



Menopause

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CONTENTS

Editorials

477

Timing and type of menopause and risk of cardiovascular disease

Martha Hickey, BA(Hons), MBChB, MSc, MD, and
Gita D. Mishra, PhD, CStat FAHMS

480

Differences in gut microbiota observed in premenopausal and postmenopausal women associate with HIV infection status

James K. Pru, PhD

482

Nocturia and hormone therapy: impact on sleep?

Peter Takacs, MD, PhD, MBA, Attila Majoros, MD, PhD, and Kindra Larson, MD

Original Studies

OPEN

484

Early and surgical menopause associated with higher Framingham Risk Scores for cardiovascular disease in the Canadian Longitudinal Study on Aging

Madison A. Price, BHSc, Beatriz E. Alvarado, MD, PhD, Nicole T.A. Rosendaal, MSc, Saionara M.A. Câmara, PhD, Catherine M. Pirkle, PhD, and Maria P. Velez, MD, PhD

This study supports an association between menopausal type and natural menopausal timing on prediction of future cardiovascular disease risk, using the Framingham Risk Score (FRS). Higher FRS were present in women with surgical menopause compared to natural menopause, and in those with an age at natural menopause (ANM) < 45 years compared to an ANM 50-54 years.

(continued)

- SDC** **491**
Menopausal status and observed differences in the gut microbiome in women with and without HIV infection
Brandilyn A. Peters, PhD, Xiaonan Xue, PhD, Zheng Wang, PhD, Mykhaylo Usyk, MS, Nanette Santoro, MD, Anjali Sharma, MD, Kathryn Anastos, MD, Phyllis C. Tien, MD, Elizabeth T. Golub, PhD, Kathleen M. Weber, RN, MS, Deborah Gustafson, PhD, Robert C. Kaplan, PhD, Robert Burk, MD, and Qibin Qi, PhD
A changing gut microbiome may be an overlooked phenomenon of reproductive aging in women with HIV. Longitudinal assessments across all reproductive stages are necessary to confirm these findings and identify health implications.
- SDC** **502**
Hormone therapy as a possible solution for postmenopausal women with nocturia: results of a pilot trial
Kim Pauwaert, MD, An-Sofie Goessaert, MD, PhD, Lynn Ghijssels, MD, Wendy Bower, PhD, An Mariman, MD, PhD, Dirk Vogelaers, MD, PhD, Herman Depypere, MD, PhD, and Karel Everaert, MD, PhD
Treatment of postmenopausal women with systemic hormone therapy led to a significant reduction in nocturia prevalence and bother, which may relate to an improvement in sleep quality.
- SDC** **511**
The short-term efficacy and safety of fractional CO₂ laser therapy for vulvovaginal symptoms in menopause, breast cancer, and lichen sclerosus
Alyssa N. Gardner, MD, and Sarit O. Aschkenazi, MD, MS
This study demonstrates that Fractional CO₂ laser therapy appears to be effective and safe in the short term follow-up for the treatment of symptomatic vulvovaginal atrophy.
- SDC** **517**
Individual and additive-effect relationships of sleep problems and severe menopausal symptoms among women in menopausal transition
Yuanyuan Li, MM, Di Zhao, MD, Gaorong Lv, MD, Cui Mao, MM, Yunxue Zhang, MM, Zihui Xie, MM, and Ping Li, PhD
This study found that there was an additive relationship between the cumulative number of core sleep problems with severe menopausal symptoms (SMS). When experiencing more than 3 of the 5 individual sleep problems, women in the menopause transition are more than twice as likely to suffer SMS.
- 529**
Menopausal symptoms in women with premature ovarian insufficiency: prevalence, severity, and associated factors
Yizhou Huang, MD, Tongyun Qi, MD, Linjuan Ma, MD, Die Li, DPH, Chunming Li, MD, Yibing Lan, MD, Ketan Chu, MD, PhD, Peiqiong Chen, MM, Wenxian Xu, MM, Yina Cao, MB, Qian Ying, MPH, Ling Xu, MM, and Jianhong Zhou, MD, PhD
Women with premature ovarian insufficiency (POI) experienced a high prevalence of menopausal symptoms, particularly related to psychological and sexual domains. Furthermore, women with POI tended to have more distressing menopausal symptoms compared to women with natural menopause.
- 538**
Vaginal pessary treatment in women with symptomatic pelvic organ prolapse: a long-term prospective study
Congcong Ma, PhD, Ying Zhou, MD, Jia Kang, PhD, Ye Zhang, PhD, Yidi Ma, PhD, Yuan Wang, PhD, Weijie Tian, PhD, Tao Xu, PhD, Shuo Liang, MD, Guorong Fan, BS, Yiran Cui, BS, and Lan Zhu, MD
The results of the study conclude that based on the results of five-year treatment, vaginal pessary is an effective treatment in patients with symptomatic pelvic organ prolapse, with a high continuation rate and minor complications. The utilization of pessaries can significantly reduce pelvic reconstructive surgery application.

