



Menopause

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Editorials

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Contributions of oophorectomy and other gynecologic surgeries to cognitive decline and dementia

Sybil L. Crawford, PhD

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When gynecologic surgery is needed, are women's ovarian function being preserved as often as it should be?

Monique A. Rainford, MD

NAMS Utian Translational Science Symposium Report

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NAMS 2021 Utian Translational Science Symposium

September 2021, Washington, DC

Charting the path to health in midlife and beyond: the biology and practice of wellness

Nanette F. Santoro, MD, Helen L. Coons, PhD, Samar R. El Khoudary, PhD, C. Neill Epperson, MD, Julianne Holt-Lunstad, PhD, Hadine Joffe, MD, MSc, Sarah H. Lindsey, PhD, Kara L. Marlatt, PhD, Patti Montella, Gloria Richard-Davis, MD, Bonny Rockette-Wagner, PhD, Marcel E. Salive, MD, Cynthia Stuenkel, MD, Rebecca C. Thurston, PhD, Nancy Woods RN, PhD, and Holly Wyatt, MD

Charting the Path to Health in Midlife and Beyond: The Biology and Practice of Wellness was The 2021 Utian Translational Science Symposium held on Tuesday, September 21, 2021. Foundational psychosocial and behavioral approaches to promote healthy aging and strategies to disseminate this information were discussed.

Original Studies

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Oophorectomy and rate of dementia: a prospective cohort study

Cecilie S. Uldbjerg, MSc, Louise F. Wilson, PhD, Trine Koch, MSc, Jane Christensen, MSc, Christian Dehlendorff, PhD, Lærke Priskorn, PhD, Julie Abildgaard, MD, PhD, Mette K. Simonsen, MD, PhD, Youn-Hee Lim, PhD, Jeanette T. Jørgensen, PhD, Zorana J. Andersen, PhD, Anders Juul, MD, PhD, DMSc, Martha Hickey, MBChB, MD, FRANZCOG, and Elvira V. Bräuner, PhD

Bilateral but not unilateral oophorectomy may be associated with an increased rate of dementia in women, however firm conclusions regarding the potential modifying role of hormone therapy and hysterectomy on this association were unable to be made. Although an increase in dementia after bilateral oophorectomy is biologically plausible, limited statistical power hampers the precision of the estimates.

(continued)

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Avoidable bilateral salpingo-oophorectomy at hysterectomy: a large retrospective study

Ana-Maria Iancu, MD, MSc, Ally Murji, MD, MPH, Ovina Chow, MD,
Jodi Shapiro, MD, MHSc, Amanda Cipolla, MD, and Lindsay Shirreff, MD, MSc(HQ)
*Pathologic diagnosis justified most bilateral salpingo-oophorectomies (BSOs) at hysterectomy.
BSO was avoidable in 5.6% of patients, underscoring the need to standardize the practice of BSO.*

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Blood pressure control and glaucoma risk in postmenopausal women: an analysis from the Women's Health Initiative

Bernhard Haring, MD, MPH, Kathleen Hovey, MS, Mike LaMonte, PhD, Chris Andrews, PhD,
Nazmus Saquib, MBBS, PhD, MPH, JoAnn E. Manson, MD, DrPH, Daichi Shimbo, MD,
Robert Ritch, MD, Carlos Gustavo De Moraes, MD, PhD, MPH, and
Sylvia Wassertheil-Smoller, PhD
*Blood pressure (BP) control is not associated with an increased or decreased glaucoma risk in
elderly women. The findings of this study provide reassurance regarding the stricter BP control
recommended by current guidelines for the prevention of cardiovascular disease.*

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A 16-week multicomponent exercise training program improves menopause-related symptoms in middle-aged women. The FLAMENCO project randomized control trial

Laura Baena-García, PhD, Marta Flor-Aleman, BSc, Nuria Marín-Jiménez, BSc, Pilar Aranda, PhD,
and Virginia A. Aparicio, PhD
*A 16-week multicomponent physical exercise program showed a positive effect on menopause-
related symptoms, especially in couple relationships, psychological state, and vasomotor symp-
toms among 45-60 year old women.*

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The effect of music therapy on menopausal symptoms and depression: a randomized-controlled study

Derya Yüksel Koçak, PhD, and Yeliz Varışoğlu, PhD
*Listening to music can help reduce depression levels and symptoms of menopause in postmenopausal
women. Music could be used as a non-pharmacological therapeutic option in nursing care.*

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Prevalence, severity, and associated factors in women in East Asia with moderate-to-severe vasomotor symptoms associated with menopause

Qi Yu, MD, Hee-Dong Chae, MD, PhD, Sheng-Mou Hsiao, MD, Jipan Xie, MD, PhD,
Martin Blogg, BSc (Hons), CStat, Budiwan Sumarsono, MD, MSc, and Soyoung Kim, MPH
*This survey conducted in East Asia among women 40-65 years showed that vasomotor symptoms
associated with menopause affected ~80% of women. A substantial proportion of women are
unsuitable for, or choose not to take, menopausal hormone therapy, resulting in an unmet need for
non-hormonal treatment options.*

