



Menopause

The Journal of The North American Menopause Society

VOLUME 28, ISSUE 11 2021

SDC

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Juana Hutchinson-Colas, MD, MBA

Original Studies

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Menopausal hormone therapy and risk of incident hypertension: role of the route of estrogen administration and progestogens in the E3N cohort

Anne-Laure Madika, MD, Conor James MacDonald, PhD, Agnès Fournier, PhD, Claire Mounier-Vehier, MD, PhD, Guillaume Béraud, MD, PhD, and Marie-Christine Boutron-Ruault, MD, PhD

Menopausal hormone therapy was associated with a modest but significant increased risk of incident hypertension, especially when using oral estrogen, and in combination with a progestogen such as pregnane and norpregnane derivatives.

1209

Growth of surgically confirmed leiomyomas in postmenopausal women: analysis of the influencing factors

Minghong Shen, MD, Hua Duan, MD, PhD, Yanan Chang, MD, and Sha Wang, MD
Uterine fibroids continually grow in some postmenopausal women. Obesity and small fibroids (<3.0 cm diameter) may contribute to higher growth rates of fibroids.

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Estrogen modulates metabolic risk profile after resistance training in early postmenopausal women: a randomized controlled trial

Tine Vrist Dam, MSc, Line Barner Dalgaard, PhD, Christian Bejlegaard Thomsen, MSc, Rikke Hjortebjerg, PhD, Steffen Ringgaard, PhD, Frank Ted Johansen, MD, Mads Bisgaard Bengtsen, MD, PhD, Maike Mose, MD, PhD, Katrine Meyer Lauritsen, MD, Esben Søndergaard, MD, PhD, Claus H. Gravholt, MD, PhD, and Mette Hansen, PhD
Use of transdermal estrogen therapy reduced adipose tissue loss but improved metabolic blood markers when combined with 12 weeks of progressive resistance training in early postmenopausal women.

(continued)

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Effects of menopausal hormone therapy on cardiovascular diseases and type 2 diabetes in middle-aged postmenopausal women: analysis of the Korea National Health Insurance Service Database

Ji-Eun Kim, BSc, Jaesung Choi, PhD, JooYong Park, BSc, Aesun Shin, MD, PhD, Nam-Kyong Choi, PhD, and Ji-Yeob Choi, PhD

Menopausal hormone therapy use was not associated with the risk of either cardiovascular diseases or type 2 diabetes among middle-aged postmenopausal women.

1233

Physical activity domains are differently related with quality of life in breast cancer survivors: a cross-sectional study

Fernanda E. Ribeiro, PhD, William R. Tebar, PhD, Luiz Carlos M. Vanderlei, PhD, Cristina E.P.T. Fregonesi, PhD, Daniela T. Caldeira, MsC, Giuliano Tosello, PhD, Mariana R. Palma, PhD, and Diego G. D. Christofaro, PhD

Sports practice and leisure time/commuting physical activity (PA) were positively related to quality of life (QoL) in breast cancer survivors, while occupational PA was negatively related to QoL independently of age, marital status, and socioeconomic condition.

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Healthcare provider knowledge, attitudes, and preferences in management of genitourinary syndrome of menopause in the Mid-South

Joshua Morris, MD, MA, NCMP, Cassidy Clark, BS, Laura Reed, DNP, APRN, Diane Pace, PhD, APRN, NCMP, Xueyuan Cao, PhD, and Pallavi Khanna, MD, NCMP

The study examined the knowledge of healthcare providers in an urban Mid-South area of prescribing and counseling related to the care of women who present with complaints or clinical findings of genitourinary syndrome of menopause.

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Midwifery-oriented group counseling based on the GATHER approach on quality of life of women during the transition to menopause: a randomized controlled trial

Soraya Mardanpour, MSc, Farideh Kazemi, PhD, Mansoureh Refaei, PhD, Rafat Bakht, PhD candidate, and Molod Hoseini, MD

The results of this study show that midwifery-oriented group counseling based on the GATHER approach improves the life quality of women during the transition to menopause.

1254

Association of lifestyle factors with osteoporosis and fracture in postmenopausal women: a Japanese cohort study

Jun Otonari, MD, PhD, Hiroaki Ikezaki, MD, PhD, Norihiro Furusyo, MD, PhD, and Nobuyuki Sudo, MD, PhD

Osteoporosis and fracture showed different association patterns with lifestyle factors, and no factors were correlated with an increase in both osteoporosis and fracture.

OPEN

1264

Effect of free androgen index on blood pressure variability and target organ damage in postmenopausal hypertensive women: findings from a cross-sectional study

Jianshu Chen, PhD, Qiongying Wang, PhD, Ying Pei, MD, Ningyin Li, PhD, Junchen Han, MD, and Jing Yu, PhD

Higher serum free androgen index (FAI) levels in postmenopausal hypertensive women indicate abnormal blood pressure regulation and more serious target organ damage. FAI is closely related to 24-h systolic blood pressure average real variation (ARV) and 24-h diastolic blood pressure ARV in postmenopausal hypertensive women.



