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

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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
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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)
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.

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, FRANZCOG, MD, Renata Kokanović, BA (Hons), 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.

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.

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.

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, Vánia 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.
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.

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.

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.

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. Wasyly, 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.

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.

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

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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 Konkle-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

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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.

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