



# Menopause

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**Women’s experience of vulvovaginal symptoms associated with menopause**

Jan L. Shifren, MD, Rebekah Zincavage, PhD, Ellen L. Cho, BA, Ashley Magnavita, MPH, David J. Portman, MD, Michael L. Krychman, MD, James A. Simon, MD, Sheryl A. Kingsberg, PhD, and Raymond C. Rosen, PhD

*This report describes women’s experience of menopausal urogenital symptoms as ascertained during the development of a novel patient-reported outcome measure to assess the genitourinary syndrome of menopause.*

*(continued)*

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**A pooled analysis of three studies of nonpharmacological interventions for menopausal hot flashes**

Nancy E. Avis, PhD, Beverly J. Levine, PhD, Suzanne Danhauer, PhD,  
and Remy R. Coeytaux, MD, PhD

*Acupuncture, yoga, and health and wellness education classes all demonstrated statistically similar effectiveness in reduction of hot flash frequency compared to controls.*

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**Sleep disturbance in women who undergo surgical menopause compared with women who experience natural menopause**

Na Young Cho, BA, Soriul Kim, PhD, Sara Nowakowski, PhD, Chol Shin, MD, PhD,  
and Sooyeon Suh, PhD

*Menopause can be both physically and psychologically challenging, but women who undergo surgical menopause experience worse sleep quality compared to women who experience natural menopause, and may benefit from behavioral intervention.*

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**Dietary patterns and their association with menopausal symptoms:  
a cross-sectional study**

Mahshid Soleymani, MS, Fereydoun Siassi, PhD, Mostafa Qorbani, PhD,  
Shahla Khosravi, PhD, Zahra Aslany, MS, Maryam Abshirini, MS,  
Ghazal Zolfaghari, BS, and Gity Sotoudeh, PhD

*The current study demonstrated that there is an inverse association between the vegetable and fruit dietary pattern and menopausal symptoms. In contrast, the mayonnaise, liquid oils, sweets, and desserts (MLSD) as well as the solid fats and snacks (SFS) dietary patterns were correlated to an increased risk of these symptoms.*

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**Decreasing menopausal symptoms of Asian American breast cancer survivors through a technology-based information and coaching/support program**

Eun-Ok Im, PhD, MPH, FAAN, Sangmi Kim, PhD, MPH, Chiyoun Lee, MSN,  
Eunice Chee, BSE, Jun J. Mao, MD, MSCE, and Wonshik Chee, PhD

*This study tested the efficacy of a technology-based information and coaching/support program on menopausal symptoms of Asian American breast cancer survivors. The program was effective in alleviating the women's menopausal symptoms.*

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**Tissue-selective estrogen complex for women who experience breast discomfort or vaginal bleeding when on hormone therapy**

Sung Eun Kim, MD, Dong-Yun Lee, MD, PhD, and DooSeok Choi, MD

*This study suggests that tissue-selective estrogen complex is a good option for women who have breast discomfort or persistent bleeding during other hormone therapy when taking into account the differences in estrogen dose.*

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**Age at natural menopause and life expectancy with and without type 2 diabetes**

Eralda Asllanaj, MD, MSc, DSc, Arjola Bano, MD, MSc, DSc, Marija Glisic, MD, MSc, Loes Jaspers, MD, PhD, Mohammad Arfan Ikram, MD, PhD, Joop S.E. Laven, MD, PhD, Henry Völzke, MD, PhD, Taulant Muka, MD, PhD, and Oscar H. Franco, MD, PhD

*Women who experience early menopause live shorter lives and spend fewer years without diabetes than women who experience normal or late menopause. These findings underscore the value of age at natural menopause as a potential marker for predicting future health disease risk and mortality.*

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**Clinical application and mid-term results of modified vaginal closure: pelvic symptoms, quality of life, satisfaction, and regret rate**

Ningyi Jia, MD, Weihong Zhao, BS, Baojun Yang, MD, Yun Xu, MD, Jinghua Li, MD, PhD, and Limin Feng, MD, PhD

*Modified vaginal closure had a positive impact on pelvic symptoms, a relatively high satisfaction rate and a low regret rate, and it improved the quality of life.*

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**The Female Sexual Function Index: reliability and validity in Spanish postmenopausal women**

Isabel Pérez-Herrezuelo, MD, Fidel Hita-Contreras, MD, PhD, Antonio Martínez-Amat, PhD, Agustín Aibar-Almazán, PhD, David Cruz-Díaz, PhD, Rosemary Wangenstein, PhD, Alexander Achalandabaso Ochoa, PhD, and Esther Díaz-Mohedo, PhD

*The Spanish version of the Female Sexual Function Index has shown good internal consistency, test-retest reliability, and construct, concurrent and divergent validity in postmenopausal women. It is able to discriminate between women with and without female sexual dysfunctions among Spanish postmenopausal women.*

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**The association of miR-25T>C, miR-32C>A, miR-125C>T, and miR-222G>T polymorphisms with a risk of primary ovarian insufficiency in Korean women**

Sung Hwan Cho, PhD, Young Ran Kim, MD, PhD, Ji Hyang Kim, MD, PhD, Hui Jeong An, BS, Jung Oh Kim, MS, Jung Jae Ko, PhD, Woo Sik Lee, MD, PhD, and Nam Keun Kim, PhD

*Our findings suggest that polymorphisms of miR-25T>C, miR-32C>A, miR-125C>T, and miR-222G>T and putative gene–gene interaction between these four miRNAs may be involved in primary ovarian insufficiency development in Korean women.*

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**Brief Report**

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**Long-term weight loss maintenance, sex steroid hormones, and sex hormone-binding globulin**

Catherine Duggan, PhD, Jean de Dieu Tapsoba, PhD, Frank Stanczyk, PhD, Ching-Yun Wang, PhD, Karen Foster Schubert, MD, and Anne McTiernan, MD, PhD

*Sustained weight loss results in reductions in free estradiol and testosterone and increases in sex hormone binding globulin 18 months post-intervention.*

## Case Report

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### **Rethinking the techno vagina: a case series of patient complications following vaginal laser treatment for atrophy**

Catherine Gordon, MD, Savannah Gonzales, and Michael L. Krychman, MD

*Lasers are currently being used for genitourinary syndrome of menopause but reports of complications are rare in the literature. A case study of 4 laser related complications is reported.*

## Clinical Corner

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### **NAMS Practice Pearl**

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### **Hypertension in menopausal women: the effect and role of estrogen**

Kajenny Srivaratharajah, MD, MSc, FRCPC, and Beth L. Abramson, MD, MSc, FRCPC, FACC  
*States of estrogen imbalance or deprivation are associated with higher risks of hypertension and cardiovascular disease in women; however, the effects of estrogen on hypertension are not completely understood. Improved screening for hypertension, especially in specific groups of younger women at higher risk, is recommended.*

## Review Article

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### **A systematic review of the efficacy and safety of vaginal estrogen products for the treatment of genitourinary syndrome of menopause**

Colton Biehl, BS, Olivia Plotsker, and Sebastian Mirkin, MD

*This review supports the use of commercially available vaginal estrogen therapies as an effective and safe first line therapy for the treatment of moderate to severe genitourinary syndrome of menopause.*

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