



Menopause

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Monthly variation of hot flashes, night sweats, and trouble sleeping: effect of season and proximity to the final menstrual period (FMP) in the SWAN Menstrual Calendar substudy

Siobán D. Harlow, PhD, Michael R. Elliott, PhD, Irina Bondarenko, MSc, Rebecca C. Thurston, PhD, and Elizabeth A. Jackson, MD

Prospective monthly reports of menopausal symptoms documented that the reporting of hot flashes, night sweats and trouble sleeping varied by season, with peaks occurring around the time of the summer solstice (longest period of daylight) and troughs occurring around the time of the winter solstice (shortest period of daylight).

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Female sexuality and vaginal health across the menopausal age

Angelo Cagnacci, MD, PhD, Martina Venier, MD, Anjeza Xholli, MD, Chiara Paglietti, MD, Salvatore Caruso, MD, for the ANGEL Study

In women across the menopausal age, sexuality evaluated by the Female Sexual Function Index decreased and sexual dysfunction increased by 30%. Vaginal dryness, more than dyspareunia or vulvovaginal atrophy, was the major determinant of sexual health.

(continued)

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What information do healthcare professionals need to inform premenopausal women about risk-reducing salpingo-oophorectomy?

Martha Hickey, BA (Hons), MBChB, MSc, MD, Ines Rio, MD,
Alison Trainer, BSc, FRACP, PhD, Jennifer L Marino, BA, BSN, MPH, PhD,
C. David Wrede, MA, MB, BChir (Cantab.), and
Michelle Peate, BSc (Bioinfo), GradDipSc (Biol), MscMed (RH&HG), PhD

In this cross-sectional study of healthcare professionals managing risk-reducing bilateral salpingo-oophorectomy in premenopausal women, only one third were confident about discussing or managing surgical menopause. Most wanted more information and resources about surgical menopause for high-risk women.

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Exploring factors that impact uptake of risk-reducing bilateral salpingo-oophorectomy (RRBSO) in high-risk women

Martha Hickey, BA (Hons) MBChB, MSc, MD, Ines Rio, MD,
Alison Trainer, BSc, FRACP, PhD, Jennifer L. Marino, BA, BSN, MPH, PhD,
C. David Wrede, MA, MB, BChir (Cantab.), and Michelle Peate, BSc (Bioinfo),
GradDipSc (Biol), MSc, Med (RH&HG), PhD

This cross-sectional study of women at high inherited risk of ovarian cancer considering risk-reducing bilateral salpingo-oophorectomy investigated the barriers and motivators to risk-reducing surgery. The study found that concerns about loss of fertility and symptoms of surgical menopause were the main barriers to risk-reducing surgery.

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Long-term risk of de novo mental health conditions after hysterectomy with ovarian conservation: a cohort study

Shannon K. Laughlin-Tommaso, MD, MPH, Anisha Satish, BS, Zaraq Khan, MBBS,
Carin Y. Smith, BS, Walter A. Rocca, MD, MPH, and Elizabeth A. Stewart, MD

Hysterectomy, even with conservation of both ovaries, is associated with an increased risk of long-term health conditions, primarily anxiety and depression. The association for depression increases significantly with younger age at hysterectomy but does not vary significantly by indication.

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Efficacy of fractional CO₂ laser treatment in postmenopausal women with genitourinary syndrome: a multicenter study

Maurizio Filippini, MD, Daniela Luvero, MD, Stefano Salvatore, MD, Annalisa Pieralli, MD,
Roberto Montera, MD, Francesco Plotti, MD, Massimo Candiani, MD, and Roberto Angioli, MD

The aim of this study was to assess the efficacy and effectiveness of the CO₂ laser in postmenopausal women with clinical signs and symptoms of genitourinary symptoms, in particular, vulvovaginal atrophy.

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A randomized clinical trial comparing vaginal laser therapy to vaginal estrogen therapy in women with genitourinary syndrome of menopause: The VeLVET Trial

Marie Fidela R. Paraiso, MD, Cecile A. Ferrando, MD, MPH, Eric R. Sokol, MD, Charles R. Rardin, MD, Catherine A. Matthews, MD, Mickey M. Karram, MD, and Cheryl B. Iglesia, MD

In this underpowered investigation, the CO₂ laser was shown to be safe and effective in treating genitourinary syndrome of menopause (GSM) symptoms, and, preliminarily, CO₂ laser and vaginal estrogen resulted in patient satisfaction and improved clinical outcomes. Laser therapy may be considered for the short-term treatment of genitourinary syndrome of menopause.

