



Menopause

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Annekathryn Goodman, MD, MPH

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Impact of menopausal status on risk of metastatic recurrence of breast cancer

Chunhuan Lao, MSc, PhD, Mark Elwood, MB, MD, DSc, FRCP (Canada), FAFPHM, Marion Kuper-Hommel, MB, PhD, FRACP, Ian Campbell, MB, FRACS, and Ross Lawrenson, MBBS, MD, (London) DRCOG, Dip Comm Health (Otago) FRCGP, FFPH, FAFPHM

Women with earlier age at menopause, and ER+ and/or PR+ stage I-III breast cancer, were more likely to develop metastatic breast cancer. Age increased the risk of metastatic relapse for women with ER- and PR- disease, but not for ER+ and/or PR+ cancers.

1093

Obesity increases endometrial cancer risk in Chinese women with postmenopausal bleeding

Fangzi Liu, MBChB, Eva C.W. Cheung, MBChB, FRCOG, FHKCOG, FHKAM (O&G), and Terence T. Lao, MBBS, MD, MRCOG, FRCOG, FHKAM (O&G), FHKCOG, Cert.in Maternal- Fetal Medicine (Toronto)

When managing postmenopausal bleeding in Chinese women, the Asian Body Mass Index standard for obesity at 25 kg/m² identified 51% of endometrial cancers in this group and denoted a 57% increased risk of endometrial cancer. Thus, obesity could be utilized to triage women presenting with postmenopausal bleeding for prioritized investigations.

(continued)



1099

Reproductive period and preclinical cerebrospinal fluid markers for Alzheimer disease: a 25-year study

Jenna Najar, MD, Tore Hällström, MD, PhD, Anna Zettergren, PhD, Lena Johansson, PhD, Erik Joas, PhD, Madeleine Mellqvist Fässberg, PhD, Henrik Zetterberg, MD, PhD, Kaj Blennow, MD, PhD, Silke Kern, MD, PhD, and Ingmar Skoog, MD, PhD

The findings of this study suggest that longer exposure to endogenous estrogen may be associated with increased levels of Alzheimer's disease (AD) biomarkers in the preclinical phase of AD.



1108

Hormone therapy formulation, dose, route of delivery, and risk of hypertension: findings from the Women's Health Initiative Observational Study (WHI-OS)

Robert A. Wild, MD, MPH, PhD, Joseph C. Larson, MS, Carolyn J. Crandall, MD, MS, Aladdin H. Shadyab, PhD, Matthew Allison, MD, MPH, Margery Gass, MD, Chrisandra Shufelt, MD, MS, and JoAnn E. Manson, MD, DrPH

This analysis suggests that different doses, more years since menopause at initiation, and alternate formulations than 0.625mg conjugated estrogens do make a difference in the risk of acquiring hypertension. The findings of this study further inform decision making regarding hormone therapy use in postmenopausal women and they offer more precision.

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Dance practice modifies functional fitness, lipid profile, and self-image in postmenopausal women

Giovana Rampazzo Teixeira, PhD, Alice Santos Cruz Veras, MD, Ana Paula Rodrigues Rocha, MD, Sylvia Seidinger Chedid, MD, Ismael Forte Freitas Júnior, PhD, Raul Antônio Fragoso Neto, PhD, Luis Alberto Gobbo, PhD, and Camila Buonani, PhD

A 16-week dance intervention was effective in improving not only the lipid profile and functional fitness of postmenopausal women, but also self-image and self-esteem.



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Comparative venous thromboembolic safety of oral and transdermal postmenopausal hormone therapies among women Veterans

Marc Blondon, MD, MS, Andrew K. Timmons, MS, Aaron J. Baraff, PhD, James S. Floyd, MD, MS, Laura B. Harrington, PhD, MPH, Anna M. Korpak, PhD, and Nicholas L. Smith, PhD

Among women Veterans, the risk of venous thromboembolism was similar in users of oral conjugated equine estrogen (CEE), oral estradiol (E2) and transdermal E2. These findings do not confirm the previously observed greater safety of transdermal and oral E2 over CEE.



1130

Factors related to age at natural menopause in China: results from the China Kadoorie Biobank

Meng Wang, MD, Christiana Kartsonaki, PhD, Yu Guo, MD, Jun Lv, PhD, Wei Gan, PhD, Zheng-Ming Chen, PhD, Li-Ming Li, PhD, Chong-Gao Hu, MD, Ling Yang, PhD, and Min Yu, MD

This large epidemiological study found a wide range of socio-demographic, lifestyle, dietary, and reproductive factors related to premature menopause, early menopause and later age at menopause in Chinese women.

1143

The mediating effect of skeletal muscle index on the relationship between menarcheal age and bone mineral density in premenopausal women by race/ethnicity

Hongting Ning, PhD, Yan Du, PhD, Lan-Juan Zhao, PhD, Qing Tian, MD, Hui Feng, PhD, and Hong-Wen Deng, PhD

Skeletal mass index, as a full mediator, affected the relationship between menarcheal age and bone mineral density (BMD) among premenopausal women, and the mediating effects varied by race/ethnicity. To prevent or slow down the loss of hip/spine BMD and the development of osteoporosis, measures aiming at minimizing the risk for muscle mass loss should be recommended, especially for White and African-American women with late menarcheal age.



