



Menopause

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NAMS Position Statement

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The 2020 genitourinary syndrome of menopause position statement of The North American Menopause Society

Clinicians can resolve many distressing genitourinary symptoms and improve sexual health and quality of life of postmenopausal women by diagnosing, appropriately managing, and educating women about the genitourinary syndrome of menopause (GSM). This updated and expanded Position Statement from The North American Menopause Society provides guidance on all components of GSM.

(continued)

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Original Studies

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Prevalence of ocular surface disease symptoms in peri- and postmenopausal women

Pascual Garcia-Alfaro, MD, Luciana Bergamaschi, MD, Celia Marcos, MD, PhD, Sandra Garcia, BSc, and Ignacio Rodríguez, MSc

Sixty-four percent of the pre- and postmenopausal women studied had ocular surface disease (OSD) symptoms. There was a correlation between OSD symptoms and age, postmenopause and earlier age at menopause, which was associated with an increased prevalence.

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The effect of menopause on metabolic syndrome: cross-sectional results from the Canadian Longitudinal Study on Aging

Marie K. Christakis, MD, MPH, Haroon Hasan, BSc, MPH, Leanne R. De Souza, PhD, and Lindsay Shirreff, MD, MSc(HQ)

Menopause is associated with an increased risk of metabolic syndrome (MetS), independent of age. Lifestyle interventions targeted at women with MetS are known to prevent type 2 diabetes mellitus and cardiovascular risk.

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Association between waist-hip ratio and coronary artery calcification in postmenopausal women

Youngmi Eun, MD, Su Nam Lee, MD, PhD, Jin Jung, MD, Min Sik Kim, MD, Keon-Woong Moon, MD, PhD, and Ki-Dong Yoo, MD, PhD

In asymptomatic postmenopausal women, waist-to-hip ratio (WHR) as measured by bioelectrical impedance analysis was significantly associated with coronary atherosclerosis. Therefore, WHR might be appropriate as a marker for early atherosclerosis.

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Influence of dietary habits and Mediterranean diet adherence on menopausal symptoms. The FLAMENCO project

Marta Flor-Alemany, BSc, Nuria Marín-Jiménez, BSc, Irene Coll-Risco, PhD, Pilar Aranda, PhD, and Virginia Arianna Aparicio, PhD

A lower consumption of poultry and low fat dairy products and a higher consumption of soy milk and vegetables were associated with fewer menopausal symptoms.

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Comparison of health-related habits and metabolic syndrome risk factors according to obesity type in Korean postmenopausal women

Han-Gyo Choi, PhD, RN, and Hye-Jin Kim, PhD, RN

In postmenopausal women, the abdominal obesity group was associated with a high prevalence of metabolic syndrome and related diseases.

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Depression, anxiety, and fear of death in postmenopausal women

Kevser Ozdemir, PhD, Sevil Sahin, PhD, Dondu Sevimli Guler, RN, Alaattin Unsal, MD, and Nermin Akdemir, MD

Depression among postmenopausal women is an important health problem that needs to be studied further. The presence of some mental disorders such as depression may cause an individual to experience high levels of fear of death.

1037

Mediatory role of abdominal obesity in the association of early menopause with diabetes among middle-aged and older Chinese women

Yanzhi Li, MD, Han Zheng, MD, Lu Tian, MD, and Chongqi Jia, PhD

The mediating effect of abdominal obesity makes up a small proportion of the total effect of early menopause on diabetes and has no statistical significance. Further studies should examine other mechanisms behind this association.

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Serum phosphorus levels are associated with carotid intima-media thickness in asymptomatic postmenopausal women

Hyeongsoo Kim, MD, Jeong Sook Kim, MD, SiHyun Cho, MD, PhD, and Jong-Youn Kim, MD, PhD

This study identified the factors that related the variation of carotid intima media thickness, which increases cardiovascular risk. In asymptomatic postmenopausal women, even when the serum phosphorous levels are within normal range, cardiac disease should be suspected at levels above 3.7 mg/dL.

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What do Spanish men know about menopause?

