leads the conversation about improving women’s health and healthcare experiences. To learn more, visit menopause.org.