



Menopause

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At menopause, what comes first: the sleepless chicken or the sex?

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Don't "weight" until menopause: identifying cardiovascular risk during the transition

Benita Tjoe, MD, and Chrisandra Shufelt, MD, MS

Original Studies

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Cardiovascular disease (CVD) risk scores, age, or years since menopause to predict cardiovascular disease in the Women's Health Initiative

Robert A. Wild, MD, MPH, PhD, Kathleen M. Hovey, MS, Christopher Andrews, PhD, Jennifer G. Robinson, MD, MPH, Andrew M. Kaunitz, MD, JoAnn E. Manson, MD, DrPH, Carolyn J. Crandall, MD, MS, Rachel Paragallo, MD, MS, Chrisandra Shufelt, MD, MS, and C. Noel Bairey Merz, MD
At entry, cardiovascular disease (CVD) risk scores better identified women at higher risk of a CVD event than age or years since menopause alone in the Women's Health Initiative. This suggests that emphasis on vascular/biological age beyond chronological age or years since menopause is important for CVD risk prevention and is important to inform hormone therapy risk/benefit discussions.

(continued)

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Associations of sleep and female sexual function: good sleep quality matters

Juliana M. Kling, MD, MPH, Ekta Kapoor, MBBS, Kristin Mara, MS, and Stephanie S. Faubion, MD, MBA

Poor sleep quality, but not sleep duration, was associated with greater odds of female sexual dysfunction with associated distress, and good sleep quality was linked to sexual activity in a cross sectional analysis of women presenting to women's health clinics. In addition to its myriad effects on health, poor sleep quality is associated with female sexual dysfunction.

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Abdominal visceral adipose tissue over the menopause transition and carotid atherosclerosis: the SWAN heart study

Saad Samargandy, PhD, MPH, MBBS, Karen A. Matthews, PhD, Maria M. Brooks, PhD, Emma Barinas-Mitchell, PhD, Jared W. Magnani, MD, MSc, Imke Janssen, PhD, Rasa Kazlauskaitė, MD, MSc, and Samar R. El Khoudary, PhD, MPH, FAHA

In this prospective cohort study of 362 women traversing menopause, women experienced accelerated increases in abdominal visceral adipose tissue (VAT) starting 2 years before the final menstrual period. Menopause-related VAT increases significantly predicated greater subclinical atherosclerosis in the internal carotid artery.

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Women with Type 1 diabetes (T1D) experience a shorter reproductive period compared with nondiabetic women: the Pittsburgh Epidemiology of Diabetes Complications (EDC) study and the Study of Women's Health Across the Nation (SWAN)

Yan Yi, MPH, Samar R. El Khoudary, PhD, Jeanine M. Buchanich, PhD, Rachel G. Miller, PhD, Debra Rubinstein, MD, Karen Matthews, PhD, Trevor J. Orchard, MBBS, and Tina Costacou, PhD

Women with type 1 diabetes (T1D) onset before menarche have a shorter reproductive period compared with non-diabetic women, exhibiting delayed menarche and earlier natural menopause. Factors which may be related to a shorter reproductive period in T1D should be investigated.

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Patient-reported sexual function of breast cancer survivors with genitourinary syndrome of menopause after fractional CO₂ laser therapy

Allison M. Quick, MD, Filadelfiya Zvinovski, MD, Catherine Hudson, MD, Andrew Hundley, MD, Cynthia Evans, MD, Julie A. Stephens, MS, Elizabeth Arthur, PhD, Bhuvanewari Ramaswamy, MD, Raquel E. Reinbolt, MD, Anne M. Noonan, MD, Jeffrey Bryan VanDeusen, MD, Robert Wesolowski, MD, Daniel G. Stover, MD, Nicole Olivia Williams, MD, Sagar D. Sardesai, MBBS, Stephanie S. Faubion, MD, MBA, Charles L. Loprinzi, MD, and Maryam B. Lustberg, MD, MPH

The objective of this pilot study was to evaluate the change in sexual function following treatment with fractional CO₂ laser therapy in breast cancer survivors with genitourinary syndrome of menopause. The study found that the Female Sexual Function Index and the Female Sexual Distress Scale - Revised scores improved from baseline to week 4 and month 12 follow-up after fractional CO₂ laser therapy.

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Depressive symptoms and type II diabetes mellitus among midlife women

Eun-Ok Im, PhD, MPH, FAAN, Jee-Seon Yi, PhD, MPH, RN, and Wonshik Chee, PhD

This study indicated significant associations between type II diabetes mellitus and depressive symptoms among four racial/ethnic groups of midlife women in the United States.

