



# Menopause

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#### **A core outcome set for vasomotor symptoms associated with menopause: the COMMA (Core Outcomes in Menopause) global initiative**

Sarah Lensen, PhD, David Archer, MD, Robin J. Bell, MB, BS, PhD,  
Janet S. Carpenter, PhD, RN, FAAN, Monica Christmas, MD,  
Susan R. Davis, MBBS, PhD, Karen Giblin, BA, Steven R. Goldstein, MD,  
Tim Hillard, DM, FRCOG, Myra S. Hunter, PhD, Stamatina Iliodromiti, MD, MRCOG, PhD,  
Unnop Jaisamrarn, MD, MHS, Hadine Joffe, MSc,  
Sunila Khandelwal, MS, FICOG, FICMCH, FICS, Ludwig Kiesel, MD, PhD,  
Bobae V. Kim, MAudA, Cornelis B. Lambalk, MD, PhD,  
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Rossella E. Nappi, MD, PhD, Nick Panay, BSc, MB, BS, FRCOG, MFSRH,  
Helen Roberts, MB, MPH, FNZCSRH, Jan Shifren, MD,  
James A. Simon, MD, CCD, NCMP, IF, FACOG, Amanda Vincent, MD, PhD,  
Wendy Wolfman, MD, and  
Martha Hickey, BA (Hons), MSc, MBChB, FRCOG, FRANZCOG, MD

*Implementation of this Core Outcome Set will: better enable research studies to accurately reflect the joint priorities of postmenopausal women, clinicians and researchers, standardize outcome reporting and facilitate combining and comparing results from different studies, and ultimately improve outcomes for women with bothersome vasomotor symptoms.*

*(continued)*

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**A core outcome set for genitourinary symptoms associated with menopause: the COMMA (Core Outcomes in Menopause) global initiative**

Sarah Lensen, PhD, Robin J. Bell, MB, BS, PhD, Janet S. Carpenter, PhD, RN, FAAN, Monica Christmas, MD, Susan R. Davis, MBBS, PhD, Karen Giblin, BA, Steven R. Goldstein, MD, Tim Hillard, DM, FRCOG, Myra S. Hunter, PhD, Stamatina Iliodromiti, MD, MRCOG, PhD, Unnop Jaisamrarn, MD, MHS, Sunila Khandelwal, MS, FICOG, FICMCH, FICS, Ludwig Kiesel, MD, PhD, Bobae V. Kim, MAudA, Mary Ann Lumsden, OBE FRCOG, FACOG, MB, BS, BSc, Pauline M. Maki, PhD, Caroline M. Mitchell, MD, MPH, Rossella E. Nappi, MD, PhD, Craig Niederberger, MD, FACS, Nick Panay, BSc MB BS FRCOG MFSRH, Helen Roberts, MB, MPH, FNZCSRH, Jan Shifren, MD, James A. Simon, MD, CCD, NCMP, IF, FACOG, Petra Stute, MD, Amanda Vincent, MD, PhD, Wendy Wolfman, MD, and Martha Hickey, BA (Hons), MSc, MBChB, FRCOG, FRANZCOG, MD  
*These eight core outcomes reflect the joint priorities of postmenopausal women, clinicians and researchers internationally. Standardized collection and reporting of these outcomes in clinical trials will facilitate the comparison of different treatments for genitourinary symptoms, advance clinical practice, and ultimately improve outcomes for symptomatic women.*

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**Safety assessment of compounded non-FDA-approved hormonal therapy versus FDA-approved hormonal therapy in treating postmenopausal women**

Xuezhi Jiang, MD, PhD, Anna Bossert, DO, K. Nathan Parthasarathy, MD, Kristine Leaman, MD, Shahab S. Minassian, MD, Peter F. Schnatz, DO, and Mark B. Woodland, MS, MD  
*Women on pellet hormonal therapy had a significantly higher incidence of side effects than FDA approved hormonal therapy, as well as a significantly higher supraphysiological level of peak serum estradiol and total testosterone during the treatment.*

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**Global cross-sectional survey of women with vasomotor symptoms associated with menopause: prevalence and quality of life burden**

Rossella E. Nappi, MD, PhD, Robin Kroll, MD, FACOG, NCMP, Emad Siddiqui, MD, Boyka Stoykova, MD, MSc, Carol Rea, MMRS, Eric Gemmen, MS, and Neil M. Schultz, PharmD, MS  
*This cross-sectional online survey of postmenopausal women currently experiencing moderate-to-severe vasomotor symptoms (VMS), or who reported having symptoms in the prior 12 months found that a high proportion of women experienced moderate-to-severe VMS, with associated symptoms impacting quality of life.*

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**Genetic variants predictive of reproductive aging are associated with vasomotor symptoms in a multiracial/ethnic cohort**

Wei Zhao, PhD, Jennifer A. Smith, MPH, PhD, Miao Yu, MS, Carolyn J. Crandall, MD, MS, Rebecca C. Thurston, PhD, Michelle M. Hood, MS, Edward Ruiz-Narvaez, ScD, Patricia A. Peyser, PhD, Sharon L.R. Kardia, PhD, and Sioban D. Harlow, PhD  
*Genetic factors predictive of reproductive aging are also associated with vasomotor symptoms (VMS), suggesting that VMS have a polygenic architecture. Further study in this area may help to identify new targets for novel VMS therapies.*

