



Menopause

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Patterns of menstrual cycle length over the menopause transition are associated with subclinical atherosclerosis after menopause

Samar R. El Khoudary, PhD, MPH, FAHA, Meiyuzhen Qi, MPH, Xirun Chen, MPH, Karen Matthews, PhD, Amanda A. Allshouse, MS, Sybil L. Crawford, PhD, Carol A. Derby, PhD, Rebecca C. Thurston, PhD, Rasa Kazlauskaitė, MD, Emma Barinas-Mitchell, PhD, and Nanette Santoro, MD
Patterns of cycle length over the menopause transition appear to be a marker of future vascular health that may help identify groups at greater or lesser risk of atherosclerosis after menopause.

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Handgrip strength, dynapenia, and related factors in postmenopausal women

Pascual García-Alfaro, MD, Sandra García, BSc, Ignacio Rodríguez, MSc, and Faustino R. Pérez-López, MD, PhD
Hand grip strength was associated with age at menopause, bone mineral density, and adiposity adjusted by age. The age and adiposity were significantly associated with a higher risk of dynapenia, whereas women with higher femoral neck T-score were less likely to have dynapenia.

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Treatment of menopausal symptoms: concomitant modification of cortisol

Angelo Cagnacci, MD, PhD, Anjeza Xholli, MD, Francesca Fontanesi, MD, Isabella Neri, MD, Fabio Facchinetti, MD, and Federica Palma, MD

Present data indicate that greater reduction in menopausal symptoms is associated with a larger decrease in cortisol levels. Possible implication of this finding on the long-term consequences for women's health needs to be explored.

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Cardiovascular mortality after bilateral oophorectomy: a prospective cohort study

Cathrine S. Olesen, MSc, Trine Koch, MSc, Cecilie S. Uldbjerg, MSc, Laura S. Gregersen, MSc, Jane Christensen, MSc, Christian Dehlendorff, PhD, Lærke Priskorn, PhD, Louise F. Wilson, PhD, Youn-Hee Lim, PhD, Jeanette T. Jørgensen, PhD, Zorana J. Andersen, PhD, Anders Juul, MD, PhD, Julie Abildgaard, MD, PhD, Martha Hickey, MD, PhD, and Elvira V. Bräuner, PhD

Bilateral oophorectomy may be associated with cardiovascular mortality in women, but the estimate was not statistically significant.

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Longitudinal association of midlife vision impairment and depressive symptoms: the study of Women's Health Across the Nation, Michigan site

Carrie A. Karvonen-Gutierrez, PhD, MPH, Navasuja Kumar, MBBS, MPH, Michelle M. Hood, MS, David C. Musch, PhD, MPH, Sioban Harlow, PhD, and Sayoko E. Moroi, MD, PhD

Vision impairment (VI) was associated with increased odds of future depressive symptoms among mid-life women. Timely detection and appropriate correction of VI may be important to consider in maintaining the mental health status of midlife women.

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Metacarpal bone diameter increases constantly in adult females, but escalated resorption of the inner surface at menopause explains the observed decreased bone mineral density at digital X-ray radiogrammetry

Carl Samuelsson, MD, Michael Wilczek, MD, PhD, Johan Kälvesten, PhD, Abdul Rashid Qureshi, PhD, and Torkel B. Brismar, MD, PhD

Metacarpal bones of adult women change morphologically with age – increasing in width while the cortex thins out from inside and the total bone mineral density decreases. This has been shown with high reproducibility by Digital X-Ray Radiogrammetry and raises questions about the relationship between bone morphology and fracture risk.

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Association between vasomotor symptoms and sarcopenia assessed by L3 skeletal muscle index among Korean menopausal women

Ki-Jin Ryu, MD, Hyun Kyun Kim, MD, Yeon Ju Lee, MD, Hyuntae Park, MD, PhD, and Tak Kim, MD, PhD

Vasomotor symptoms are less common in women with sarcopenia than in those without and are positively associated with paraspinal muscle mass in Korean menopausal women. These associations are independent of age, body mass index, adipose tissue mass, and lifestyle factors.

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Quality and readability of online health information on menopausal hormone therapy in Canada: what are our patients reading?