1150

The Women's Study for the Alleviation of Vasomotor Symptoms (WAVS): a randomized, controlled trial of a plant-based diet and whole soybeans for postmenopausal women

Neal D. Barnard, MD, FACC, Hana Kahleova, MD, PhD, Danielle N. Holtz, BS, Fabiola del Aguila, PhD, Maggie Neola, BS, RD, Lelia M. Crosby, BA, RD, and Richard Holubkov, PhD

The combination of a low-fat, vegan diet and whole soybeans was associated with reduced frequency and severity of hot flashes and improved quality of life in vasomotor, psychosocial, physical, and sexual domains in postmenopausal women. During the 12-week study period, the majority of intervention-group participants became free of moderate-to-severe hot flashes.

1157

Association between higher serum uric acid levels within the normal physiological range and changes of lumbar spine bone mineral density in healthy Chinese postmenopausal women: a longitudinal follow-up study

Wen Han, PhD, Xiaojuan Bai, MD, Lulu Han, PhD, Xuefeng Sun, PhD, and Xiangmei Chen, PhD
Higher serum uric acid (SUA) levels within the normal physiological range were independently associated with decreased lumbar spine bone mineral density (BMD). SUA levels were positively related to the BMD of the lumbar spine, total hip, and trochanter in healthy Chinese postmenopausal women.



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Associations between menopause, cardiac remodeling, and diastolic function: the CARDIA study

Wendy Ying, MD, Wendy S. Post, MD, MS, Erin D. Michos, MD, MHS, Vinita Subramanya, MBBS, MPH, Chiadi E. Ndumele, MD, PhD, Pamela Ouyang, MBBS, Bharath Ambale-Venkatesh, PhD, Henrique Doria De Vasconcellos, MD, MSc, Chike C. Nwabuo, MD, MPH, Pamela J. Schreiner, PhD, Cora E. Lewis, MD, MSPH, Jared Reis, PhD, Donald Lloyd-Jones, MD, ScM, Stephen Sidney, MD, MPH, Joao A.C. Lima, MD, and Dhananjay Vaidya, MBBS, PhD

This study found that menopause is associated cross-sectionally with worse diastolic function and longitudinally with adverse left ventricular and left atrial remodeling. This may contribute to the increased risk of heart failure with preserved ejection fraction in postmenopausal women.

Brief Reports



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Impact of sleep disturbances on employment and work productivity among midlife women in the US SWAN database: a brief report

Risa Kagan, MD, FACOG, CCD, NCMP, Aki Shiozawa, MPH, MBA, DrPH, Andrew J. Epstein, PhD, MPP, and Robert Espinosa, MBA

New-onset sleep problems in midlife women are associated with significant increases in risk of unemployment and ~\$2 billion/year in lost productivity nationwide.

1181

Different cutoff points to diagnose low muscle mass and prediction of osteoporosis in postmenopausal women

Camila Miranda, MSc, Vinicius Faria Borges de Moraes, BSc, Fernanda Maria Martins, MSc, Danyelle Cristina Silva Pelet, PhD, Cláudio Lera Orsatti, PhD, Luciana Mendes Cangussu-Oliveira, PhD, Eliana Aguiar Petri Nahas, MD, PhD, Samarita Beraldo Santagnello, MSc, Rodolfo Ferreira de Paula, BSc, Markus Vinicius Campos Souza, PhD, and Fábio Lera Orsatti, PhD

This study indicates that inconsistent results are observed between different cutoff points of appendicular lean mass and osteoporosis in postmenopausal women. Thus, the use of absolute appendicular lean mass (< 15 kg) seems to be the most suitable for predicting osteoporosis based on low muscle mass in postmenopausal women.

Personal Perspective

OPEN

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Menopause preparedness: perspectives for patient, provider, and policymaker consideration

Irene O. Aninye, PhD, Melissa H. Laitner, PhD, MPH, Shivani Chinnappan, BA, and the Society for Women's Health Research Menopause Working Group

The Society for Women's Health Research (SWHR) convened a Menopause Working Group to review the state of science on menopause and reproductive aging and to identify priority areas and strategies to address unmet needs in menopause research, care, and policy. This paper outlines a Menopause Preparedness approach that should enable improved care and quality of life for individuals during and after the menopause transition.

Review Article

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Influencing factors on women's attitudes toward menopause: a systematic review

Sareh Dashti, PhD, Narjes Bahri, PhD, Tahereh Fathi Najafi, PhD, Masoumeh Amirideli, MSc, and Robab Latifnejad Rouddsari, PhD

The findings of this study show that menopausal stage, menopausal symptoms, and psychological and socioeconomic status can influence the attitude of women toward menopause.

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