Maria Fasero, MD, PhD, Laura B. Mainar, MD, PhD, Leyre R. Campo, MD, David Varillas Delgado, BQ, PhD, and Pluvio J. Coronado, MD, PhD

Men know some facts related to menopause, but their knowledge is currently limited. Differences by age, level of education and sources of information were found.

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Validation of the Chinese version of the Pelvic Organ Prolapse Symptom Score (POP-SS)

Yidi Ma, PhD, Tao Xu, PhD, Ye Zhang, PhD, Jia Kang, PhD, Congcong Ma, PhD, and Lan Zhu, MD

The Chinese version of Pelvic Organ Prolapse Symptom Score (POP-SS) provides good reliability, validity and responsiveness for women with pelvic organ prolapse. This is the first study to define a minimal important change larger than the smallest detectable change on the POP-SS scale and validate it in participants with pessary intervention.

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Blood pressure and cardiovascular risk factors in women treated for climacteric symptoms with acupuncture, phytoestrogens, or hormones

Federica Palma, MD, Francesca Fontanesi, MD, Isabella Neri, MD, Anjeza Xholli, MD, Fabio Facchinetti, MD, and Angelo Cagnacci, MD, PhD

Systolic, diastolic and mean blood pressure was reduced by acupuncture and phytoestrogens but not by low dose oral conjugated estrogens, and no major modification of lipid or glucose-insulin metabolism were observed, except a decrease of low density lipoprotein-cholesterol with phytoestrogens.

Brief Report

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Changes in kidney function during the menopausal transition: the Study of Women's Health Across the Nation (SWAN) – Michigan site

Catherine Kim, MD, MPH, Rajiv Saran, MD, Michelle Hood, MS, Carrie Karvonen-Gutierrez, MPH, PhD, Mia Q. Peng, MPH, John F. Randolph Jr., MD, and Siobán D. Harlow, PhD

Although studies suggest that menopause may increase risk of kidney disease, no studies have examined how kidney function changes over the menopausal transition. This study found that kidney function declines during the transition, although these changes were consistent with age effects.

Review Articles

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Variation in outcome reporting and measurement tools in clinical trials of treatments for genitourinary symptoms in peri- and postmenopausal women: a systematic review

Monica Michelle Christmas, MD, Bonnie Song, BS, Robin J. Bell, MD, PhD, Stamatina Iliodromiti, MD, PhD, Caroline Mitchell, MD, Martha Hickey, MBChB, and the International COMMA (Core Outcomes in Menopause) Consortium

These findings demonstrate the need for greater consistency in outcomes and measurement tools in clinical trials for genitourinary symptoms associated with menopause. Outcome measures should reflect the priorities of patients, clinicians and researchers and enable the translation of research findings into evidence-based practice.

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Effects of phytoestrogen supplementation on intermediate cardiovascular disease risk factors among postmenopausal women: a meta-analysis of randomized controlled trials

Maike Wolters, PhD, Gordana M. Dejanovic, MD, Eralda Asllanaj, MD, DSc, Kathrin Günther, PhD, Hermann Pohlabein, PhD, Wichor M. Bramer, MSc, Jenny Ahrens, BA, Rajini Nagrani, PhD, Iris Pigeot, PhD, Oscar H. Franco, MD, PhD, Wolfgang Ahrens, PhD, Taulant Muka, MD, PhD, and Marija Glisic, MD, PhD

Phytoestrogen supplementation seems to modestly improve the cardiovascular disease risk profile of postmenopausal women by influencing blood lipids and parameters of endothelial function. In women with an increased risk of atherosclerosis, although modest, a harmful effect on carotid intima media thickness progression may be present.

Case Report

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Fractional Pixel CO₂ laser treatment for decubitus ulcer in advanced pelvic organ prolapse: a case report

Filippo Murina, MD, Marco Soligo, MD, Leonardo Nelva Stellio, MD, and Irene Cetin, MD

This case demonstrates that fractional Pixel CO₂ laser treatment is a viable option for managing decubitus ulcers prior to definitive surgery in postmenopausal women with advanced pelvic organ prolapse.

Letters to the Editor

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