



Menopause

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Claudio N. Soares, MD, PhD, FRCPC, MBA

NAMS Symposium Report

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**NAMS 2019 Pre-Meeting Symposium, September 2019, Chicago Illinois:
The Perimenopause**

Cynthia A. Stuenkel, MD, NCMP, Nanette F. Santoro, MD,
Shannon K. Laughlin-Tommaso, MD, Amanda Black, MD, MPH, FRCSC,
Hadine Joffe, MD, MSc, and H. Irene Su, MD, MSCE

This is the final summation of the NAMS 2019 Pre-Meeting Symposium on The Perimenopause. The topics include background, hormone milieu, irregular menstrual bleeding, contraception, vasomotor symptoms, sleep, and depression, reproductive challenges, and healthy menopause transition.

(continued)

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Original Studies

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Executive function after risk-reducing salpingo-oophorectomy in *BRCA1* and *BRCA2* mutation carriers: does current mood and early life adversity matter?

Sheila Shanmugan, MD, PhD, Mary D. Sammel, ScD, James Loughead, PhD, Kosha Ruparel, MA, Ruben C. Gur, PhD, Thomas E. Brown, PhD, Jessica Faust, BS, Susan Domchek, MD, and C. Neill Epperson, MD

This study examined whether adverse childhood experiences predict negative cognitive and affective outcomes in women who have undergone risk-reducing salpingo-oophorectomy. Adverse childhood experiences were associated with executive dysfunction and this was partially mediated by negative mood symptoms.

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Associations of social, physical, and financial factors with diet quality among older, community-dwelling women

James M. Shikany, DrPH, JoAnn E. Manson, MD, DrPH, Aladdin H. Shadyab, PhD, Lorena Garcia, MPH, DrPH, Cora E. Lewis, MD, MSPH, Marian L. Neuhouser, PhD, RD, Lesley F. Tinker, PhD, RD, Jeannette M. Beasley, PhD, MPH, RD, Shirley A.A. Beresford, PhD, Oleg Zaslavsky, PhD, MHA, RN, Mara Z. Vitolins, DrPH, MPH, RD, Shawnta Sealy-Jefferson, PhD, and Sejong Bae, PhD

Among older, community-dwelling women, eating fewer than two meals per day, dental and other mouth problems, and diminished ability to shop for food, prepare meals, and feed oneself were associated with lower diet quality. These are potential targets for interventions to improve diet quality in older women.

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Depression, hormone therapy, and the menopausal transition among women aged 45 to 64 years using Canadian Longitudinal Study on aging baseline data

Alison K. Shea, MD, PhD, FRCSC, Nazmul Sohel, PhD, Anne Gilsing, PhD, Alexandra J. Mayhew, PhD, Lauren E. Griffith, PhD, and Parminder Raina, PhD

These findings highlight the association between depression and premature menopause among midlife women. Identification of risk factors, including social determinants of health, age at menopause and menopausal symptoms can help guide clinicians when assessing mental health.

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The accuracy of ascites cytology in diagnosis of advanced ovarian cancer in postmenopausal women prior to neoadjuvant chemotherapy

Sahar Baransi, MD, Nadav Michaan, MD, Limor Gortzak-Uzan, MD, Asaf Aizic, MD, Ido Laskov, MD, Ronni Gamzu, MD, PhD, and Dan Grisaru, MD, PhD

Ascites cytology for postmenopausal women over 51 years with immunohistochemistry is highly accurate in diagnosis of ovarian cancer. Neoadjuvant chemotherapy can be safely prescribed based on paracentesis evaluations.

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Cervicovaginal lavage fluid zinc level as a marker of vaginal atrophy

Peter Damjanovich, MD, Attila Gergely Sipos, MD, Kindra Larson, MD, Tina D. Cunningham, PhD, Peter Takacs, MD, PhD, MBA, and Bence Kozma, MD, PhD

This multivariate regression model revealed a significant association between vaginal atrophy and cervicovaginal lavage (CVL) zinc levels. Measuring the amount of zinc in CVL could aid in the diagnosis of genitourinary syndrome of menopause and vulvovaginal atrophy.

