



Menopause

The Journal of The North American Menopause Society

VOLUME 29, ISSUE 6 2022

SDC

Supplemental Digital Content is available.

OPEN

Open Access article.

CONTENTS

Editorials

639

Dyspareunia—where and why the pain?

Susan D. Reed, MD, MPH

642

On no! Where did my “big O” go? Or could severe menopausal symptoms have stolen my orgasm?

James A. Simon, MD, CCD, NCMP, IF, FACOG

644

Sarcopenic obesity: a double whammy

Steven R. Goldstein, MD, NCMP, CCD, FACOG, FRCOG(H)

Original Studies

SDC

646

Where does postmenopausal dyspareunia hurt? A cross-sectional report

Martha F. Goetsch, MD, MPH, Bharti Garg, MBBS, MPH, Jen Lillemon, MD, and Amanda L. Clark, MD, MCR, NCMP

Correlating the symptom of dyspareunia with genital examination findings may further the understanding of treatment outcomes for genitourinary syndrome of menopause.

SDC

654

Female orgasmic dysfunction and severe climacteric symptomatology in women aged 40 to 59 years: an independent association from an analysis of a multicenter Latin American study

Diego Urrunaga-Pastor, MD, Edward Mezones-Holguin, MD, MSc, Juan E. Blümel, MD, PhD, Moises Apolaya-Segura, MD, MSc, German Barín, MD, Emma Belzares, MD, Ascanio Bencosme, MD, Andres Calle, MD, Maria T. Espinoza, MD, Daniel Flores, MD, Humberto Izaguirre, MD, Patricia León-León, MD, Selva Lima, MD, Alvaro Monterrosa, MD, Desiree Mostajo, MD, Daysi Navarro, MD, Eliana Ojeda, MD, Edwin Soto, MD, Maria S. Vallejo, MD, Konstantinos Tserotas, MD, and Peter Chedraui, MD, PhD

Severe climacteric symptoms are associated with orgasmic dysfunction independently of demographic, clinical, and partner variables. Severe urogenital symptoms had a more significant association with orgasmic dysfunction, followed by somatic and psychological symptoms.

(continued)

664

Clinical suspicion of sarcopenic obesity and probable sarcopenic obesity in Colombian women with a history of surgical menopause: a cross-sectional study

Álvaro Monterrosa-Castro, MD, MSc, María Prada-Tobar, MD,
Angélica Monterrosa-Blanco, MD, MSc, Diana Pérez-Romero, MD, Cindy Salas-Becerra, MD,
and Velia Redondo-Mendoza, MD

In a group of older adult women, the frequency of clinical suspicion of sarcopenic obesity (CSSO) was up to 3.0% and probable sarcopenic obesity (PSO) up to 2.4%. Surgical menopause was statistically significantly associated with PSO.

SDC

671

Positive impact of a co-designed digital resource for women with early menopause

Ladan Yeganeh, BMid, MMid, PhD, Jacqueline A. Boyle, MBBS, FRANZCOG, MPH & TM, PhD,
Kate Johnston-Ataata, BA (Hons), PhD, Jacinthe Flore, BA (Hons), PhD,
Martha Hickey, BA, MS, MBBS, FRCOG, FRANSCOG, MD,
Renata Kokanović, BA (Hon), PhD, Helena Teede, MBBS, FRACP, PhD,
and Amanda J. Vincent, MBBS BMedSci (Hons), PhD, FRACP

This study evaluated a digital resource, comprising audio/ video clips, question prompt list and information links, co-designed for women with early menopause. Use of this resource was associated with positive changes in regard to women's health empowerment, illness and risk perception, knowledge and symptoms.

OPEN

680

Sleep apnea in postmenopausal women is associated with joint pain severity and fatigability: a cross-sectional study

Tamami Odai, MD, PhD, Masakazu Terauchi, MD, PhD, NCMP, Hidenori Umeki, MD,
Naoyuki Miyasaka, MD, PhD, and Yoshiaki Somekawa, MD, PhD

Sleep apnea in postmenopausal women who had treatment-resistant sleep disorders is associated with joint pain severity and fatigability. Detailed examination of sleep-disordered breathing is warranted in women with severe joint pain and fatigability.

