**Editorials**

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Chrisandra L. Shufelt, MD, MS, NCMP, FACP,
2021-2022 NAMS President

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Getting a grip on older women’s health
Nanette Santoro, MD

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Lipid equilibrating actions of syringic acid following lost ovarian function
James K. Pru, PhD

**Original Studies**

1330
Hand grip strength and health-related quality of life in postmenopausal women: a national population-based study
Yun Soo Hong, MD, MHS, and Hoon Kim, MD, PhD, NCMP
*Higher hand grip strength was associated with a lower prevalence of moderate/severe problems in each dimension of the European Quality of Life Questionnaire - Five Dimensions in postmenopausal women. These associations were more apparent in individuals who were older, had higher BMI, or had a chronic disease.*

1340
Dietary syringic acid reduces fat mass in an ovariectomy-induced mouse model of obesity
Teruyoshi Tanaka, PhD, Kazuko Iwamoto, PhD, Maki Wada, BD, Erika Yano, BD, Toshiyuki Suzuki, PhD, Nobuhisa Kawaguchi, MS, Norifumi Shirasaka, PhD, Tatsuya Moriyama, PhD, and Yoshimi Homma, PhD
*This study demonstrated that dietary Syringic acid (SA) decreases fat mass without affecting the uterus or the weights of other major organs in ovariectomized mice. Therefore, SA may be suitable for use in the prevention of postmenopausal obesity and diabetes.*

(continued)
Prevalence of pre-sarcopenia among postmenopausal women younger than 65 years
Nalina Orprayoon, MD, Peerapraut Wainihipapong, MD, Jirapa Champaiboon, MD,
Lalita Watanachanya, MD, Unnop Jaisamrarn, MD, MHS, and Sukanya Chaikittisilpa, MD, MSc
Nearly 12% of Thai middle-aged postmenopausal women were pre-sarcopenic. Early detection
of symptoms of pre-sarcopenia and maintenance of a healthy body mass index may reduce the
burden of this condition for middle-aged and older women.

Age at menopause among rural and urban women in the state of Campeche, Mexico
Lynnette Leidy Sievert, PhD, Laura Huicochea-Gómez, PhD, Diana Cahuich-Campos, PhD,
Brian W. Whitcomb, PhD, and Daniel E. Brown, PhD
The early mean recalled age at menopause in southern Hopelchén was consistent with previous
studies in the Yucatán peninsula. Demographic and reproductive factors were more important
than ethnicity in explaining variation in age at menopause.

Self-care agency and associated factors in postmenopausal women
Yasmin Bastos-Silva, PhT, Luiza Borges Aguiar, PhT, PhD, Poliana Pacello, MD, PhT,
Luiz Francisco Baccharo, MD, PhD, Adriana Orcesi Pedro, MD, PhD, and
Lúcia Costa-Paiava, MD, PhD
This study observed that the self-care management of postmenopausal women was satisfactory
and was associated with lifestyle, self-perceived health, and knowledge about vitamin D.

“IT just makes me feel a little less alone”: a qualitative exploration of the podcast
Menopause: Unmuted on women’s perceptions of menopause
Amy L. Edwards, MSc, Philippa A. Shaw, MSc, Candida C. Halton, MSc, Stacy C. Bailey, PhD, MPH,
Michael S. Wolf, PhD, MPH, Emma N. Andrews, PharmD, and Tina Cartwright, PhD
This in-depth qualitative study demonstrated that listening to a menopause podcast series
helped women to learn about the menopause experience, have a greater sense of belonging to a
community of women, and feel empowered to make changes in their own lives. Sharing women’s
stories via podcasts thus has potential as an accessible and impactful medium to educate women
and reduce the widespread stigma associated with menopause.

Mind the gap: primary care physicians and gynecologists’ knowledge about menopause
and their attitudes to hormone therapy use in Jamaica
Giselle M. Harrison, DM, FACOG, Natalie N. Medley, DM, FACOG, Kamali N. Carroll, PhD,
Donnette A. Simms-Stewart, DM, FACOG, Shaun H. Wynter, DM, FACOG,
Horace M. Fletcher, DM, FACOG, and Carole A. Rattray, DM, FACOG
This study highlights the gaps in knowledge and practices and a need for carefully designed
curricula to provide individualized, risk-mitigated training in menopause healthcare.

Efficacy of black rice extract on obesity in obese postmenopausal women: a 12-week
randomized, double-blind, placebo-controlled preliminary clinical trial
Ah Jin Jung, MSc, Anshul Sharma, PhD, Sung-Hyen Lee, PhD, Sung-Joon Lee, PhD,
Jung-Hwan Kim, MD, and Hae-Jeung Lee, PhD
Black rice extract supplementation for 12 weeks appears to be effective in reducing fat
accumulation in postmenopausal women.
1400
Effects of heavy metals on hypertension during menopause: a Korean community-based cross-sectional study
Hai Duc Nguyen, MD, Hojin Oh, PharmD, and Min-Sun Kim, PhD
*Interactions were found between serum heavy metal levels and their tertiles in pre- and post-menopausal women with hypertension.*

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Natural menopausal age and cardiovascular disease risk factors in older Chinese women: Guangzhou Biobank Cohort Study
Huimin Su, MB, Chaoqiang Jiang, MD, Weisen Zhang, PhD, Feng Zhu, PhD, Yali Jin, MPH, Karkeung Cheng, PhD, Taihing Lam, MD, and Lin Xu, PhD
*Both early and late natural menopausal age were associated with a higher cardiovascular disease risk, and the associations were stronger in those with lower parity.*

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Identifying the different subtypes in menopausal symptoms among middle-aged women in China: a latent class analysis
Di Zhao, MD, Gaorong Lv, MD, Yunxue Zhang, MM, Zihui Xie, MM, Qing Wang, MM, Miao Zhou, MM, and Ping Li, PhD
*A person-centered approach for middle-aged women could address the unmet need to understand the heterogeneity of menopausal symptoms. Subtyping facilitates the identification of the potential causes of menopausal symptoms and the development of personalized interventions.*

Review Article

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Age at menopause in women living with HIV: a systematic review
Clara E. Van Omme, MD, Elizabeth M. King, MD, and Melanie C. M. Murray, MD, PhD
*This systematic review identified that women living with HIV may have a slightly earlier menopause transition compared to the general population and a high prevalence of premature ovarian insufficiency and early menopause. Further research is needed to address low to moderate study quality and evaluate what role prolonged amenorrhea may have in influencing these findings.*

Acknowledgment of Reviewers

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Abstracts

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2021 Annual Meeting of The North American Menopause Society
September 22 – 25, 2021, Washington, DC

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