



# Menopause

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#### Reflecting on the enduring effects of childhood maltreatment

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### NAMS Position Statement



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#### The 2022 hormone therapy position statement of The North American Menopause Society

*An update of the NAMS 2017 Hormone Therapy Position Statement, this evidence-based statement expands on the benefits and risks of hormone therapy in menopausal women when treating the hallmark symptoms of menopause as well as other disorders caused by estrogen deficiency. Hormone therapy remains the most effective treatment for vasomotor symptoms and the genitourinary syndrome of menopause and has been shown to prevent bone loss and fracture. Information is provided on areas such as types of hormone therapy, specific formulations, age at time of initiation, duration of therapy, and potential risks of longer-term use. Sections on hormone therapy's effect on the management of primary ovarian insufficiency and on cognition have been amplified, as well as data on its effect on cardiovascular disease and cancer. Areas for further research are identified.*

(continued)

## Original Studies

SDC

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### **The association between shift work exposure and the variations in age at natural menopause among adult Canadian workers: results from the Canadian Longitudinal Study on Aging (CLSA)**

Durdana Khan, MPH, Michael Rotondi, PhD, Heather Edgell, PhD,  
and Hala Tamim, PhD

*The results of this study suggest a relationship between rotating shift and delayed onset of menopause. The study speculates that disruptive circadian stimuli may play a role in menopausal onset and this warrants further investigation.*

805

### **Risk of high depressive symptoms after the final menstrual period: the Study of Women's Health Across the Nation (SWAN)**

Howard M. Kravitz, DO, MPH, Alicia B. Colvin, PhD, Nancy E. Avis, PhD,  
Hadine Joffe, MD, MSc, Yuqing Chen, MPH, and Joyce T. Bromberger, PhD

*Compared to premenopause, postmenopause remains a period of increased risk for higher depressive symptoms, especially for women with pre-final menstrual period (FMP) depressive symptoms. Pre-FMP depressive symptom trajectories are highly predictive of postmenopause depressive symptoms independent of health and psychosocial factors.*

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### **Childhood maltreatment and the menopause transition in a cohort of midlife New Zealand women**

Lana Cleland, MSc, Geraldine F.H. McLeod, PhD, Bhubaneswor Dhakal, PhD,  
Anna Fenton, PhD, MBChB, Jacqui-Lyn Welch, MBChB, L. John Horwood, MSc,  
and Joseph M. Boden, PhD

*Knowledge surrounding the link between childhood adversity and reproductive outcomes including progression into perimenopause at midlife is limited. This study found that the severity of childhood sexual abuse exposure was associated with earlier menopausal transition in this female cohort.*

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### **Physical function trends and their association with mortality in postmenopausal women**

Deepika R. Laddu, PhD, Nazmus Saquib, PhD, JoAnn E. Manson, MD, DrPH,  
Ross Arena, PhD, PT, Aladdin H. Shadyab, PhD, MS, MPH, Julie C. Weitlauf, PhD,  
Kathleen M. Hovey, MS, Christopher Andrews, PhD, Hailey Banack, PhD,  
Marcia L. Stefanick, PhD, Michael J. LaMonte, PhD, for the Women's Health Initiative Investigators  
*The RAND-36 questionnaire is a reasonable substitute for tracking physical functioning and estimating its association with all-cause mortality in older adults when clinical performance testing is not feasible.*

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### **The association of vasomotor symptoms during the menopausal transition and cognition in later life**

Amalia Peterson, MD, Reena T. Gottesman, MD, MS, Eliza C. Miller, MD, MS,  
and Sarah E. Tom, PhD, MPH

*This study did not find an association between vasomotor symptoms (VMS) during the menopausal transition and cognition in later life. Although prior studies have shown evidence of an association between VMS and cardiovascular health, this study does not suggest that self-reported VMS are related to brain health later in life.*

840

**Immigration transition and gastrointestinal symptoms during menopausal transition: midlife women in the US**

Eun-Ok Im, PhD, MPH, FAAN, Mi-Young Choi, PhD, RN, Gayeong Kim, MSN, RN, Ruiqi Jin, MSN, RN, and Wonshik Chee, PhD