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Resumed ovarian function and pregnancy in early menopausal women by whole dimension subcortical ovarian administration of platelet-rich plasma and gonadotropins

Chao Chin Hsu, MD, PhD, Isabel Hsu, MD, Leonard Hsu, MD, Yi Jen Chiu, PhD, and Sonam Dorjee, MD

Whole dimension subcortical ovarian administration of platelet-rich plasma with gonadotropin was shown to restore ovarian functions, at least temporarily, and could increase the probability of pregnancy using autologous oocytes in women of early menopause.

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The mediating and moderating effects of depression on the relationship between cognitive function and difficulty in activities of daily living among postmenopausal women

Bingyan Gong, MMS, and Chao Wu, MD, PhD

Depressive symptoms mediated and moderated the association between cognition and basic activities of daily living (BADL) and instrumental activities of daily living (IADL) difficulty in postmenopausal women. Compared to BADL, IADL may be more sensitive to changes in cognitive function.

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Obesity among postmenopausal women: what is the best anthropometric index to assess adiposity and success of weight-loss intervention?

Ahmed Ghachem, PhD, Alexis Marcotte-Chénard, MSc, Dominic Tremblay, MSc, Denis Prud'homme, MD, MSc, Rémi Rabasa-Lhoret, MD, PhD, Eléonor Riesco, PhD, Martin Brochu, PhD, and Isabelle J. Dionne, PhD

The results of this study showed that relative fat mass index (RFM) displayed lower performance in estimating body fat measured by dual-energy X-ray absorptiometry before and after weight-loss intervention. RFM also showed lower performance in correctly identifying postmenopausal women living with obesity, with higher obesity misclassification error.

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Assessing sexual function in middle-aged sexually active Spanish women: a community-based study focusing on the intimate partner

Maria M. Martínez-Madrid, RN, MSc, José Arnau-Sánchez, CPM, PhD, and Ana M. González-Cuello, PhD, QD

Low sexual function was more common in women who were positively screened for intimate partner violence. It was identified as a key factor, which contributes to deteriorating middle-aged women's sexual health.

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The association between primary ovarian insufficiency and osteoporosis in the Canadian Longitudinal Study on Aging

Alison K. Shea, MD, PhD, FRCSC, Alice Buwembo, MB, BCh, BAO, MSc, Alexandra Mayhew, PhD, Nazmul Sohel, PhD, Lauren E. Griffith, PhD, and Parminder Raina, PhD

The results of this study confirm findings from smaller cohorts illustrating that primary ovarian insufficiency is associated with osteoporosis. Increasing understanding of the sequelae associated with an earlier loss of ovarian function will aid in targeting earlier screening and intervention strategies for women.

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Is there a beneficial effect of gamma-linolenic acid supplementation on body fat in postmenopausal hypertensive women? A prospective randomized double-blind placebo-controlled trial

Lúcia de Fátima Cahino da Costa Hime, MD, Ceci Mendes Carvalho Lopes, MD, PhD, Cristiane Lima Roa, MD, Lea Tami Suzuki Zuchelo, PhD, Edmund C. Baracat, MD, PhD, Januário de Andrade, PhD, and José Maria Soares-Jr, MD, PhD

Supplementation with borage oil rich in gamma-linolenic acid decreased blood pressure in postmenopausal hypertensive women, and slightly reduced waist-to-hip ratio.

Review Articles

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Genitourinary syndrome of menopause: a systematic review on prevalence and treatment

Nikoletta Mili, MD, Stavroula A. Paschou, MD, PhD, Anastasia Armeni, MD, PhD, Neoklis Georgopoulos, MD, PhD, Dimitrios G. Goulis, MD, PhD, and Irene Lambrinoudaki, MD, PhD

The findings of this review underline the need for education of patients and health care professionals regarding genitourinary syndrome of menopause diagnosis and treatment options.

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Effects of exogenous melatonin on sleep quality and menopausal symptoms in menopausal women: a systematic review and meta-analysis of randomized controlled trials

Mingyu Yi, MD, Sixue Wang, MD, Ting Wu, MD, Xinyue Zhang, MD, Li Jiang, MD, and Xiaoling Fang, PhD

Melatonin seems to improve physical symptoms in menopausal women, but the general menopausal symptoms that affect sleep quality, mood, estradiol levels, and body mass index did not improve under melatonin intervention.

Letters to the Editor

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