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Overactive bladder, stress urinary incontinence, and menopause—what are the associations?
Amanda L. Clark, MD, MCR, NCMP

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The challenges of screening large populations: transvaginal ultrasound and endometrial screening for endometrial cancer
Annekathryn Goodman, MD, MPH

Original Studies

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Prevalence and factors associated with overactive bladder and stress urinary incontinence in the Japan Nurses’ Health Study
Kazue Nagai, PhD, Yukio Homma, MD, PhD, Yuki Ideno, PhD, and Kunihiro Hayashi, PhD
This study showed a significant association with overactive bladder in women ages 45-54 years and postmenopausal status. A high BMI and parous status are strongly associated with stress urinary incontinence, and stress urinary incontinence symptoms may become less frequent after menopause.

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Clinicopathologic characteristics and risk factors for endometrial malignancy in postmenopausal women with endometrial thickening
Fangfang Ai, PhD, Yiling Wang, MM, Liane Zhou, MM, and Shijun Wang, MD
For postmenopausal women with endometrial thickening, the results of this study suggested that women who are older, have a thicker endometrial thickness, had irregular menstruation in the past, have postmenopausal bleeding, and have polyploid mass-like lesions should seek medical attention as soon as possible and undergo further invasive examination.

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MsFLASH analysis of diurnal salivary cortisol and palpitations in peri- and postmenopausal women
Janet S. Carpenter, PhD, RN, FAAN, James E. Tisdale, PharmD, Joseph C. Larson, MS, Ying Sheng, PhD, RN, Chen X. Chen, PhD, RN, Diane Von Ah, PhD, RN, Richard Kovacs, MD, Susan D. Reed, MD, MPH, Rebecca C. Thurston, PhD, and Katherine A. Guthrie, PhD
Palpitations among midlife women may be associated with blunted morning cortisol concentrations. The relationship is not explained by demographics, clinical variables, vasomotor symptoms, medication use, depression, stress, or insomnia.

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Factors affecting surgical decision-making in carriers of BRCA1/2 pathogenic variants undergoing risk-reducing surgery at a dedicated hereditary ovarian cancer clinic
Michelle R. Jacobson, MD, FRCS(C) NCMP, Melissa Walker, MD, FRCSC, Gabrielle E.V. Ene, BSc, Courtney Firestone, MD, Marcus Q. Bernardini, MD, FRCS(C), Lisa Allen, MD, FRCS(C), Ella Huszti, PhD, and Mara Sobel, MD, FRCS(C)
Canadian women with BRCA1/2 pathogenic variants have diverse needs and make varied decisions with regards to risk-reducing surgery. Optimal counseling should be individualized and evidence-based.

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Gastrointestinal symptoms in four major racial/ethnic groups of midlife women: race/ethnicity and menopausal status
Eun-Ok Im, PhD, MPH, FAAN, Gayeong Kim, MSN, RN, Miyoung Choi, PhD, RN, and Wonshik Chee, PhD
This study aims to explore the association of race/ethnicity to gastrointestinal (GI) symptoms experienced during the menopausal transition while considering multiple factors that could influence the symptoms. Race/ethnicity and menopausal status were significant factors that influenced the total numbers and total severity scores of GI symptoms among midlife women when background characteristics and health-related characteristics were controlled.

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Hypertensive disorders of pregnancy increase the risk of future menopausal hot flashes in Japanese women: results from the Japan Nurses’ Health Study
Moyo Ri, RN, MS, Kunihiko Hayashi, PhD, Takumi Kurabayashi, MD, PhD, Jung Su Lee, PhD, Yuki Ideno, PhD, Kazue Nagai, PhD, Toshiyuki Yasui, MD, PhD, Toshihiro Kubota, MD, PhD, and Kiyoshi Takamatsu, MD, PhD
This prospective study found that women with a history of hypertensive disorders of pregnancy have a significantly increased risk of problematic hot flashes, compared with their counterparts without a history of hypertensive disorders of pregnancy.

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Is cognitive performance of women sensitive to the severity of menopausal symptoms?
Mankamal Kaur, MSc, and Maninder Kaur, PhD
The findings of this study demonstrate that women experiencing severe menopausal symptoms presented significantly lower mean values for orientation, registration, attention, recall, and language/visuo-spatial skills as compared to their counterparts with mild menopausal symptoms.
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Decision aids and shared decision making in urogynecology
The use of decision aids was acceptable to providers, and indicated a trend toward increased patient knowledge, treatment preference, and satisfaction.

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Delivery of menopause care during a pandemic: an evaluation of patient satisfaction with telephone visits
Emily Wright, MD, Ola Shaltout, MD(c), Mary Ann Zokvic, MD, and Lindsay Shirreff, MD, MSc(HQ), FRCSC
Menopause clinic telephone appointments had high patient satisfaction, with most preferring this visit type, although in-person visits are preferred among a minority of women.