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Lipid profile changes during the menopausal transition

Veronica Inaraja, Sc Bch, Israel Thuissard, Sc Bch, Cristina Andreu-Vazquez, PhD, and Esteban Jodar, MD, PhD

This study suggests that significant changes in low-density lipoprotein cholesterol (LDL-c) levels occur during the menopausal transition. Total cholesterol and LDL-c changes are independently affected by menopausal status and high-density lipoprotein cholesterol is influenced by menopausal age.

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Sex differences of the association between marital status and coronary artery disease in patients experiencing chest pain: The Korean Women's Chest Pain Registry

Hyun-Jin Kim, MD, Myung-A Kim, MD, PhD, Hack-Lyoung Kim, MD, Seong Mi Park, MD, Mina Kim, MD, Hyun Ju Yoon, MD, Mi Seung Shin, MD, Sang Min Park, MD, Kyung-Soon Hong, MD, and Wan-Joo Shim, MD

In contrast to men, a without spouse status is independently associated with significant coronary artery disease (CAD) in women experiencing chest pain. Women with a spouse had the lowest presence of CAD among all groups.

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Changes in ultrasound uterine morphology and endometrial thickness during ovarian aging and possible associated factors: findings from a prospective study

Jiayi Li, MD, Yaping Wang, MD, Ruiyi Tang, MD, Yajing Peng, MD, Yuchen Wang, MD, Bing Liu, MD, Ying Jiang, MD, Gaifen Liu, MD, Shouqing Lin, MD, and Rong Chen, MD

Ultrasonographic uterine volume and endometrial thickness decreased around the menopause period prior to the final menstrual period (FMP), with the largest reduction occurring in the 1st and 2nd year after the FMP. A higher body mass index was associated with increased endometrial thickness, consistent with prior studies.

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Effect of Chinese herbal medicine on serum lipids in postmenopausal women with mild dyslipidemia: a randomized, placebo-controlled clinical trial

Guangning Nie, MD, PhD, Hongyan Yang, MD, PhD, Jian Liu, MD, PhD, Xiaojing Cao, MD, PhD, Fangping Cheng, MD, Qiaolin Du, MD, PhD, and Xiaoyun Wang, MD

Tonifying kidney and descending turbidity granule improved the lipid profile and reduced the related metabolic abnormalities in postmenopausal women with mild dyslipidemia based on lifestyle changes.

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Linguistic translation and validation of the Menopause-specific Quality of Life (MENQOL) questionnaire in Greek menopausal women

Evgenia-Ioanna Papadima, MD, MSc, Anastasios Boutsiadis, MSc, Alexandra Soldatou, MD, PhD, Sofia Ivanidou, MD, MSc, Tonia Vassilakou, PhD, and Lina Michala, PhD, FRCG

The translated MENQOL is a reliable instrument for evaluating Greek menopausal women. The validated questionnaire may be used in an online form in the future.

Personal Perspective

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Climate change and its potential impact on menopausal hot flashes: a commentary

James N. Smith, MPhil, Kim R. van Daalen, MPhil, and Rashmi Venkatraman, MPH

Climate change is known to impact men and women differently and yet how it will change the health impacts of menopause, specifically hot flashes, has not been well researched or understood. Any marginal change in incidence due to climate change could result in a very large number of women being affected and global health systems need to be prepared for this.

Review Articles

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Relationship between age at menarche and risk of glucose metabolism disorder: a systematic review and dose-response meta-analysis

Yongcheng Ren, MD, PhD, Haiyin Zou, MD, PhD, Dongdong Zhang, MD, PhD, Chengyi Han, MD, and Dongsheng Hu, MD, PhD

Older age at menarche (range: 8-18 years old) is associated with reduced risk of glucose metabolism disorder (GDM). The strongest reduction in risk of GDM is observed at menarche age of 14.5 years.

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Effect of hormone therapy on muscle strength in postmenopausal women: a systematic review and meta-analysis of randomized controlled trials

Yang Xu, BS, Kai-Li Deng, BMS, Tian-Fang Xing, BMS, Ya-Qing Mei, BMS, and Su-Mei Xiao, PhD

The use of hormone therapy (HT) was not associated with the improvement of muscle strength in postmenopausal women. These findings suggest that HT might not improve muscle strength or that the effect size was too small to identify significant therapeutic efficacy.

Letters to the Editor

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