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The association of age at natural menopause with pre- to postmenopausal changes in left ventricular structure and function: the Coronary Artery Risk Development in Young Adults (CARDIA) study

Duke Appiah, PhD, MPH, Chike C. Nwabuo, MD, MPH, Imo A. Ebong, MD, MS,
Henrique D. Vasconcellos, MD, MSc, Melissa F. Wellons, MD, MHS, Cora E. Lewis, MD, MSPH,
Joao A. Lima, MD, MBA, and Pamela J. Schreiner, PhD, MS
*In this study, premenopausal cardiovascular disease risk factors attenuated the association of
age at natural menopause with changes in left ventricular structure parameters, suggesting that
premenopausal cardiovascular disease risk factors may predispose women to elevated future
cardiovascular disease risk more than ovarian aging.*

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Prognostic value of arterial stiffness in menopausal women

Minkwan Kim, MD, PhD, Hack-Lyoung Kim, MD, PhD, Yuna Cho, MD, Woo-Hyun Lim, MD, PhD, Jae-Bin Seo, MD, PhD, Sang-Hyun Kim, MD, PhD, Joo-Hee Zo, MD, PhD, and Myung-A Kim, MD, PhD

Elevated brachial-ankle pulse wave velocity was associated with the occurrence of major adverse cardiovascular events in menopausal women without cardiovascular disease and may represent a useful screening tool.

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The effect of micronized progesterone and medroxyprogesterone acetate in combination with transdermal estradiol on hemostatic biomarkers in postmenopausal women diagnosed with POI and early menopause: a randomized trial

Monica Mittal, BSc, MBBS, MRCOG, MD, Paradzai Chitongo, PhD, Prasanna Raj Supramaniam, MBChB, MSc, MRCOG, MAcadMed, Linda Cardozo, MD, MRCOG, FRCOG, Mike Savvas, MBBS, FRCOG, Nick Panay, BSc, MBBS, FRCOG, MFSRH, Roopen Arya, BMChB, MA, PhD, FRCP, FRCPATH, and Haitham Hamoda, MBChB, MD, FRCOG

Fluctuations in traditional hemostatic biomarkers were not reproduced by parallel changes in thrombin generation parameters which remained neutral in both groups compared to baseline. The absence of statistically significant changes in thrombin generation for the first 3-months of hormone therapy use is reassuring and would suggest a neutral effect of both progestogens on the global coagulation assay.

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Mediation effect of body mass index on the association between age at menopause and type 2 diabetes mellitus in postmenopausal Chinese women

Yijing Zhao, MS, Su Wang, MS, Yu Yang, PhD, Wen Cao, PhD, Kun Chen, PhD, and Kun Wang, PhD

The later age of menopause was positively related to type 2 diabetes mellitus. Body mass index partially mediated the association between age at menopause and glucose status and suppressed the association between age at menopause and homeostasis model assessment of β -cell function.

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A report on pharmacists with the NCMP credential

Sally Rafie, PharmD, BCPS, NCMP, FCCP, FCPhA, Audra M. Sandoval, PharmD, Veronica P. Vernon, PharmD, BCPS, BCACP, NCMP, and Elizabeth A. Cook, PharmD, AE-C, BCACP, CDES

Pharmacists pursue the North American Menopause Society Certified Menopause Practitioner (NCMP) credential for credibility with patients and other healthcare providers and to increase their knowledge about menopause, find it to be valuable, and plan to maintain it. In addition to current practices including patient counseling and education, pharmacists with the NCMP credential desire to advance pharmacist practice in menopause care to include management of pharmacologic therapies.

Clinical Corner

NAMS Practice Pearl

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Update on migraine management

Lisa Larkin, MD, FACP, NCMP, IF

Early diagnosis of migraine is critical to reduce disability. Despite recent advances in our understanding of migraine pathophysiology and new FDA-approved targeted migraine therapies, migraine remains underdiagnosed and undertreated.

Review Articles

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Efficacy of interventions to manage sexual dysfunction in women with cancer: a systematic review

Fiorentina Febrina, BMedSci, Ichsan Fauzi Triyoga, BMedSci,
Michelle White, MBBS, GDipPallMed, FRACP, Jennifer L. Marino, BA, BSN, MPH, PhD, and
Michelle Peate, BSc(Bioinfo), GradDipSc(Biol), MScMed(RH&HG), PhD

*This systematic review found that gels or creams were useful in reducing dyspareunia.
Pharmacological, psychoeducational, laser therapy, and multimodal approaches demonstrated
potential in managing cancer-related sexual issues, but most studies were small in size (10-70
participants), with moderate to high risk of bias.*

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Different regimens of menopausal hormone therapy for improving sleep quality: a systematic review and meta-analysis

Zhuo Pan, MD, Shu Wen, MD, Xiaoyong Qiao, MD, Meina Yang, MM, Xiaoyang Shen, PhD,
and Liangzhi Xu, MD, PhD

*Hormone therapy has a beneficial effect on sleep disturbance to some extent, and the
formulations and routes of administration of hormonal agents influence the effect size.*

Letters to the Editor

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