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**Effects of preoperative serum vitamin D levels on early clinical function outcomes and the moderate-to-severe pain prevalence in postmenopausal women after primary total knee arthroplasty**

Yu Song, MD, Sheng-Fu Liu, MD, Zhong Wu, MD, Miao Wang, MD, Rui-Jun Cong, MD, and Kun Tao, MD

*Preoperative vitamin D deficiency may adversely affect early functional outcomes in postmenopausal women after total knee arthroplasty. In addition, vitamin D deficiency, smoking, and high body mass index were independent risk factors for moderate-to-severe knee pain after surgery.*

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**Early-onset climacterium is not associated with impaired vitamin D status: a population-based study**

Johanna E. Lumme, MD, Susanna M. Savukoski, MD, Eila T.J. Suvanto, MD, Paula R.O. Pesonen, MSc, Juha P. Auvinen, MD, Sylvain Sebert, PhD, Elina Hyppönen, PhD, MSc, Marjo-Riitta Järvelin, MD, Katri S. Puukka, PhD, Karl-Heinz Herzig, MD, Petteri Oura, MD, Marja Ojaniemi, MD, and Maarit Niinimäki, MD

*The onset of the climacteric phase by age 46 was not associated with inadequate 25-hydroxyvitamin D (25(OH)D) concentrations, whereas hormone therapy use was associated with higher 25(OH)D status in women with early-onset climacterium.*

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**Effect of an educational intervention on women's healthcare provider knowledge gaps about breast density, breast cancer risk, and screening**

Robin L. Seitzman, PhD, JoAnn Pushkin, BBA, and Wendie A. Berg, MD, PhD

*Important knowledge gaps about breast density and its associated risks exist among women's healthcare providers, which can be effectively addressed with targeted, comprehensive, medically-sourced web-based education.*

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**Women's knowledge and awareness on menopause symptoms and its treatment options remains inadequate: a report from the United Arab Emirates**

Dania Shahzad, MBBCh, Asiya Aqeel Thakur, MBBCh, Samreen Kidwai, MBBCh, Habiba Omer Shaikh, MBBCh, Alia Obaid AlSuwaidi, MBBCh, Afra Fahad AlOtaibi, MBBCh, Frederick Robert Carrick, MD, PhD, and Mahera Abdulrahman, MD, PhD

*Community medicine educators and primary healthcare providers need to prepare tailored premenopausal and postmenopausal educational interventional programs for further educating women and preparing them for this phase of their lives.*

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**Menopausal symptoms inversely associated with quality of life: findings from a 5-year longitudinal cohort in Chinese breast cancer survivors**

Yuan Yuan Lei, PhD, Suzanne C. Ho, PhD, Carol Kwok, MD, Ashley Cheng, MD, Ka Li Cheung, BS, Roselle Lee, PhD, Frankie K.F. Mo, PhD, and Winnie Yeo, MD, FRCP

*This study provides more important evidence supporting menopausal symptoms being adversely associated with quality of life among Chinese breast cancer patients.*

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**Predictive and criterion validity of the Cervantes-SF menopause quality of life questionnaire**

Pluvio J. Coronado, MD, PhD, Manuel Monroy, PhD, María Fasero, MD, PhD, Laura Baquedano, MD, PhD, Nicolás Mendoza, MD, PhD, Plácido Llana, MD, PhD, Javier Rejas, MD, PhD, Miguel A. Ruiz, PhD, and the AEEM group for the development of the Cervantes-SF scale.

*The results of this study confirm both the predictive validity of the Cervantes-SF scale for health outcomes related to various aspects of women's daily life during menopause, and criterion validity for identifying women with moderate to severe vasomotor syndrome requiring pharmacological treatment.*

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**Risk factors, demographic profiles, and management of uncomplicated recurrent urinary tract infections: a single institution study**

Amanda Ingram, MS, MD, Tasha Posid, MA, PhD, Aroh Pandit, BS, Justin Rose, BS, Sabrina Amin, and Fara Bellows, MD

*This single institution report sheds light on practice patterns at a major academic center, specifically as it compares to the new American Urological Association guidelines and the use of estrogen cream for postmenopausal women.*

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**Effects of heavy metal, vitamin, and curry consumption on metabolic syndrome during menopause: a Korean community-based cross-sectional study**

Hai Duc Nguyen, MD, and Min-Sun Kim, PhD

*Vitamin B2 and curry supplementation may protect against metabolic syndrome (MetS). Further work is needed to reduce risk factors associated with heavy metals and determine the effects of vitamins and curry consumption on MetS during menopause.*

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**Clinical Corner**

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**Invited Review**

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**Weight regulation in menopause**

Michael G. Knight, MD, MSHP, Chika Anekwe, MD, MPH, Krystilyn Washington, MD, Eftitan Y. Akam, MD, Emily Wang, and Fatima Cody Stanford, MD, MPH, MPA

*Obesity is linked to hormonal, lifestyle, and environmental changes that occur during the menopausal transition. The utilization of appropriate evaluation methods and the implementation of effective lifestyle, pharmacotherapeutic, and surgical interventions, have the propensity to reduce the deleterious effects of obesity in postmenopausal women.*

## Letters to the Editor

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