



# Menopause

The Journal of The North American Menopause Society

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**James H. Liu, MD, NCMP**  
2018-2019 NAMS President

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David H. Barlow, MD, FRCOG, FMedSci, FRSE

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**High and dry: recognizing the impact of genitourinary syndrome of menopause**

Holly N. Thomas, MD, MS

### 2018 NAMS/Pfizer - Wulf H. Utian Endowed Lecture

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**Advances in osteoporosis from 1970 to 2018**

J. Christopher Gallagher, MD

*This is a review of nearly 50 years of progress in osteoporosis research and of advances in the diagnosis and treatment of osteoporosis.*

### Original Articles

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**The impact of genitourinary syndrome of menopause on well-being, functioning, and quality of life in postmenopausal women**

Eloy Moral, MD, PhD, Juan L. Delgado, MD, PhD, Francisco Carmona, MD, PhD,

Borja Caballero, MD, Cristina Guillán, MD, Paula M. González, MD,

Javier Suárez-Almarza, Pharm, BSND, Syra Velasco-Ortega, Pharm,

Concepción Nieto Magro, MD, PhD, for the writing group of GENISSE study

*Vaginal symptoms impact the well-being, functioning, and quality of life (QoL)*

*of postmenopausal women, especially sexual function, self-perception, and body*

*image. This impact is significantly higher in women with genitourinary syndrome of*

*menopause (GSM). Identifying and treating patients affected by vaginal symptoms and*

*GSM may be beneficial for improving their QoL.*

(continued)

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**Postmenopausal hormone treatment alters neural pathways but does not improve verbal cognitive function**

Alison Berent-Spillson, PhD, Angela S. Kelley, MD, Carol C. Persad, PhD, Tiffany Love, PhD, Kirk A. Frey, MD, PhD, Nancy E. Reame, PhD, Robert Koeppe, PhD, Jon-Kar Zubieta, MD, PhD, and Yolanda R. Smith, MD

*Although current and past hormone treatment was associated with differences in neural pathways used during verbal discrimination, verbal function was not higher compared to never-users.*

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**Physical performance in relation to menopause status and physical activity**

Dmitriy Bondarev, MSc, Eija K. Laakkonen, PhD, Taija Finni, PhD, Katja Kokko, PhD, Urho M. Kujala, PhD, Pauliina Aukee, PhD, Vuokko Kovanen, PhD, and Sarianna Sipilä, PhD

*There is a decline in muscle power and muscle strength during menopause transition but physical activity decreases influence of menopause on muscle strength.*

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**Effect of combined circuit exercise on arterial stiffness in hypertensive postmenopausal women: a local public health center-based pilot study**

Kyoungkyu Jeon, PhD, Sewon Lee, PhD, and Moon-Hyon Hwang, PhD

*Circuit combined exercise is an effective intervention to improve arterial stiffness in hypertensive postmenopausal women, and is feasible in local public health centers.*

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**Ovariectomy and obesity have equal impact in causing mitochondrial dysfunction and impaired skeletal muscle contraction in rats**

Wissuta Sutham, BSc, Jirapas Sripetchwandee, PhD, Wanitchaya Minta, BSc, Duangkamol Mantor, BSc, Sintip Pattanakuhar, MD, Siripong Palee, PhD, Wasana Pratchayasakul, PhD, Nipon Chattipakorn, MD, PhD, and Siriporn C. Chattipakorn, DDS, PhD

*Skeletal muscle dysfunction may occur due to increased muscle oxidative stress and mitochondrial dysfunction as a result of ovariectomy and obese-insulin resistance in rats. However, loss of estrogen did not aggravate these impairments in the muscle of rats with obese-insulin resistant condition.*

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**The naturally derived small compound Osthole inhibits osteoclastogenesis to prevent ovariectomy-induced bone loss in mice**

Dongfeng Zhao, PhD, Qiang Wang, PhD, Yongjian Zhao, BS, Hao Zhang, MD, Nannan Sha, BS, Dezhi Tang, PhD, Shufen Liu, MD, Sheng Lu, BS, Qi Shi, MD, Yan Zhang, PhD, Yufeng Dong, PhD, Yongjun Wang, MD, PhD, and Bing Shu, PhD

*This study found that Osthole prevented bone loss in ovariectomized mice and suggests that it may be a potential new treatment for postmenopausal osteoporosis.*

## Brief Report

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### **Anxiety, depressive symptoms, and cardiac autonomic function in perimenopausal and postmenopausal women with hot flashes: a brief report**

Polly Fu, MD, Carolyn J. Gibson, PhD, MPH, Wendy Berry Mendes, PhD, Michael Schembri, BS, and Alison J. Huang, MD, MAS, MPhil

*In a sample of midlife women with frequent hot flashes, greater anxiety and depressive symptoms were associated with lower levels of resting cardiac parasympathetic activity, and greater state anxiety was associated with higher levels of cardiac sympathetic activity. These findings suggest that midlife women with increased anxiety and depression may have an unfavorable cardiac autonomic profile that may in turn indicate increased cardiovascular risk.*

## Clinical Corner

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### **NAMS Practice Pearl**

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#### **Appropriate evaluation of postmenopausal bleeding**

Steven R. Goldstein, MD, FACOG, CCD, NCMP

*Although only 3% to 7% of women with postmenopausal bleeding will ultimately be found to have cancer, it is the clinician's responsibility to ensure that endometrial cancer is not present. Because the diagnostic evaluation of postmenopausal bleeding has evolved greatly, this Practice Pearl addresses what would be the most appropriate evaluation.*

## Acknowledgment of Reviewers

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### **Acknowledgment of Reviewers**

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October 3 - 6, 2018, San Diego, CA**

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