1271

Prevalence and risk factors for menopausal symptoms in middle-aged Chinese women: a community-based cross-sectional study

Xueyin Wang, PhD, Linhong Wang, MD, Jiangli Di, PhD, Xiaosong Zhang, PhD, and Gengli Zhao, MD

Menopausal status, residence, nulliparity and chronic diseases were associated with menopausal symptoms in middle-aged Chinese women.



1279

A predictive model of choosing pessary type for women with symptomatic pelvic organ prolapse

Hainan Xu, MD, Wenjing Wu, BS, Xinlu Wang, PhD, and Zhijun Xia, PhD

Age, Pelvic Organ Prolapse Quantification stage, and hiatal circumference (HC) on translabial ultrasound were predictive for choosing pessary type. Gellhorn pessaries should be the first choice in pessary fitting trials for women with younger age, larger HC, and severe pelvic organ prolapse.



1287

Estrogens influence differentially on the pelvic floor muscles activation at somatovisceral reflexes involved in micturition of rabbits

Octavio Sánchez-García, PhD, Rhode López-Juárez, PhD, Dora Luz Corona-Quintanilla, PhD, Ángeles Carrasco Ruiz, PhD, Margarita Martínez-Gómez, PhD, Estela Cuevas-Romero, PhD, and Francisco Castelán, PhD

This study demonstrated that somatovisceral reflexes involving the bladder, urethra, and pelvic floor muscles are sensitive to ovarian hormones, and estrogens contribute essentially.



1296

Obesity and metabolic syndrome induce hyperfiltration, glomerulomegaly, and albuminuria in obese ovariectomized female mice and obese male mice

Ana Elena Rodríguez-Rodríguez, PhD, Javier Donate-Correa, PhD, Sergio Luis-Lima, PhD, Laura Díaz-Martín, LT, Covadonga Rodríguez-González, PhD, José Antonio Pérez-Pérez, PhD, Nieves Guadalupe Acosta-González, PhD, Cecilia Fumero, LT, Maruja Navarro-Díaz, PhD, Dolores López-Álvarez, PhD, Jacobo Villacampa-Jiménez, PhD,

José Antonio Navarro-González, PhD, Alberto Ortiz, PhD, and Esteban Porrini, PhD

In female mice, menopause and metabolic syndrome and obesity seem to interact in the induction of early kidney damage characterized by glomerular hyperfiltration and increased urinary albumin excretion.

Brief Report

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The effect of hormone therapy on breast density following risk-reducing salpingo-oophorectomy in women with an increased risk for breast and ovarian cancer

Mark van Barele, MD, Chistien C.M. Buis, MD, Monique M.A. Brood-van Zanten, MD, H. (Lena) C. van Doorn, MD, PhD, Katja N. Gaarenstroom, MD, PhD,

Bernadette A.M. Heemskerk-Gerritsen, PhD, Maartje J. Hoening, PhD,

Joanne de Hullu, MD, PhD, Marian J. Mourits, MD, PhD, and Curt W. Burger, MD, PhD

A decline in breast density is seen after premenopausal risk-reducing salpingo-oophorectomy despite the use of both conjugated estrogens with medroxyprogesterone-acetate or tibolone, although lower breast density is seen after tibolone use.

Clinical Corner

NAMS Practice Pearl

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Addressing intimate partner violence with midlife women: awareness, support, empowerment

Judy C. Chang, MD, MPH, Elizabeth Miller, MD, PhD, and Rebecca C. Thurston, PhD
Approximately 4% of women aged 45 to 54 years have experienced intimate partner violence (IPV) in the past 12 months. Health professionals have a key role in promoting awareness about IPV, offering resources and connecting patients to services that increase options for safety. A universal-education approach raises awareness about IPV for all patients to understand that IPV is prevalent, that IPV is associated with numerous negative health consequences, and that help is available.

Review Article

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Vaginal CO2 laser therapy versus sham for genitourinary syndrome of menopause management: a systematic review and meta-analysis of randomized controlled trials

Yasser Khamis, MD, Ahmed Mohamed Abdelhakim, MBBCh, Kareem Labib, MD, Bassem Aly Islam, MD, Salma Ashraf Nassar, MD, Ahmed Osama Abdel Motaal, MD, Doaa M. Saleh, MD, Hossam Abdou, MD, Ahmed M. Abbas, MD, and Eman M. Mojahed, MD
CO2 laser therapy is a promising alternative for the management of genitourinary syndrome of menopause.

Letters to the Editor

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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.

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