



Menopause

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Do social determinants of health make a difference in the age at natural menopause in Canada?

Marla Shapiro, CM, MDCM, CCFP, MHSc, FRCPC, FCFP, NCMP

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Sexual activity and vaginal symptoms in the postintervention phase of the Women's Health Initiative Hormone Therapy Trials

Margery Gass, MD, Joseph Larson, MS, Barbara Cochrane, PhD, RN, JoAnn E. Manson, MD, DrPH, Dorothy Lane, MD, MPH, Vanessa Barnabei, MD, PhD, Judith Ockene, PhD, MEd, MA, Marcia L. Stefanick, PhD, and Charles Mouton, MD, MS
Some women experience an increase in vaginal and sexual function symptoms after discontinuation of long-term oral hormone therapy. A significantly higher prevalence of sexual activity was noted among women randomized to estrogen therapy compared to placebo in the subgroup who had undergone bilateral oophorectomy.

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Age at natural menopause and its associated factors in Canada: cross-sectional analyses from the Canadian Longitudinal Study on Aging

Christy Costanian, MSc, Hugh McCague, PhD, and Hala Tamim, PhD

This study shows the importance of lifestyle factors and health conditions in determining menopausal age.

(continued)

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Initial investigation into the optimal dose ratio of conjugated estrogens and bazedoxifene: a double-blind, randomized, placebo-controlled phase 2 dose-finding study

James H. Pickar, MD, Joanne Lavenberg, BS, Kaijie Pan, MS, and Barry S. Komm, PhD

This phase 2 dose-finding study provided information about dose selection of conjugated estrogens and bazedoxifene to provide the best balance of efficacy and endometrial safety in postmenopausal women.

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Changes in sexual function among midlife women: “I’m older. . . and I’m wiser”

Holly N. Thomas, MD, MS, Megan Hamm, PhD, Rachel Hess, MD, MS, and Rebecca C. Thurston, PhD

In this qualitative study, women described experiencing both positive and negative changes in sexual function during midlife. When negative changes occurred, women often adapted behaviorally and psychologically.

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Concentration range of serum sex steroids in normal postmenopausal women and those with diagnosis of vulvovaginal atrophy

Yuyong Ke, PhD, Alain Bélanger, PhD, Jean-Nicolas Simard, MSc, Renaud Gonthier, BSc, Céline Martel, PhD, Mario Vaillancourt, BSc, and Fernand Labrie, MD, PhD

Higher values of estrogen and androgen metabolites are observed in the serum of normal women compared to women with a diagnosis of vulvovaginal atrophy.

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Effect of 2 years of endurance and high-impact training on preventing osteoporosis in postmenopausal women: randomized clinical trial

Carmen García-Gomáriz, PhD, José M. Blasco, PhD, Cecili Macián-Romero, PhD, Elías Guillem-Hernández, MD, and Celedonia Igual-Camacho, PhD

High-impact training shows potential clinical benefits for preventing osteoporosis in postmenopausal women.

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Is BMI a valid measure of obesity in postmenopausal women?

Hailey R. Banack, PhD, Jean Wactawski-Wende, PhD, Kathleen M. Hovey, MS, and Andrew Stokes, PhD

Body mass index (BMI) is a widely-used indicator of obesity status. However, the present results indicate that the standard BMI cut point used to define obesity may not be an appropriate indicator of true obesity status in postmenopausal women.

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Depressive symptoms screening in postmenopausal women with symptomatic pelvic organ prolapse

Fangfang Ai, PhD, Mou Deng, PhD, Meng Mao, PhD, Tao Xu, PhD, and Lan Zhu, MD

The results of this study indicate that clinicians should be mindful of whether patients with symptomatic pelvic organ prolapse (POP) have depressive symptoms and should address POP and any concomitant depressive symptoms as early as possible.

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Body iodine status in women with postmenopausal osteoporosis

Tufan Arslanca, MD, Vakkas Korkmaz, MD, Seyma B. Arslanca, MD, Burak Karadag, MD, and Yusuf Ergün, MD

In this study, urinary iodine levels were significantly lower in women with postmenopausal osteoporosis. Iodine replacement may be important in preventing osteoporosis in areas where iodine deficiency is endemic.

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Low bone mineral density in middle-aged women: a red flag for sarcopenia

Italo Campodónico, MD, PhD, Juan E. Blümel, MD, Eugenio Arteaga, MD, María S. Vallejo, MD, and María I. Valdivia, MD

Middle aged women with a bone mineral density T-score below -1.5 suggest the existence of low muscle mass, a central element in the diagnosis of sarcopenia. Early diagnosis gives clinicians the opportunity to introduce preventive therapeutic interventions.

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Purinergic P2X7 receptor functional genetic polymorphisms are associated with the susceptibility to obesity in Chinese postmenopausal women

Xingzi Liu, MBBS, Shenqiang Rao, BS, Chengxin Gong, MSc, Tao Li, MBBS, Lu Ding, MBBS, Shuo Wang, MBBS, Peipei Zhong, MBBS, Jihong Wang, MBBS, Jiani Zhao, MBBS, Yuru Zhou, MBBS, Chaopeng Xiong, MBBS, Yunming Tu, MS, Shangdong Liang, PhD, and Hong Xu, MD

P2X7 receptor functional genetic polymorphisms and their estimated haplotypes are associated with obesity in Chinese postmenopausal women.

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The effects of supplemental vitamin E on hematological parameters in a rat model of ovarian hormone deficiency

Shirin Pourafshar, PhD, Sarah A. Johnson, PhD, RDN, Behnam Keshavarz, PhD, Rafaela G. Feresin, PhD, Dania A. Khalil, PhD, RD, Sheau C. Chai, PhD, RD, and Bahram H. Arjmandi, PhD, RD

This study's findings suggest that vitamin E in the form of α -tocopherol acetate may provide protection against ovarian hormone deficiency-associated adverse changes in hematological parameters.

Clinical Corner

NAMS Practice Pearl

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Screening mammography for average-risk women

Andrew M. Kaunitz, MD, FACOG, NCMP, JoAnn V. Pinkerton, MD, FACOG, NCMP, Sujata V. Ghate, MD, and Andrew M.D. Wolf, MD

The goal of screening mammography is to prevent morbidity and death from breast cancer by detecting small malignant tumors in asymptomatic women before they grow large enough to cause symptoms. Screening mammography also can result in callbacks for additional imaging and recommendations for biopsies later found to be benign ("overdiagnosis"). This Practice Pearl discusses different sets of screening guidelines and the pitfalls of overdiagnosis that might lead to unnecessary treatment.

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Effects of multicomponent training on lean and bone mass in postmenopausal and older women: a systematic review

Elena Marín-Cascales, PhD student, Pedro E. Alcaraz, PhD, Domingo J. Ramos-Campo, PhD, and Jacobo A. Rubio-Arias, PhD

This systematic review demonstrated that multi-component exercise programs combining resistance training (using high-intensity loads) and impact-aerobic activities may be the most optimal strategy to enhance muscle and bone mass in these populations.

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