SDC

546

Influence of sex and menopausal status on the relationship between metabolic syndrome and coronary artery calcification: a Chinese community-based cross-sectional study

Wenqian Yu, MD, Baowei Shao, MD, Meng Li, MS, Pengfei Zhang, MD, Haijie Li, MD, Xilong Teng, MD, Honglu Wang, MD, Guohai Su, MD, Fengquan Zhang, MD, and Na Li, MD

The findings of this study indicate that metabolic syndrome in postmenopausal women is associated with a higher prevalence of coronary artery disease than in premenopausal women and men.

554

Associations between sleep duration, midday napping, depression, and falls among postmenopausal women in China: a population-based nationwide study

Zonglei Zhou, PhD, Yu Yu, PhD, Ruzhen Zhou, MD, Rongsheng Luan, MD, and Kunpeng Li, MD

This study shows that short sleep duration and depression are independently associated with more falls among postmenopausal women in China. Moreover, short sleep duration combined with no or long napping, short sleep duration combined with depression are jointly correlated with more falls.

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564

Quantitative study on the efficacy of acupuncture in the treatment of menopausal hot flashes and its comparison with nonhormonal drugs

Ting Li, PhD, Yi Zhang, MS, Qingqing Cheng, MS, Mengyuan Hou, MS, Xijun Zheng, MD, Qingshan Zheng, PhD, and Lujin Li, PhD

The efficacy of traditional acupuncture and electro-acupuncture (merged) was higher than that of sham acupuncture and significantly higher than that of placebo pills. The efficacy of electro-acupuncture was higher than that of traditional acupuncture, significantly higher than that of sham acupuncture, and comparable to that of SSRIs/SNRIs and neuroleptic agents.

Brief Report

573

Change in Covid-19 infection and mortality rates in postmenopausal women

Angelo Cagnacci, MD, PhD, and Anjeza Xholli, MD

The results of this study indicate opposing age-related trends among women in infection and death rates due to COVID-19. Further studies are needed to examine the contribution of the phases of the female reproductive cycle to the observed variations.

Clinical Corner

NAMS Practice Pearl

576

Compounded bioidentical hormone therapy: new recommendations from the 2020 National Academies of Sciences, Engineering, and Medicine

Cynthia A. Stuenkel, MD, NCMP

In September 2018, FDA announced a partnership with the National Academy of Sciences, Engineering, and Medicine (NASEM) to assess the clinical utility of compounded bioidentical hormone therapy. On July 1, 2020, the Committee released a report with six key recommendations. This Practice Pearl summarizes NASEM's targeted conclusions and sound recommendations reflecting good science and charting a reasonable course forward for prescribing clinicians, patients, compounding pharmacies and pharmacists, and state and federal regulators.

Invited Review

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579

The genitourinary syndrome of menopause

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

Genitourinary syndrome of menopause is a prevalent condition with major impact on women in the peri- and postmenopausal period. Clinicians are encouraged to discuss the symptoms of this condition with these women, and provide management strategies when appropriate.

Review Article

SDC

589

Efficacy and safety of endocrine therapy for breast-cancer prevention in high-risk premenopausal or postmenopausal women: a Bayesian network meta-analysis of nine randomized controlled trials

Rong Sun, MD, Yan Chu, RN, Yan Gao, MD, Wenke Cheng, MD, and Shan Gao, MD

Endocrine therapy decreases the risks of total breast cancer (TBC), invasive breast cancer (IBC), estrogen receptor-positive breast cancer (ER+BC), and ductal carcinoma in situ while increasing the risks of pulmonary embolism, total venous thrombosis, and endometrial carcinoma in high-risk pre- or post-menopausal women. Meanwhile, anastrozole, exemestane and tamoxifen may have potential protective effects on TBC, IBC and ER+BC.

Errata

601

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