



Menopause

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Reassuring data regarding the use of hormone therapy at menopause and risk of breast cancer

JoAnn V. Pinkerton, MD, FACOG, NCMP, Carolyn S. Wilson, MD, FACOG, NCMP, and Andrew M. Kaunitz, MD, FACOG, NCMP

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Screening for factors at midlife associated with reduced longevity in women

Robin J. Bell, MB, BS (Hons), PhD, MPH, FAFPHM

Original Studies

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Health screening of middle-aged women: what factors impact longevity?

Juan E. Blümel, MD, PhD, Sócrates Aedo, MD, Nigel Murray, MD, María S. Vallejo, MD, and Peter Chedraui, MD, PhD

A history of fracture appears in middle-aged women as a strong predictor of mortality, surpassing diabetes and arterial hypertension. Multiparity, on the other hand, was a protective factor.

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Changes in serum endogenous estrogen concentrations are mediators of the effect of low-dose oral estradiol on vasomotor symptoms

Kristine E. Ensrud, MD, MPH, Joseph C. Larson, MS, Katherine A. Guthrie, PhD, Carolyn J. Crandall, MD, MS, Andrea Z. LaCroix, PhD, Susan D. Reed, MD, MPH, MS, Shalender Bhasin, MB, BS, Caroline M. Mitchell, MD, MPH, and Hadine Joffe, MD, MSc

Treatment with low-dose (0.5 mg) oral 17 estradiol compared to placebo in perimenopausal and postmenopausal women with vasomotor symptoms (VMS) results in 4 to 5-fold increases in serum E2 and E1 concentrations. The increases in E2 and E1 concentrations with low-dose oral estradiol treatment appear to mediate in part the effect of low-dose estradiol in reducing VMS frequency.

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Associations of hypertensive disorders of pregnancy and gestational diabetes mellitus with menopausal symptoms at midlife in Project Viva

Diana C. Soria-Contreras, MSc, PhD, Wei Perng, MPH, PhD, Sheryl L. Rifas-Shiman, MPH, Lidia Mínguez-Alarcón, MPH, PhD, Marie-France Hivert, MD, MMSc, Jan Shifren, MD, NCMP, Emily Oken, MD, MPH, and Jorge E. Chavarro, MD, ScD

In this prospective study of midlife women, a history of hypertensive disorders of pregnancy or gestational diabetes was not associated with menopausal symptoms assessed by the Menopause Rating Scale.

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A survey of medical cannabis use during perimenopause and postmenopause

M. Kathryn Dahlgren, PhD, Celine El-Abboud, BA, Ashley M. Lambros, BS, Kelly A. Sagar, PhD, Rosemary T. Smith, BS, and Staci A. Gruber, PhD

This survey study assessed modes of cannabis use endorsed by peri- and postmenopausal individuals and specific menopause-related symptoms indicated for medical cannabis use. This information will help inform next steps for clinical trials designed to assess the efficacy of specific cannabinoid-based products.

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#Menopause: the menopause ontology project

Elissa Trieu, MD, Abigail P. Davenport, MD, Sheryl A. Kingsberg, PhD, and Cheryl B. Iglesia, MD

This study analyzed tweets using the hashtag #menopause to develop a hashtag ontology specific to menopause. Adoption of a hashtag ontology with standardized terminology by medical professionals may facilitate easier communication with peers and patients.

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Dynapenic-abdominal obesity as an independent risk factor for chronic kidney disease in postmenopausal women: a population-based cohort study

Youngju Choi, PhD, Jinkyung Cho, PhD, Jiyeon Kim, PhD, Jun Hyun Bae, PhD, Eun-Jeong Cho, MS, Eunwook Chang, PhD, Kyung-Lim Joa, MD, PhD, Junghoon Kim, PhD, Dong-Ho Park, PhD, Ju-Hee Kang, MD, PhD, and Hyo-Bum Kwak, PhD

Dynapenic-abdominal obesity, as determined by low handgrip strength and high waist circumference values, was associated with increased risk of chronic kidney disease in postmenopausal women. The dynapenic-abdominal obese group displayed lower levels of an estimated glomerular filtration rate.