Fahmeeda Murtaza, HBSc, Lindsay Shirreff, MD, FRCSC, MSc,
Lina N. Huang, MD, FRCSC, NCMP, Michelle Jacobson, MD, FRCSC, MHSc, NCMP,
Radomir Jarcevic, MD, FRCSC, NCMP, and Marie K. Christakis, MD, MPH, FRCSC, NCMP
The findings of this study suggest that high-quality websites should be made more easily accessible, and that healthcare providers should direct patients to appropriate online health information during clinical encounters.

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The challenging screen detection of ovarian cancer in *BRCA* mutation carriers adhering to a 6-month follow-up program: results from a 6-years surveillance

Giovanni Grandi, MD, Federica Focchi, MD, Laura Cortesi, MD, Angela Toss, MD, PhD,
Fausto Boselli, MD, Margaret Sammarini, MD, Giovanna Sighinolfi, MD, and
Fabio Facchinetti, MD, PhD

*Different diagnostic tools must be evaluated to ensure early diagnosis of ovarian cancer in *BRCA* mutation carriers adhering to a follow-up program.*

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Menopausal symptoms among Chinese and Japanese women: differences and similarities

Jing Su, PhD, RN, Akiko Jogamoto, PhD, RN, Hiroyuki Yoshimura, PhD, and Lu Jun Yang, PhD
Japanese women reported more severe symptoms compared to their Chinese counterparts, and for Chinese women, symptoms might be specifically associated with menopausal status. Menopausal experience is associated with self-efficacy and vice versa.

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Association between eating alone and cardiovascular diseases in elderly women: a cross-sectional study of KNHANES 2016 data

Han-Gyo Choi, PhD, RN, Hye-Jin Kim, PhD, RN, and Seok-Jung Kang, PhD, RN
Elderly women who ate alone had poorer nutritional knowledge and intake. In addition, eating alone in elderly women was strongly associated with the prevalence of angina.

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The effects of estrogen deficiency and aging on myocardial deformation and motion in normotensive female rats

Tshiamo T. Maluleke, MSc, Aletta M.E. Millen, PhD, and Frédéric S. Michel, PhD
Estrogen deficiency does not independently cause cardiac remodeling, left ventricular dysfunction or impaired myocardial deformation. Traditional cardiovascular disease risk factors accompanying estrogen deficiency may account for cardiac remodeling and dysfunction observed in postmenopausal women.

Brief Report

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The menopausal transition in Mongolia

Oyuntuya Bayanjargal, MA, Zolzaya Namsrai, MA, and Lynnette Leidy Sievert, PhD
This study found that in Mongolia menopause was associated with a variety of symptoms that are characteristic (hot flashes) and not characteristic (anger) of symptoms at midlife in other countries.

Clinical Corner

NAMS Practice Pearl

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Select immunizations for adult women

Vivien Brown, MDCM, CCFP, FCFP, NCMP

The US National Vaccine Advisory Committee advises that healthcare professionals not only educate themselves and their patients about current vaccine recommendations but also that they include an immunization needs assessment in every clinical encounter. In 2020, a national vaccine plan was developed, coordinating goals and priorities for immunization. With the advent of the coronavirus pandemic and the role of vaccine to prevent COVID-19, these goals and strategies are even more important to lay the framework for a robust immunization effort in the general population.

Review Articles

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The evolving role of the Women's Health Specialist in cancer prevention and survivorship

Mercedes Castiel, MD, NCMP, Jessica C. Morgan, MD, and Sandra Naaman, MD, PhD, NCMP

Women's Health Specialists are in a unique position to identify and screen women who may be at risk for inherited cancer syndromes as well as provide necessary survivorship management following transition from their oncologists' care.

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Birth weight and the risk of overall breast cancer, premenopausal and postmenopausal breast cancer in adulthood: a dose-response meta-analysis of observational studies

Kang Wang, MD, Mingxiu Ge, MD, Lulu Liu, RN, Haihong Lv, RN, Shujuan Wang, RN, Fei Jia, RN, and Jinjun Sun, MD

With an increase in birth weight, the risk of postmenopausal breast cancer is likely to increase in the singleton births, whereas the risk of premenopausal breast cancer is likely to increase in unknown singleton status.

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