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Management of cardiovascular disease in women with premature ovarian insufficiency: critical quality appraisal of clinical guidelines and algorithm development
Min Yang, MSN, Li Jiang, MSN, and Nan-nan Yao, BSN
The overall methodological quality of most clinical practice guidelines (CPG) regarding cardiovascular disease in women with premature ovarian insufficiency was moderate to poor, with only 3 being assessed as recommended for clinical practice. On the basis of the available evidence, the authors of this study designed an algorithm with a clear implementation strategy to facilitate clinicians’ adherence to CPGs and contribute to evidence-based care.

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Bidirectional associations between cognitive functions and walking performance among middle-aged women
Anna Tirkkonen, MSc, Tiia Kekäläinen, PhD, Pauliina Aukee, MD, PhD, Urho M. Kujala, MD, PhD, Eija K. Laakkonen, PhD, Katja Kokko, PhD, and Sarianna Sipilä, PhD
This study showed that cognitive functions remained unchanged or improved after transition from perimenopause to postmenopause. Executive functions and walking were cross-sectionally associated among late perimenopausal women, but association depended on executive process measured and the nature of the physical task.

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Which injected antiosteooporotic medication is worth paying for? A cost-effectiveness analysis of teriparatide, zoledronate, ibandronate, and denosumab for postmenopausal osteoporotic women in China
Ruxu You, MS, Takahiro Mori, MD, PhD, Lei Ke, MS, Yuansheng Wan, MS, Yu Zhang, PhD, Fei Luo, MS, Da Feng, PhD, Guangyi Yu, MS, and Jinyu Liu, MS
Among postmenopausal osteoporotic women in China, denosumab therapy is cost-effective at all ages examined from the health care payer perspective, compared with teriparatide, zoledronate, or ibandronate.

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Perceived risk factors for weight gain, barriers, and facilitators related to weight loss experienced by perimenopausal women: focus group discussion and thematic analysis
Sakshi Chopra, MSc, Piyush Ranjan, MD, Anita Malhotra, PhD, Aditi Verma, MSc, Archana Kumari, MS, K. Aparna Sharma, MD, Siddharth Sarkar, MD, and Naval K. Vikram, MD
During the perimenopausal period, women encounter a range of barriers and challenges related to weight loss.
Brief Reports

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Association of oral contraceptives and tubal ligation with antimüllerian hormone
Christine R. Langton, PhD, Brian W. Whitcomb, PhD, Alexandra C. Purdue-Smithe, PhD,
Lynnette L. Sievert, PhD, Susan E. Hankinson, ScD, JoAnn E. Manson, MD, DrPH, NCMP,
Bernard A. Rosner, PhD, and Elizabeth R. Bertone-Johnson, ScD
This study examined the association of long-term use of oral contraceptives and tubal ligation
with antimüllerian hormone (AMH), a marker of ovarian aging. Associations between duration
of oral contraceptive use and certain types of tubal ligation with mean AMH levels were
observed.

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Stress predicts depression symptoms for women living with bipolar disorder during the
menopause transition
Tania Perich, PhD, and Jane Ussher, PhD
For women with bipolar disorder during perimenopause, sleep problems and hot flash severity
were correlated with each other and with depression, anxiety and stress symptoms. Stress alone
predicted depression symptoms in the sample.

Clinical Corner

NAMS Practice Pearl

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Practice considerations for behavioral therapies for depression and anxiety in midlife
women
Jill M. Cyranowski, PhD
Healthcare professionals treating women across the menopause transition would do well
to incorporate routine mental health screening and psychoeducation about the prevalence
and common risk factors for midlife mental health issues into their routine practices. Such
discussions can normalize and validate women’s experiences, destigmatize mental health
issues, and enhance patients’ motivation to pursue behavioral treatment options.

Review Article

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Factors associated with high placebo response in clinical studies of hot flashes:
a meta-analysis
Kentaro Miyazaki, MSc, Masayuki Kaneko, PhD, Mamoru Narukawa, PhD
This study identified several factors associated with high placebo response in clinical studies
of women with hot flashes. Knowing these factors may enable proactive implementation of
operational and analytic strategies that further aid in determining the true treatment effect of an
intervention.
Case Report

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Monckeberg’s arteriosclerosis: a case report of chronic endometritis presenting as postmenopausal bleeding

Victoria J. Mercer, BSc, Ather Naseemuddin, MBBS, FRCPC, and Amanda Webb, MD, FRCSC

This is the second case report of Monckeberg’s arteriosclerosis affecting the uterine vessels and the first time it has been reported in a patient who had undergone premature menopause and was associated with chronic endometritis that was unresponsive to multiple courses of antimicrobial therapy.