687

Effectiveness of an individualized comprehensive rehabilitation program in women with chronic knee osteoarthritis: a randomized controlled trial

Laura López López, MSc, Paula Obeso Benítez, PT, Jesús Casilda López, PhD,
Irene Cabrera Martos, PhD, Janet Rodríguez Torres, MSc, María Granados Santiago, MSc, and Marie-Carmen Valenza, PhD

An 8-week individualized comprehensive rehabilitation program improved functionality, physical performance and perceived health status compared to an aquatic training program in women with chronic knee osteoarthritis.

693

Changes in satisfaction with female genital self-image and sexual function after a Qigong exercise intervention in Spanish postmenopausal women: a randomized-controlled trial

María del Carmen Carcelén-Fraile, PhD, Agustín Aibar-Almazán, PhD,
Antonio Martínez-Amat, PhD, Vânia Brandão-Loureiro, PhD, José Daniel Jiménez-García, PhD,
Yolanda Castellote-Caballero, PhD, and Fidel Hita-Contreras, PhD

The results of this study suggest that a Qigong exercise program has the potential to improve female genital self-image and female sexual function among postmenopausal Spanish women.

SDC

700

Correlation among four questionnaires that evaluate menopausal symptoms

Laura A. Cota e Souza, MSc, Amanda T. Araujo, BSc, and Angelica A. Lima, PhD

The Menopause Rating Scale, Greene Climacteric Scale, Kupperman Menopausal Index, and Women's Health Questionnaire assessed menopausal symptoms in a very similar way. Further studies are suggested to adjust and improve the existent questionnaires, test their robustness in different settings, and ensure their applicability in research and clinical practice.

707

Mental health and quality of life in postmenopausal women as a function of retrospective menopause symptom severity

Savannah C. Hooper, BA, Victoria B. Marshall, BA, Carolyn B. Becker, PhD, Andrea Z. LaCroix, PhD, Pamela K. Keel, PhD, and Lisa S. Kilpela, PhD

The findings of this study suggest that retrospective menopause symptom severity, especially psychological and somato-vegetative symptoms, are associated with current mental health and the quality of life of postmenopausal women.

714

Habitual aerobic exercise in healthy postmenopausal women does not augment basal cardiac autonomic activity yet modulates autonomic-metabolic interactions

Emma O'Donnell, PhD, and Jennifer Craig, PhD

Basal and post-exercise heart rate variability does not differ between habitually trained and untrained postmenopausal women (PMW); however, greater insulin sensitivity was associated with higher cardiac parasympathetic tone in trained PMW only. Exercise training may favorably modulate cardiac autonomic-metabolic interactions in PMW.

SDC

723

Asynchronous telehealth visits for the treatment of overactive bladder

Marcus V. Ortega, MD, Marcela G. del Carmen, MD, MPH, May Wakamatsu, MD, Susan A. Goldstein, MS, Eirian Siegal-Botti, BA, and Jason H. Wasfy, MD, MPhil

This study demonstrates the feasibility of asynchronous visits for the treatment of overactive bladder (OAB). Although these results suggest efficacy, given the pre-post change in OAB-related questionnaire scores following asynchronous visits, the comparative effectiveness of asynchronous visits versus regular care needs to be confirmed in a randomized trial.

728

Does temporomandibular disorder correlate with menopausal symptoms?

Alessandra Pucci Mantelli Galhardo, PhD, Marcia Katsuyoshi Mukai, PhD, Maria Cândida P. Baracat, PhD, Angela Maggio da Fonseca, PhD, Cristiane Lima Roa, MD, Isabel Cristina Espósito Sorpreso, PhD, Edmund Chada Baracat, PhD, and Jose Maria Soares Junior, PhD

The results of this study suggest that temporomandibular disorder-induced pain and menopausal symptoms are correlated, and more strongly so in the late menopausal transition. Additionally, sociodemographic factors, such as schooling, have a major influence on symptoms in early post-menopause.

