



Menopause

The Journal of The North American Menopause Society

VOLUME 26, ISSUE 2 2019

SDC

Supplemental Digital Content is available.

OPEN

Open Access article.

CONTENTS

Editorials

115

The WISDOM survey: toward wiser care of women with vulvovaginal atrophy

Jan L. Shifren, MD

118

The unintended sexual health consequences of risk-reducing surgery: we must do more!

Lisa Larkin, MD, FACP, and Sheryl A. Kingsberg, PhD

121

Pelvic organ prolapse: from estrogen to pessary

Peter Takacs, MD, PhD, MBA, Bence Kozma, MD, and Kindra Larson, MD

123

Sleep: suicide's tipping point? Time for menopausal practitioners to act

Michael L. Krychman, MD, and Gloria Bachmann, MD

Original Articles

OPEN

124

WISDOM survey: attitudes and behaviors of physicians toward vulvar and vaginal atrophy (VVA) treatment in women including those with breast cancer history

Sheryl A. Kingsberg, PhD, Lisa Larkin, MD, Michael Krychman, MD,

Sharon J. Parish, MD, Brian Bernick, MD, and Sebastian Mirkin, MD

Both OB/GYNs and primary care physicians had similar attitudes and behaviors for prescribing vulvar and vaginal atrophy (VVA) treatments, especially vaginal estrogens, for menopausal women. The comfort level of both groups of physicians was low when prescribing VVA therapies for women with a personal history or at an increased risk of breast cancer.

(continued)

Menopause: The Journal of The North American Menopause Society (ISSN 1072-3714) is published monthly for The North American Menopause Society by Wolters Kluwer Health, Inc. Business and production offices are located at Two Commerce Square, 2001 Market St., Philadelphia, PA 19103. All rights reserved. Copyright © 2019 by The North American Menopause Society.

POSTMASTER: Send address changes to *Menopause: The Journal of The North American Menopause Society*, P.O. Box 1610, Hagerstown, MD 21740.

132

Risk factors for sexual dysfunction in BRCA mutation carriers after risk-reducing salpingo-oophorectomy

Jessica L. Chan, MD, MSCE, Suneeta Senapati, MD, MSCE, Lauren N.C. Johnson, MD, MSCE, Laura DiGiovanni, MLA, Chan Voong, BA, Samantha F. Butts, MD, MSCE, and Susan M. Domchek, MD

There is a high prevalence of sexual dysfunction following risk-reducing salpingo-oophorectomy in BRCA1/2 mutation carriers. This study evaluates the risk factors for sexual dysfunction in a large cross-sectional study.

140

Postmenopausal hormone therapy is accompanied by elevated risk for uterine prolapse

Päivi Rahkola-Soisalo, MD, PhD, Hanna Savolainen-Peltonen, MD, PhD, Mika Gissler, PhD, Fabian Hoti, PhD, Pia Vattulainen, MSc, Olavi Ylikorkala, MD, PhD, and Tomi S. Mikkola, MD, PhD

The postmenopausal use of estradiol in combination with various progestogen regimens increased the risk for uterine prolapse.

145

Successful long-term use of Gellhorn pessary and the effect on symptoms and quality of life in women with symptomatic pelvic organ prolapse

Meng Mao, PhD, Fangfang Ai, PhD, Jia Kang, PhD, Ye Zhang, PhD, Shuo Liang, MD, Ying Zhou, MD, and Lan Zhu, MD

The Gellhorn pessary can resolve prolapse and voiding difficulty symptoms effectively and significantly improve the quality of life of women after long-term use.

152

Decreasing sleep-related symptoms through increasing physical activity among Asian American midlife women

Wonshik Chee, PhD, Sangmi Kim, PhD, MPH, Hsiu-Min Tsai, PhD, and Eun-Ok Im, PhD, MPH, FAAN

This study tested the preliminary efficacy of a Web-based physical activity promotion program on self-reported sleep-related symptoms and physical activity of Asian American midlife women.

162

Changes in adiposity and other factors in relation to age at natural menopause: analyses from the coronary artery risk development (CARDIA) study

Christy Costanian, PhD, Hugh McCague, PhD, Heather Edgell, PhD, Chris I. Ardern, PhD, and Hala Tamim, PhD

No association between changes in anthropometrics across time and onset of menopause was observed; however, baseline body mass index and waist circumference were negatively associated with age at natural menopause.

SDC

172

Bazedoxifene-induced vasodilation and inhibition of vasoconstriction is significantly greater than estradiol

Margaret A. Zimmerman, PhD, Dillion D. Hutson, BS, Franck Mauvais-Jarvis, MD, PhD, and Sarah H. Lindsey, PhD

Bazedoxifene and bazedoxifene plus estradiol relaxed mesenteric arteries and opposed vasoconstriction to a greater degree than estradiol or medroxyprogesterone plus estradiol independently of sex and G protein-coupled estrogen receptor expression. Bazedoxifene may provide vascular benefits over estrogen alone or estrogen plus progestin combinations in postmenopausal women.

