



Menopause

The Journal of The North American Menopause Society

VOLUME 28, ISSUE 2 2021

SDC Supplemental Digital Content is available.

CONTENTS

Editorials

109

Genitourinary syndrome of menopause and age: a new algorithm for hormonal treatment?

Nancy A. Phillips, MD, and Gloria A. Bachmann, MD

111

Delay in diagnosis and increasing incidence of vulvar cancer: a root cause analysis

Annekathryn Goodman, MD, MPH

Original Studies

SDC

113

Does age at the start of treatment for vaginal atrophy predict response to vaginal estrogen therapy? Post hoc analysis of data from a randomized clinical trial involving 205 women treated with 10 µg estradiol vaginal tablets

Christine M. Derzko, MD, FRCSC, Sebastian Röhrich, MD, PhD, and Nick Panay, BSc, FRCOG, MFSRH

Findings suggest that treatment may be initiated at any age since low dose vaginal estrogen therapy improved symptoms and signs of vaginal atrophy in both younger (<60 years) and older (≥60 years) women. The stronger response observed in younger women supports current clinical recommendations to start treatment early.

SDC

119

Age-associated trends of vulvar cancer in the US

Hanaa Khadraoui, BA, Sarah Thappa, DO, Marianne Smith, MD, Adi Davidov, MD, and Mario R. Castellanos, MD

Given the steady rise in vulvar cancer cases, if caught early, these carcinomas can be managed with curative intent. The importance of a simple genital examination, initiated by primary care providers, is an opportunity for early diagnosis and continued longevity to improve quality of life for older women.

(continued)

SDC

126

Identifying women who share patterns of reproductive hormones, vasomotor symptoms, and sleep maintenance problems across the menopause transition: group-based multi-trajectory modeling in the Study of Women's Health Across the Nation

Karen A. Matthews, PhD, Yuefang Chang, PhD, Maria M. Brooks, PhD, Sybil L. Crawford, PhD, Imke Janssen, PhD, Hadine Joffe, PhD, Howard M. Kravitz, DO, MPH, Rebecca C. Thurston, PhD, and Samar R. El Khoudary, PhD

Women can be categorized into five distinct groups based on having shared combinations of follicle stimulating hormones, vasomotor symptoms, and sleep maintenance problem trajectories during the menopausal transition. Women do not have a uniform experience of menopause-related outcomes and individualized approaches to women's transition are essential.

SDC

135

Vaginal energy-based devices: characterization of adverse events based on the last decade of MAUDE safety reports

Shannon L. Wallace, MD, Eric R. Sokol, MD, and Ekene A. Enemchukwu, MD, MPH

MAUDE-reported data suggests that the majority of patient complaints after energy-based device treatment for pelvic floor disorders are not severe and some may be related to progression of the disease. However, as current literature lacks robust efficacy and safety-profile data, the few severe adverse events reported in the MAUDE database may have contributed to the FDA warning regarding energy-based devices.

142

Physical activity and menopausal symptoms in women who have received menopause-inducing cancer treatments: results from the Women's Wellness After Cancer Program

Tom G. Bailey, PhD, Gregore I. Mielke, PhD, Tina S. Skinner, PhD, Debra Anderson, PhD, Janine Porter-Steele, PhD, Sarah Balaam, PhD, Leonie Young, D.Univ, and Alexandra L. McCarthy, PhD

This study showed a stepwise association between self-reported moderate and vigorous physical activity and a lower total menopausal symptom score in women treated for early stage breast, reproductive and blood cancers. A digitally-delivered whole-of-lifestyle program intervention did not appear to increase self-reported physical activity in women following cancer treatment.

150

Inverse association between dietary fiber intake and depression in premenopausal women: a nationwide population-based survey

Yunsun Kim, MD, Minseok Hong, MD, Seonah Kim, MD, PhD, Woo-young Shin, MD, PhD, and Jung-ha Kim, MD, PhD

This study aimed to investigate the relationship between dietary fiber intake and depression in women according to menopausal status based on a nationwide survey in Korea. Dietary fiber intake was inversely associated with depression in premenopausal but not postmenopausal women.

SDC

157

Developing and evaluating a patient decision aid for hormone therapy to manage symptoms of surgical menopause: the story behind the "SheEmpowers" patient decision aid

Tasneem Siyam, BScPharm, PhD, Alisha Shivji, Pharm D, Sue Ross, PhD, Dean T. Eurich, PhD, Afsaneh Lavasanifar, PhD, and Nesé Yuksel, BScPharm, PharmD, FCSHP, NCMP

Through an adopted, systematic approach the SheEmpowers PDA was developed to help women overcome deterrents to decision-making related to lack of knowledge, decision-making skills and involvement in therapy decisions. The decisional effectiveness of the tool is to be assessed in future studies.

SDC

167

Age, menstruation history, and the brain

Ananthan Ambikairajah, BSc, MTeach, PhD, Hossein Tabatabaei-Jafari, MD, Michael Hornberger, PhD, and Nicolas Cherbuin, PhD

Menopause may contribute to brain volume beyond typical aging effects. Furthermore, early age of menarche, delayed age of menopause, and increasing duration of menstruation were negatively associated with brain volume.

