Dear Sir,

The present study investigates a possible association between prevalence of adolescent idiopathic scoliosis and age at menarche among normal girls in various geographic latitudes. The epidemiological reports that were retrieved from the literature were selected by setting strict inclusion criteria. Regression analysis of the data revealed that prevalence of adolescent idiopathic scoliosis and age at menarche by latitude is statistically significant and that late age at menarche is parallel with higher prevalence of adolescent idiopathic scoliosis. Delayed pubarche prolongs the period of spine vulnerability, while other pre-existing or aetiological factors are contributing to the development of adolescent idiopathic scoliosis. The present article ends with a hypothesis on the role of melatonin in the pathogenesis of adolescent idiopathic scoliosis.

I hope that this work meets the high standards of your prestigious journal.

Sincerely yours
Dr. Theodoros B Grivas, MD