SDC

182

Status of bone strength and factors associated with vertebral fracture in postmenopausal women with type 2 diabetes

Fang-Ping Chen, MD, Sheng-Fong Kuo, MD, Yu-Ching Lin, MD, Chih-Ming Fan, MRT, and Jung-Fu Chen, MD

Low bone strength in postmenopausal women with type 2 diabetes mellitus (T2DM) was associated with vertebral fracture risk and poor glycemic control may play a role in bone strength changes in T2DM women.

189

Demands for perimenopausal health care in women aged 40 to 60 years—a hospital-based cross-sectional study in Shanghai, China

Cheng Huang, BS, Med, Yanwei Zheng, MSc, Liping Zhu, PhD, Yang Li, MSc, Li Du, MSc, Minfang Tao, MD, and Biao Xu, PhD

In this study older age, no health insurance, employment, multiple symptoms, sleep disturbance, urinary incontinence, and visits to nonspecialized departments were significantly associated with a longer delay in seeking perimenopausal health services.

SDC

197

Hormone therapy in postmenopausal women associated with risk of stroke and venous thromboembolism: a population-based cohort study in Taiwan

Wei-Chuan Chang, MS, Jen-Hung Wang, MS, and Dah-Ching Ding, MD, PhD

In postmenopausal Taiwanese women, hormone therapy may be associated with an increased risk of cardiovascular disease such as stroke, embolism, and coronary syndrome.

203

Validation of the 10-item Cervantes Scale in middle-aged Portuguese women: paper-and-pencil and online format assessment of menopause-related symptoms

Filipa Pimenta, PhD, Rita Albergaria, MSc, João Marôco, PhD, Isabel Leal, PhD, Peter Chedraui, MD, PhD, and Faustino R. Pérez-López, MD, PhD

The Portuguese language version 10-item Cervantes Scale rendered data with psychometric properties in a sample of middle-aged Portuguese women. Therefore, it can be used in both clinical and community settings.

211

Factors associated with age at natural menopause among elderly women in São Paulo, Brazil

Alejandra Andrea Roman Lay, MPH, Yeda Aparecida de Oliveira Duarte, PhD, and Alexandre Dias Porto Chiavegatto Filho, PhD

Elderly residents of São Paulo, Brazil had associations of age at natural menopause with reproductive and lifestyle factors, similar to some studies of women from developed countries.

Clinical Corner

NAMS Practice Pearl

217

Clinical management of hypoactive sexual desire disorder

Sheryl Kingsberg, PhD, IF, and Stephanie Faubion, MD, FACP, NCMP, IF

A woman's healthcare provider has the best opportunity to address hypoactive sexual desire disorder (HSDD), but most women are reluctant to discuss their loss of sexual desire with a clinician. The feeling is often mutual, and few providers feel confident assessing and treating this condition. This Practice Pearl strives to improve clinicians' understanding of and confidence in discussing all aspects of HSDD with their patients.

Personal Perspective

220

Intracrinology and menopause: the science describing the cell-specific intracellular formation of estrogens and androgens from DHEA and their strictly local action and inactivation in peripheral tissues

Fernand Labrie, MD, PhD

The intracellular formation of sex steroids from dehydroepiandrosterone and their local inactivation results in circulating sex steroids at very low and biologically inactive concentrations during postmenopausal years.

Letters to the Editor

225

Wolters Kluwer Health, Inc., and The North American Menopause Society cannot be held responsible for errors or for any consequences arising from the use of the information contained in this journal. All advertising material published in this journal is expected to conform to regulatory and medical standards. The appearance of advertising in this publication does not constitute a guarantee or endorsement by The North American Menopause Society or Wolters Kluwer Health, Inc., of the quality or value of such a product or service or any claims made by its marketer.

Permissions and photocopying: For permission and/or rights to use content for which the copyright holder is Wolters Kluwer or the society we have partnered with the Copyright Clearance Center to provide permissions for our products through their RightsLink service, please go to the journal's website and after clicking on the relevant article, click on the "Get Content & Permissions" link under the "Article Tools" box that appears on the right side of the page. For questions about the Rightslink service, e-mail customer care@copyright.com or call 877-622-5543 (U.S. Only) or 978-777-9929. Permissions FAQs and information on author's permission requests are available at <https://shop.lww.com/journal-permission>. For additional permission inquiries, please contact Permissions@LWW.com. For translation rights requests, contact TranslationRights@wolterskluwer.com. For license to republish and distribute requests, contact HealthLicensing@wolterskluwer.com. For special projects and reprints (U.S./Canada), contact Alan Moore at Alan.Moore@wolterskluwer.com or reprintsolutions@wolterskluwer.com. For special projects and reprints (non-U.S./Canada), contact Avia Potashnik at Avia.Potashnik@wolterskluwer.com or International-Reprints@wolterskluwer.com.

Menopause: The Journal of The North American Menopause Society is a registered trademark of The North American Menopause Society.

Menopause: The Journal of The North American Menopause Society (ISSN 1072-3714) is published monthly by Wolters Kluwer Health, Inc., at 14700 Citicorp Drive, Bldg 3, Hagerstown, MD 21742. Business offices are located at Two Commerce Square, 2001 Market St., Philadelphia, PA 19103. **Annual subscription rate:** \$581.

Copyright © 2019 by The North American Menopause Society. All rights reserved. Printed in the USA.