734

Obesity and abdominal obesity are risk factors for airway obstructive diseases in Korean women: nationwide population-based cohort study

Chung-Woo Lee, MD, HyunJin Kim, MD, Myung Ji Nam, MD, Yeon Joo Choi, MD, Kyungdo Han, PhD, Jin-Hyung Jung, Do-Hoon Kim, MD, PhD, and Joo-Hyun Park, MD, PhD
Obesity and abdominal obesity are risk factors for chronic obstructive pulmonary disease (COPD) and asthma in premenopausal and postmenopausal Korean women. Controlling weight and maintaining a healthy body shape can help prevent COPD and asthma in women.

Brief Report

SDC

741

Premature and early menopause among US women with or at risk for HIV

Brooke W. Bullington, BA, Andrew Edmonds, PhD, MSPH, Catalina Ramirez, MPH, MHA, Lisa Rahangdale, MD, MPH, Genevieve Neal-Perry, MD, PhD, Deborah Konkole-Parker, PhD, FNP, FAAN, Deborah Jones Weiss, PhD, Caitlin Moran, MD, MSc, Elizabeth Topper Golub, PhD, MEd, MPH, Helen Cejtin, MD, Dominika Seidman, MD, MAS, Seble Kassaye, MD, MS, Tracey E. Wilson, PhD, Anjali Sharma, MD, MS, Adaora A. Adimora, MD, MPH, and Andrea K. Knittel, MD, PhD

The findings of this study suggest that disparities in receipt of recommended hormone therapy for premature and early menopause may contribute, in part, to evident health disparities, such as cardiovascular disease, osteoporosis, and overall mortality. They also suggest a substantial need for education among people experiencing early menopause and their providers, with the goal of improving access to hormone therapy based on guidelines to address health disparities and minimize future health consequences.

Clinical Corner

Invited Review

748

Knee osteoarthritis in midlife women: unique considerations and comprehensive management

Zachary A. Curry, MD, PhD, Alexandra Beling, MD, and Joanne Borg-Stein, MD

Knee osteoarthritis is a common condition affecting midlife women and those going through menopause. This review discusses the pathophysiology, diagnosis, and treatment of knee osteoarthritis with a focus on midlife women.

Letters to the Editor

756

Erratum

759

Wolters Kluwer Health, Inc., and The North American Menopause Society cannot be held responsible for errors or for any consequences arising from the use of the information contained in this journal. All advertising material published in this journal is expected to conform to regulatory and medical standards. The appearance of advertising in this publication does not constitute a guarantee or endorsement by The North American Menopause Society or Wolters Kluwer Health, Inc., of the quality or value of such a product or service or any claims made by its marketer.

Permissions and photocopying: For permission and/or rights to use content for which the copyright holder is Wolters Kluwer or the society we have partnered with the Copyright Clearance Center to provide permissions for our products through their RightsLink service, please go to the journal's website and after clicking on the relevant article, click on the "Get Content & Permissions" link under the "Article Tools" box that appears on the right side of the page. For questions about the Rightslink service, e-mail customer-care@copyright.com or call 877-622-5543 (U.S. Only) or 978-777-9929. Permissions FAQs and information on author's permission requests are available at <https://shop.lww.com/journal-permission>. For additional permission inquiries, please contact Permissions@LWW.com.

For translation rights requests, contact TranslationRights@wolterskluwer.com. For license to republish and distribute requests, contact HealthLicensing@wolterskluwer.com. For special projects and reprints (U.S./Canada), contact Alan Moore at Alan.Moore@wolterskluwer.com or reprintsolutions@wolterskluwer.com. For special projects and reprints (non-U.S./Canada), contact Avia Potashnik at Avia.Potashnik@wolterskluwer.com or International-Reprints@wolterskluwer.com.

Menopause: The Journal of The North American Menopause Society is a registered trademark of The North American Menopause Society.

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.

Copyright © 2022 by The North American Menopause Society. All rights reserved.