



# Menopause

The Journal of The North American Menopause Society

VOLUME 26, ISSUE 3 2019

**SDC**

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**Small study, big questions!**

Marcie K. Richardson, MD

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**Menopausal symptoms in different substages of perimenopause and their relationships with social support and resilience**

Di Zhao, MM, Chunqin Liu, MM, Xiujuan Feng, MM, Fangyan Hou, MM, Xiaofang Xu, MM, and Ping Li, PhD

*The present findings suggest that menopausal symptoms vary across different substages of perimenopause. Furthermore, higher family support and resilience were significantly associated with fewer menopausal symptoms.*

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**Assessment of NAMS members' prescription patterns of hormone therapy before and after the 2016 NAMS Annual Meeting**

Lindsay P. Bonnett, MD, Xuezhi Jiang, MD, PhD, MSc, FACOG, NCMP, JoAnn V. Pinkerton, MD, NCMP, and Peter F. Schnatz, DO, FACOG, FACP, NCMP  
*2016 NAMS Annual Meeting may have had an impact on menopausal hormone therapy prescribing patterns. More practitioners changed their prescription patterns toward being more likely to prescribe hormone therapy in guideline-consistent cases with appropriate precautions.*

*(continued)*

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**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.

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**Microablative fractional CO<sub>2</sub> laser for the genitourinary syndrome of menopause: up to 12-month results**  
Stavros Athanasiou, MD, Eleni Pitsouni, MD, Themis Grigoriadis, MD, Dimitris Zacharakis, MD, Matthew E. Falagas, MD, Stefano Salvatore, MD, Athanasios Protopapas, MD, and Dimitris Loutradis, MD, PhD  
*Laser therapy may provide significant improvement and/or absence of genitourinary syndrome of menopause symptoms for up to 12 months, irrespective of the number of laser therapies applied.*
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**Effect of high-intensity interval training on body composition and inflammatory markers in obese postmenopausal women: a randomized controlled trial**  
Paulo R.P. Nunes, MS, Fernanda M. Martins, MS, Aletéia P. Souza, MS, Marcelo A.S. Carneiro, MS, Claudio L. Orsatti, PhD, Márcia A. Michelin, PhD, Eddie F.C. Murta, PhD, Erick P. de Oliveira, PhD, and Fábio L. Orsatti, PhD  
*These results suggest that high-intensity interval training is a time-efficient strategy for improving visceral adiposity tissue and inflammatory markers in obese postmenopausal women. Moreover, the serum cytokine changes, at least in part, depended on visceral adiposity tissue alterations.*
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**Clinician knowledge, attitudes, and barriers to management of vulvovaginal atrophy: variations in primary care and gynecology**  
Kimberly K. Vesco, MD, MPH, Kate Beadle, NP, NCMP, Ashley Stoneburner, MPH, Joanna Bulkley, PhD, Michael C. Leo, PhD, and Amanda L. Clark, MD, MCR, NCMP  
*Primary care and gynecology clinicians differ in their knowledge and confidence in managing vulvovaginal atrophy but report similar practice barriers. Addressing identified knowledge deficits and practice barriers may lead to improved management of vulvovaginal atrophy.*
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**Inter-relationship between diet, lifestyle habits, gut microflora, and the equol-producer phenotype: baseline findings from a placebo-controlled intervention trial**  
Remi Yoshikata, MD, PhD, Khin Z. Myint, MBBS, MHS, Hiroaki Ohta, MD, PhD, and Yoko Ishigaki, MD, PhD  
*Microbial diversity could be a key player for equol production by creating an enabling environment for equol-producing bacteria to fully function, but the association could be bidirectional.*
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**Epidemiology of low-energy fracture in Chinese postmenopausal women: changing trend of incidence since menopause and associated risk factors, a national population-based survey**  
Yanbin Zhu, MD, Song Liu, PhD, Wei Chen, PhD, Bo Liu, MD, Hongzhi Lv, MD, Xiaolin Zhang, PhD, and Yingze Zhang, MD  
*These data on low-energy fractures in postmenopausal women provides an updated clinical evidence base for better national healthcare planning and preventative efforts in China.*

