



Menopause

The Journal of The North American Menopause Society

VOLUME 29, ISSUE 4 2022

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Can 50 ever be the new 40, metabolically speaking?

Nancy A. Phillips, MD

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Pessaries: valuable interventions for symptomatic pelvic organ prolapse

Juana Hutchinson-Colas, MD, MBA

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Metabolic effects of menopause: a cross-sectional characterization of body composition and exercise metabolism

Lacey M. Gould, MA, Amanda N. Gordon, BS, Hannah E. Cabre, MS, RDN, Andrew T. Hoyle, BS, Eric D. Ryan, PhD, Anthony C. Hackney, PhD, DSc, and Abbie E. Smith-Ryan, PhD

In this cross-sectional study, women in peri-menopause exhibited more unfavorable body composition traits compared to pre- and post-menopausal women. Shifts in body composition and metabolism appear to peak during peri-menopause and stabilize in early post-menopause, highlighting peri-menopause as a critical window for interventions to prevent detrimental changes in body composition and metabolic health.

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Translabial ultrasound indices of failed pessary fittings in women with symptomatic pelvic organ prolapse

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

The results of this study showed that younger age, levator ani muscle avulsion, enterocele, and sizeable hiatal area on Valsalva proved independently predictive of failed pessary fittings in women with symptomatic pelvic organ prolapse.

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Toward a better measure of midlife sexual function: pooled analyses in nearly 1,000 women participating in MsFLASH randomized trials

Susan D. Reed, MD, MPH, Janet S. Carpenter, PhD, Joseph Larson, MS, Caroline M. Mitchell, MD, MPH, Jan Shifren, NCMP, MD, Julia Heiman, PhD, Nancy Fugate Woods, PhD, RN, FAAN, Stacy Tessler Lindau, MD, MA, Andrea Z. LaCroix, PhD, and Katherine A. Guthrie, PhD

This study demonstrates the concordance of low Female Sexual Function Index (FSFI) with a measure of distress; use of the FSFI (with modifications) plus the Female Sexual Distress – Revised (FSDS-R) provide an accurate diagnosis of female sexual dysfunction in midlife women. This study proposes that a new FSFI-19 cut point of <21 and minor modifications to the FSFI questions be considered to describe normal sexual function in midlife women as opposed to the cut point of <26.6 used for the general population.

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Resilience and sexual health among menopausal women: a cross-sectional study

Agustin Oliva, MD, Irene Serrano-García, MSc, Juan E. Asenjo, MD, PhD, Elisa Cedeira, MD, Inés Gil-Prados, MD, Miguel A. Herraiz, MD, PhD, and Pluvio J. Coronado, MD, PhD

In this sample, resilience was related to sexual health. Higher resilience scores seem to be linked to better quality of life during menopausal transition.

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Prevalence of female pattern hair loss in postmenopausal women: a cross-sectional study

Sukanya Chaikittisilpa, MD, MSc, Nattiya Rattanasirisin, MD, Ratchathorn Panchaprateep, MD, PhD, Nalina Orprayoon, MD, Phanuphong Phutrakul, PhD, Ammarin Suwan, MD, and Unnop Jaisamrarn, MD, MHS

The prevalence of female pattern hair loss (FPHL) was high in postmenopausal women, raising the need for hair loss awareness in menopause clinics. Early detection and proper treatment of FPHL may increase the quality-of-life in postmenopausal women.

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Patterns of mental health symptoms among women living with HIV ages 45-60 in England: associations with demographic and clinical factors

Katharina Haag, PhD, Shema Tariq, MBBS, PhD, Rageshri Dhairyan, MBBS, Caroline Sabin, PhD, Hajra Okhai, MSc, Richard Gilson, PhD, MRCP, MB BChir, Fiona Burns, MBChB, PhD, and Lorraine Sherr, PhD

Women with a history of depression, current anxiety/depression, and current menopause – related mental health symptoms were more likely to have poorer clinical outcomes. The findings of this study highlight the importance of assessing and managing menopausal symptoms and mental health in order to improve wellbeing and engagement in HIV care.