175

Relationship between number of menopausal symptoms and work performance in Japanese working women

Keiko Hashimoto, MNS, Mikako Yoshida, PhD, Yasuka Nakamura, PhD, Yoko Takeishi, PhD, and Toyoko Yoshizawa, PhD

The results of this study revealed that higher numbers of menopause symptoms correlated with lower levels of work performance. Maintenance of health and the provision of appropriate working environments could aid women in maintaining their performance by improving menopause symptoms.

SDC

182

Prevalence of symptoms and associated factors across menopause status in Taiwanese women

Pei-Shan Lee, PhD, RN, and Chyi-Long Lee, PhD, MD

Menopause and midlife symptoms became more prevalent as women progressed from premenopause to postmenopause. This study found that the top five symptoms reported on a menopause hot line were memory loss, fatigue, insomnia, depressed mood, and back pain.

189

Menopause symptoms delineated by HIV clinical characteristics in African American women with HIV

Rebecca A. Garbose, MD, John Wu, MD, Mindy S. Christianson, MD, Takeyra Robinson, BA, Tyler Gaines, BA, and Wen Shen, MD, MPH

This study shows that women with HIV (WWH) undergoing the menopause transition experience intense symptoms severely impacting quality of life. Although the majority of women reported experiencing menopause symptoms to medical providers, most remained untreated, providing an opportunity to educate providers caring for WWH on menopause medicine.

SDC

198

The ewe as an animal model of vaginal atrophy and vaginal Er:YAG laser application

Lucie Hympanova, PhD, Rita Rynkevici, PhD, Marina G. M. C. Mori Da Cunha, PhD, Chantal M. Diedrich, MD, Silvia Blacher, PhD, Laurent De Landsheere, PhD, Katerina Mackova, MD, Ladislav Krofta, CSc, Jan-Paul Roovers, PhD, and Jan Deprest, PhD

In sheep of reproductive age, ovariectomy induces vaginal atrophy evidenced in different outcome measurements. Vaginal Er:YAG laser induced visual impact, a short term increase in epithelial thickness yet no long term changes compared to sham therapy in menopausal controls.

Review Articles

SDC

207

Serotonergic antidepressants for sleep disturbances in perimenopausal and postmenopausal women: a systematic review and meta-analysis

Yu-Shian Cheng, MD, Cheuk-Kwan Sun, MD, PhD, Pin-Yang Yeh, PhD, Ming-Kung Wu, MD, Kuo-Chuan Hung, MD, and Hsien-Jane Chiu, MD, PhD

These results showed that serotonergic antidepressants were effective against sleep disturbances in peri- and post-menopausal women. Efficacy remained significant for women without major depressive disorder.

SDC

217

Efficacy of progestin-only treatment for the management of menopausal symptoms: a systematic review

Shelley N. Dolitsky, MD, Christina N. Cordeiro Mitchell, MD, Sarah Sheehan Stadler, MD, and James H. Segars, MD

A systematic review of progestin-only treatment for menopausal vasomotor symptoms found that some trials using the transdermal route at longer duration or with oral treatment at higher doses reported beneficial effects. This report may help guide future studies of progestin-only therapy for the treatment of menopausal symptoms.

Letters to the Editor

225

Errata

228

Wolters Kluwer Health, Inc., and The North American Menopause Society cannot be held responsible for errors or for any consequences arising from the use of the information contained in this journal. All advertising material published in this journal is expected to conform to regulatory and medical standards. The appearance of advertising in this publication does not constitute a guarantee or endorsement by The North American Menopause Society or Wolters Kluwer Health, Inc., of the quality or value of such a product or service or any claims made by its marketer.

Permissions and photocopying: For permission and/or rights to use content for which the copyright holder is Wolters Kluwer or the society we have partnered with the Copyright Clearance Center to provide permissions for our products through their RightsLink service, please go to the journal's website and after clicking on the relevant article, click on the "Get Content & Permissions" link under the "Article Tools" box that appears on the right side of the page. For questions about the Rightslink service, e-mail customer-care@copyright.com or call 877-622-5543 (U.S. Only) or 978-777-9929. Permissions FAQs and information on author's permission requests are available at <https://shop.lww.com/journal-permission>. For additional permission inquiries, please contact Permissions@LWW.com.

For translation rights requests, contact TranslationRights@wolterskluwer.com. For license to republish and distribute requests, contact HealthLicensing@wolterskluwer.com. For special projects and reprints (U.S./Canada), contact Alan Moore at Alan.Moore@wolterskluwer.com or reprintsolutions@wolterskluwer.com. For special projects and reprints (non-U.S./Canada), contact Avia Potashnik at Avia.Potashnik@wolterskluwer.com or International-Reprints@wolterskluwer.com.

Menopause: The Journal of The North American Menopause Society is a registered trademark of The North American Menopause Society.

Menopause: The Journal of The North American Menopause Society (ISSN 1072-3714) is published monthly online-only by Wolters Kluwer Health, Inc. **Annual subscription rate:** \$641.

Copyright © 2021 by The North American Menopause Society. All rights reserved.