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**Low pretreatment serum concentration of vitamin D at breast cancer diagnosis in postmenopausal women**

Murilo Renato Matos Machado, MD, Benedito de Sousa Almeida-Filho, MD, Heloisa De Luca Vespoli, MD, Eneida Boteon Schmitt, MD, Jorge Nahas-Neto, MD, PhD, and Eliana A.P. Nahas, MD, PhD

*Postmenopausal women had a higher risk of hypovitaminosis D at breast cancer diagnosis, associated with a higher frequency of obesity, when compared to women of the same age group without cancer.*

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**The association of an alpha2C adrenoreceptor gene polymorphism with vasomotor symptoms in African American women**

Devora A. Aharon, MD, Elissa Gretz Friedman, MD, Jessica R. Overbey, MS, Maryann McLaughlin, MD, Taimour Langae, MSPH, PhD, and Rebecca C. Thurston, PhD

*This study assessed whether the ADRA2C del (322-325) genotype is associated with increased frequency of vasomotor symptoms in African American women over the menopause transition, and found no association.*

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**Amenorrhea after lung cancer treatment**

Elizabeth J. Cathcart-Rake, MD, Kathryn J. Ruddy, MD, MPH, Ruchi Gupta, Walter Kremers, PhD, Kelly Gast, MD, H. Irene Su, MD, MSCE, Ann H. Partridge, MD, MPH, Elizabeth A. Stewart, MD, Han Liu, MD, Yanqi He, MD, PhD, and Ping Yang, MD, PhD

*Chemotherapy for lung cancer appears to increase risks of early menopause.*

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**Adaptation and translation of the menopause-specific Utian Quality of Life (UQOL) scale to Yoruba language using middle-aged women attending a clinic in Nigeria**

Obaloluwa Ismaila Aberi, MD, FWACP, Odeigah Louis Okebunor, MD, FWACP, Alabi Kola Moradeyo, MD, FWACP, Ayinmode Babatunde Ademola, MD, FWACP, and Wulf H. Utian, MD, PhD, DSc(Med), FRCOG

*This research is on the adaptation and translation of the menopause specific Utian Quality of Life scale to Yoruba, a Nigerian language. The Yoruba version was shown to have excellent psychometric properties comparable to the original English version.*

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**Age and leptinemia association with anxiety and depression symptoms in overweight middle-aged women**

Maria Fernanda Naufel, MSc, Valter Tadeu Boldarine, MSc, Lila Missae Oyama, PhD, Cláudia Maria Oller do Nascimento, PhD, Gianni Mara Silva dos Santos, PhD, Helena Hachul, PhD, and Eliane Beraldi Ribeiro, PhD

*The data indicate that, among overweight middle-aged women with abdominal obesity, the aging process and the development of leptin resistance are associated with impairment of mental health.*

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**Association of menopause and type 2 diabetes mellitus**

Yongcheng Ren, MD, Ming Zhang, MD, PhD, Yu Liu, MD, Xizhuo Sun, MD, Bingyuan Wang, MD, Yang Zhao, MD, Dechen Liu, MD, Xuejiao Liu, MD, Dongdong Zhang, MD, Feiyan Liu, MD, Cheng Cheng, MD, Leilei Liu, MD, Xu Chen, MD, Qionggui Zhou, MD, and Dongsheng Hu, MD, PhD

*The results of this population-based cross-sectional study demonstrate that the prevalence of type 2 diabetes mellitus (T2DM) among rural women in China. Risk of T2DM was stably and significantly associated with postmenopausal status.*

## Clinical Corner

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### NAMS Practice Pearl

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#### **Polycystic ovary syndrome: is the cardiometabolic risk increased after menopause?**

Snigdha Alur-Gupta, MD, and Anuja Dokras, MD, PhD

*Although more commonly known for its fertility sequelae, the effect of polycystic ovary syndrome (PCOS) on cardiometabolic risk during the reproductive years and the consequences of these findings in middle-aged women are not as well understood. Current screening and management recommendations are reviewed for the continued surveillance of midlife women previously diagnosed with PCOS.*

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