*This study supports that immigration status was a significant factor that influences gastrointestinal symptoms during the menopausal transition.*

850

**Early menopause and a low body mass index are associated with an increased risk of coronary heart disease in Japanese women**

Keiko Yamanouchi, MD, PhD, Tsuyoshi Ohta, MD, PhD, Tsuneo Konta, MD, PhD, Fumihiko Nakamura, MD, Shouta Horikawa, MD, Nanako Nakai, MD, Kazuyoshi Sakai, MD, Mika Fukase, MD, Manabu Seino, MD, PhD, Hizuru Yamatani, MD, PhD, Masafumi Watanabe, MD, PhD, Yoshiyuki Ueno, MD, PhD, and Satoru Nagase, MD, PhD

*Early menopause and low BMI were associated with increased prevalence of coronary heart disease (CHD) in Japanese women. Age at menopause and low BMI should be considered during the management of CHD risk in routine practice.*

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**Impact of a 12-minute educational video prior to initial consultation in a Mature Women's Health and Menopause Clinic**

Jeanne Bouteaud, MD, MSc, NCMP, Ola Shaltout, MD(c), Marie K. Christakis, MD, MPH, NCMP, Fahmeeda Murtaza, BSc, Wendy Wolfman, MD, NCMP, and Lindsay Shirreff, MD, MSc(HQ)

*In a study of predominantly university-educated White women, a 12-minute education module on menopause and vasomotor symptom (VMS) treatment was acceptable, improved knowledge and decision certainty about VMS treatment.*

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**Association of plant-based diet and early onset of natural menopause**

Giorgia Grisotto, MSc, Christine R. Langton, MSW, MPH, Yanping Li, MD, PhD, Elizabeth R. Bertone-Johnson, ScD, Megu Y. Baden, MD, PhD, Oscar H. Franco, MD, PhD, Frank B. Hu, MD, PhD, Taulant Muka, MD, PhD, and A. Heather Eliassen, ScD

*Adherence to a plant-based diet index was not associated with timing of menopause while an unhealthy plant-based diet might be associated with a higher risk of experiencing early menopause.*

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**Validation of the Menopause Transition Scale (MTS)**

Nicholas J. Andersen, PhD, Jessica L. Parker, MS, Susanne Pettigrew, PA-C, NCMP, and Diana Bitner, MD, NCMP, FACOG

*The Menopause Transition Scale (MTS) is a validated self-report tool to measure a woman's experience in the years before and in menopause. The goal of this study is to validate this tool for clinical utility.*

## Brief Reports

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### **Racial/ethnic disparities in the diagnosis and management of menopause symptoms among midlife women veterans**

Anna Blanken, MA, Carolyn J. Gibson, PhD, MPH, Yongmei Li, PhD,  
Alison J. Huang, MD, MAS, Amy L. Byers, PhD, MPH, Shira Maguen, PhD,  
Sabra Inslicht, PhD, and Karen Seal, MD, MPH

*In this national sample of midlife and older women veterans enrolled in Veteran's Health Administration care, evidence of fewer medical record-documented menopause symptoms and lesser likelihood of prescribed menopausal hormone therapy among minority women veterans may reflect important racial/ethnic disparities in the discussion, documentation, and/or management of menopause symptoms.*

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### **Lessons learned in clinical research recruitment of midlife Latinas during COVID-19**

Yamnia I. Cortés, PhD, MPH, FNP-BC, FAHA, Mayra Duran, MD,  
Valentina Marginean, BSN, RN, Latesha K. Harris, BSN, RN, Andrea Cazales, BSN, RN,  
Lymari Santiago, MRC, OTL, PCAT, Margarita Diaz Mislan, MRC,  
and Krista M. Perreira, PhD

*This study found that despite the challenges presented by COVID-19, midlife Latinas are receptive to clinical research engagement. Researcher flexibility, multiple recruitment modalities, a bilingual research team, and communication strategies that address cultural values are essential elements for the representation of midlife Latinas in research.*

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