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Retrospective analysis of phytoSERM for management of menopause-associated vasomotor symptoms and cognitive decline: a pilot study on pharmacogenomic effects of mitochondrial haplogroup and APOE genotype on therapeutic efficacy

Yiwei Wang, PhD, Gerson Hernandez, MD, Wendy J. Mack, PhD, Lon S. Schneider, MD, Fei Yin, PhD, and Roberta D. Brinton, PhD

Our data support a precision medicine approach for further development of phytoSERM as a safe and effective alternative to hormone therapy for menopause associated hot flash and cognitive decline.

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Prevalence and correlates of early-onset menopause among women living with HIV in Canada

Nisha Andany, MD, MPH, FRCPC, Angela Kaida, PhD, Alexandra de Pokomandy, MDCM, MSc, Mark H. Yudin, MD, MSc, FRCSC, Lu Wang, MSc, V. Logan Kennedy, MN, Kath Webster, Mona Loutfy, MD, MPH, FRCPC, on behalf of the CHIWOS Research Team

Women living with HIV in Canada undergo menopause 2-3 years earlier than the general population. Having less than high-school education and hepatitis C co-infection were independent predictors of experiencing menopause at <45 years of age.

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Comparing written and verbal delivery of a treatment regimen to women with overactive bladder: a randomized controlled trial

Lindsay Shirreff, MD, MSc(HQ), Michelle Anderson, BMSc, and Colleen McDermott, MD, MSc

Overactive bladder is a common condition among women requiring a multifaceted treatment approach. A written list of treatment recommendations is a quality improvement initiative that can improve women's immediate retention of a suggested treatment regimen, but lacks impact two weeks later.

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Menopausal hormone therapy for BRCA-mutation carriers: attitudes of Israeli healthcare providers before and after a brief educational intervention

Tamar Perri, MD, Yasmin Farhadian, MD, Eitan Friedman, MD, PhD, and Jacob Korach, MD

A brief educational intervention might encourage evidence-based attitudes of health-care providers toward menopausal hormone therapy after risk-reducing bilateral salpingo-oophorectomy in BRCA-mutation carriers.

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Comparison of anthropometric indices for the screening of nonalcoholic fatty liver disease in pre- and postmenopausal women

So-hyeon Hong, MD, PhD, Soon Young Hwang, PhD, Jung A. Kim, MD, PhD, You-Bin Lee, MD, Eun Roh, MD, PhD, Nam Hoon Kim, MD, PhD, Ji A. Seo, MD, PhD, Sin Gon Kim, MD, PhD, Nan Hee Kim, MD, PhD, Kyung Mook Choi, MD, PhD, Sei Hyun Baik, MD, PhD, and Hye Jin Yoo, MD, PhD

In premenopausal women, body mass index, waist circumference, and waist-to-hip ratio (WHR) hold similar potential in predicting the risk of nonalcoholic fatty liver disease (NAFLD), whereas, in postmenopausal women, WHR is the most useful discriminative indicator for NAFLD.

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Randomized crossover study investigating resident retention of menopause-related knowledge after completion of learning modules

Julia K. Shinnick, MD, Christina Raker, ScD, B. Star Hampton, MD, FACOG, and Renee Eger, MD, FACOG

Participation in a specialized menopause curriculum tailored to self-designated learning styles led to short-term increases in objectively assessed menopause-related knowledge and increased confidence in approaching menopause-related medical issues.

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Development and evaluation of an early menopause question prompt list

Ladan Yeganeh, BMid, MMid, Nadia N. Khan, BBiomedSc (Hons), Jacqueline A. Boyle, MBBS, FRANZCOG, MPH&TM, PhD, Melanie Gibson-Helm, BCA, BSc(Hons), MRepSci, PhD, Helena Teede, MBBS, PhD, FRACP, and Amanda J. Vincent, MBBS, B Med Sci (Hons), PhD, FRACP

Women with early menopause (EM) have unmet information and communication needs. A co-designed comprehensive EM question prompt list was perceived as an acceptable and feasible resource to assist information seeking and for women to use during medical consultations to facilitate communication.

Clinical Corner

NAMS Practice Pearl

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Supplemental screening in the dense breast: does molecular breast imaging have a role?

Deborah J. Rhodes, MD

Per federal law, FDA will soon specify for inclusion in summaries sent to women after mammography “language that would explain how breast density can influence the accuracy of mammography.” There is currently no guideline recommending supplemental screening on the basis of breast density and no consensus about which supplemental screening technique is preferable. Providers must understand the relative risks, benefits, and local availability of supplemental screening options to counsel women with dense breasts.

Review Article

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Education level and breast cancer incidence: a meta-analysis of cohort studies

Jia-Yi Dong, PhD, and Li-Qiang Qin, PhD

A higher education level may be associated with an increased risk of developing breast cancer, in which alcohol use, age at menopause, and hormone therapy may, at least partially, play a mediating role.

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