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Refinement and expansion of a tool for measuring genitourinary syndrome of menopause
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Menopause weight gain: the influence of TSEC intervention
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Original Articles

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Compounded non-FDA–approved menopausal hormone therapy prescriptions have increased: results of a pharmacy survey
JoAnn V. Pinkerton, MD, and Ginger D. Constantine, MD
Extrapolated data from an online survey of pharmacists suggests that the volume of compounded hormone therapy (CHT) approaches that of FDA-approved hormone therapy (HT) with growth in the CHT market expected. More research and education on non-FDA-approved menopausal HT is needed.

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Vulvovaginal symptoms prevalence in postmenopausal women and relationship to other menopausal symptoms and pelvic floor disorders
Vulvovaginal symptoms are common and present in over 50% of older women. Significant associations of vulvovaginal symptoms with other gynecologic symptoms (pelvic floor disorders, lower urinary tract symptoms, and general menopausal symptom bother) experienced by postmenopausal women support the new expanded terminology of genitourinary symptoms of menopause.

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376 The effect of conjugated estrogens/bazedoxifene therapy on body weight of postmenopausal women: pooled analysis of five randomized, placebo-controlled trials
Denise Black, MD, FRCSC, Michael Messig, PhD, Ching-Ray Yu, PhD, Annlouise R. Assaf, PhD, Barry S. Komm, PhD, Sebastian Mirkin, MD, and Matthieu Boucher, PhD
This post hoc analysis demonstrates that use of conjugated estrogens/bazedoxifene for up to 2 years does not significantly increase body weight or body mass index compared with placebo in postmenopausal women.

383 Physical exercises with free weights and elastic bands can improve body composition parameters in postmenopausal women: WEB protocol with a randomized controlled trial
Simoni T. Bittar, MSc, Sergio S. Maeda, MD, PhD, Marília M.S. Marone, MD, PhD, and Cláudio Santili, MD, PhD
The study results suggest that a 12-month intervention involving resistance exercise using elastic bands and free weights (WEB protocol) had positive effects on the body composition of two groups of postmenopausal women (supervised and home group). Exercises under direct supervision can increase lean body mass more than exercises without direct supervision.

390 After-exercise heart rate variability is attenuated in postmenopausal women and unaffected by estrogen therapy
Paula J. Harvey, BMBS, PhD, FRACP, Emma O’Donnell, PhD, Peter Picton, MASc, MA, Beverley L. Morris, RN, Catherine F. Notarius, PhD, and John S. Floras, MD, DPhil, FRCPC
This study showed that compared to premenopausal women, postmenopausal women have lower HRV at rest and delayed HRV recovery after exercise. Pre-treatment with oral estrogen did not restore HRV values, suggesting that aging rather than estrogen deficiency per se may lower HRV in postmenopausal women.

396 The relationships between psychological symptoms and cardiovascular symptoms experienced during the menopausal transition: racial/ethnic differences
Eun-Ok Im, PhD, MPH, RN, CNS, FAAN, Jinyoung Kim, PhD, Eunice Chee, BSE, and Wonshik Chee, PhD
After adjusting for covariates, psychological symptoms significantly contributed to the variances of the total numbers and total severity scores of cardiovascular symptoms, yet race/ethnicity was not significantly associated with cardiovascular symptoms and there were no interactions between race/ethnicity and psychological symptoms.

403 Role of social determinants and lifestyle on women’s metabolic risk during the perimenopausal transition: results from a cohort study
Sue Kim, PhD, RN, Yunhee Ko, MS, RN, and Gihong Yi, PhD
Lifestyle, socioeconomic status, and BMI can compound metabolic risk in middle-aged women.

410 Asymmetry in leg extension power impacts physical function in community-dwelling older women
Chad R. Straight, PhD, MS, Anne O. Brady, PhD, MS, and Ellen M. Evans, PhD, MS
This study examined the relationship between asymmetry in leg extension power and lower-extremity physical function in community-dwelling older women. We found that a greater magnitude of asymmetry in leg power was independently associated with poorer physical function, suggesting that interventions to reduce limb asymmetries may have functional benefits.
Hormone therapy and risk of ovarian cancer in postmenopausal women: a systematic review and meta-analysis
Li-feng Shi, MD, Yan Wu, MD, and Cai-yun Li, MS
Hormone therapy, regardless of type or regimen, is associated with increased risk of ovarian cancer; particularly those with serous-type histology. The seemingly protective effect of progesterone against ovarian cancer remains undetermined.

Validation and reliability of the Turkish Utian Quality-of-Life Scale in postmenopausal women
Halime Abay, MSc, and Sena Kaplan, PhD
The Turkish Utian Quality of Life Scale is a reliable and valid instrument for measuring quality-of-life during menopause for Turkish women.

Psychiatric disorders and menopause symptoms in Brazilian women
Lidiane Barazzetti, MS, Marcos Pascoal Pattussi, PhD, Anderson da Silva Garcez, MS, Karina Giane Mendes, PhD, Heloísa Theodoro, MS, Vera Maria Vieira Paniz, PhD, and Maria Teresa Anselmo Olinto, PhD
Minor psychiatric disorders exhibited a strong association with the presence of menopause symptoms.

Effects of combined ovariectomy with dexamethasone on rat lumbar vertebrae
Hui Ren, PhD, MD, De Liang, MS, Gengyang Shen, MS, Zhensong Yao, PhD, MD, Xiaobing Jiang, PhD, MD, Jingjing Tang, PhD, MD, Jianchao Cui, MS, and Shunxin Lin, MS
Ovariectomy combined with dexamethasone induced more severe osteoporosis in the rat lumbar spine than either ovariectomy or dexamethasone alone.

Efficacy and safety of solifenacin succinate tablets versus solifenacin succinate tablets with local estrogen for the treatment of overactive bladder in postmenopausal women—a multicenter, randomized, open-label, controlled comparison study
Fang Jiang, MD, Lan Zhu, MD, Tao Xu, MD, Mei-Ying Gong, MB, Yu-Liang Huang, MB, Huai-Fang Li, MB, Jian-Jun Wang, MD, Xiao-Wen Tong, MD, Xiao-Xia Cheng, MB, Wen-Pei Bai, MD, Xin Li, MD, Xue-Xian Xu, MB, and Hui-Cheng Xu, MD
Solifenacin with or without local estrogen was effective and safe for overactive bladder treatment in postmenopausal women.

Clinical Corner

NAMS Practice Pearl

Alcohol use and menopause
Richard W. Wilsnack, PhD, and Sharon C. Wilsnack, PhD
There may be some health hazards, as well as potential benefits, for midlife women who consume low levels of alcohol, but existing medical literature is limited. This Practice Pearl can help clinicians provide evidence-based guidance to their patients about alcohol consumption and its relationship to common health concerns.
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Effect of hormone therapy on the risk of bone fractures: a systematic review and meta-analysis of randomized controlled trials
Linlin Zhu, MS, Xinyan Jiang, MS, Yuhong Sun, MS, and Wenhuan Shu, MS
Hormone therapy is associated with a reduced risk of total, hip, and vertebral fractures.

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