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Resilience and psychosocial factors linked to symptom experience during the menopause transition for women living with HIV

Elizabeth M. King, MD, Angela Kaida, MSc, PhD, Jerilynn Prior, MD, Arianne Albert, PhD, Peggy Frank, BSc, MRM, Rahma Abdul-Noor, Gladys Kwaramba, Rebecca Gormley, MPH, Alexandra de Pokomandy, MD, Mona Loutfy, MD, MPH, and Melanie C. M. Murray, MD, PhD
Women living with HIV experience a high burden of midlife symptoms, decreased by resilience and most intense during perimenopause. Unwanted experiences were linked to psychosocial and behavioural factors. These data encourage HIV providers to adopt a bio-psycho-social approach to midlife management.

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Psychological well-being of midlife women: a structural equation modeling approach

Jiwon Lee, RN, PhD and Jong-Eun Lee, RN, PhD

This study showed that self-efficacy was positively related to the psychological well-being of middle-aged women and appeared to be mediated by perceived stress, menopausal management, menopausal symptoms, and self-compassion.

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Association of adiposity evaluated by anthropometric, BIA, and DXA measures with cardiometabolic risk factors in nonobese postmenopausal women: the CoLaus/OsteoLaus cohort

Elisabeth Stamm, MD, Pedro Marques-Vidal, MD, Elena Gonzalez Rodriguez, MD, PhD, Peter Vollenweider, MD, Didier Hans, MD, PhD, and Olivier Lamy, MD

Visceral adipose tissue measured by Dual-energy X-ray Absorptiometry is the parameter most correlated with cardiometabolic risk factors, and could become a component of cardiometabolic marker on its own.

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Effects of menopause on the retinal nerve fiber layer and ganglion cell complex and on intraocular pressure

Oksan Alpogan, MD, and Hatice Tekcan, MD

In this study, there was no significant difference in all retinal nerve fiber layer (RNFL) and ganglion cell complex (GCC) values between the reproductive age and postmenopausal women after adjusting for age and BMI. However, a long postmenopausal period was associated with higher RNFL and GCC values.

Review Articles

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Safety and efficacy of compounded bioidentical hormone therapy (cBHT) in perimenopausal and postmenopausal women: a systematic review and meta-analysis of randomized controlled trials

Yi Liu, PharmD, PhD, Ying Yuan, PhD, A.J. Day, PharmD, Wen Zhang, MS, Princy John, PharmD, MSc, MBA, Danielle J. Ng, PharmD, and Daniel Banov, MS, RPh

In this systematic review and meta-analysis of randomized controlled clinical trials in perimenopausal and postmenopausal women, compounded bioidentical hormone therapy (cBHT) did not adversely affect lipid profile, glucose metabolism, endometrial thickness, or severe adverse events. Currently available short-term evidence suggests beneficial effects for vaginal androgens on vaginal atrophy symptoms, and consistent trends in changes of serum hormone levels were observed across studies.

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Transdermal estrogen therapy in menopausal women at increased risk for thrombotic events: a scoping review

Talia H. Sobel, MD, NCMP, and Wen Shen, MD, MPH

This scoping review provides data regarding the safety of transdermal menopausal hormone therapy use in postmenopausal women with risk factors for venous thromboembolism, and clinicians should have risk versus benefit discussions with each patient regarding its use.

Case Report

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Ovarian insufficiency and secondary amenorrhea in a patient with a novel variant within *GDF9* gene

Nikolaos M. Marinakis, MSc, PhD, Eirini Tsoutsou, MD, PhD, Christalena Sofocleous, PhD, Danai Veltra, PhD, Petros Papaefthimiou, MSc, Aristides Lytras, MD, PhD,

Joanne Traeger-Synodinos, DPhil (Oxon), and Christina Kanaka-Gantenbein, MD, PhD

*This case study reports a patient presenting with secondary amenorrhea due to premature ovarian failure and a pituitary lesion with radiological characteristics compatible with a Rathke cyst or a macroadenoma. Application of Whole Exome Sequencing revealed a novel heterozygous stop-loss variant in the *GDF9* gene.*

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:** \$663.

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