1047

Dietary patterns and prevalence of multimorbidity in women in southern Brazil

Jaqueline Sturmer, PhD, Débora Luiza Franken, PhD, Daiane Luisa Ternus, MS, Ruth Liane Henn, PhD, Juvenal Soares Dias-da-Costa, PhD, Maria Teresa Anselmo Olinto, PhD, and Vera Maria Vieira Paniz, PhD

This study aimed to investigate the association between dietary patterns and prevalence of multimorbidity in a representative sample of women. A robust association between the Brazilian dietary pattern and the prevalence of multimorbidity was found, with women with a stronger adherence to this pattern having a 40% lower probability of multimorbidity, regardless of age.

1055

Cross-cultural adaptation and psychometric evaluation of the Brazilian Portuguese version of the Vulvovaginal Symptoms Questionnaire

Michele Elisabete Rúbio Alem, PhD, Thais Cristina Chaves, PhD,
Vilena Barros de Figueiredo, PhD, Ana Carolina Sartorato Beleza, PhD,
Cristine Homsy Jorge Ferreira, PhD, Jordana Barbosa da Silva, MD, and Patricia Driusso, PhD
Vulvovaginal symptoms are common and challenging problems that can occur because of several factors, and the use of validated questionnaires is a way to evaluate both symptoms and their impact on quality of life. The VSQ-Br is a valid tool to assess vulvovaginal symptoms and can be used in the daily practice of healthcare professionals in Brazil.

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Evaluating the association between amino acid and acylcarnitine profiles and different levels of coronary artery disease risk in postmenopausal women using targeted metabolomics technique

Shaghayegh Hosseinkhani, MSc, Solaleh Emamgholipour, PhD, Pooneh Salari, MD, PhD, Kazem Khalagi, PhD, Shapour Shirani, MD, Niloufar Najjar, BSc, Bagher Larijani, MD, Parvin Pasalar, PhD, and Farideh Razi, MD
Metabolomics, as a means for identifying biomarkers and evaluating the risk of developing cardiovascular disease, has been taken into consideration in recent years. The present study indicated that circulating levels of amino acids and acylcarnitine profiles in postmenopausal women are partly associated with the severity of coronary artery disease in these patients.

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Evaluation of the relationship between plasma viscosity and selected menopausal symptoms using the Menopause Rating Scale

Hilal Korkmaz, MD, Tufan Arslanca, MD, Esra Tekin, MD, Burak Kayabaşı, MD, and Kazime Gonca Akbulut, MD, PhD
This study found that women with selected menopausal symptoms requiring treatment according to the Menopause Rating Scale (MRS) score (MRS 14 points) had a significantly higher plasma viscosity than those who did not require treatment. The results revealed that the plasma viscosity level was higher in women with MRS 14 and is related with the urogenital symptoms score. A significant correlation between the duration of menopause and plasma viscosity was also found.

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Risk factors for delayed intrauterine device removal among menopausal women in rural China

Zhanhong Zong, PhD, MPH, Xiaoming Sun, MD, and Norman Hearst, MD, MPH
Delayed intrauterine device (IUD) removal after menopause is a common problem affecting millions of women in rural China. Lack of knowledge about timing for IUD removal and structural barriers in health service organizations must be addressed to improve the situation.

Clinical Corner

NAMS Practice Pearl

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Clinical management of hypoactive sexual desire disorder in postmenopausal women

Sheryl A. Kingsberg, PhD, and Stephanie S. Faubion, MD, MBA, FACP, NCMP, IF
Midlife women's healthcare professionals are uniquely positioned to easily and accurately screen, diagnose, and treat hypoactive sexual desire disorder. Treatment options include education, psychotherapy, or pharmacotherapy used alone or in combination. Healthcare professionals should use shared decision-making when choosing among treatment options.

Review Articles

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Estrogen therapy and breast cancer in randomized clinical trials: a narrative review

Kathy Pan, MD, Sayeh Lavasani, MD, Aaron K. Aragaki, MS,
and Rowan T. Chlebowski, MD, PhD

Results from observational studies and the Women's Health initiative (WHI) randomized trial are discordant regarding estrogen therapy and breast cancer incidence. Consideration of smaller randomized trials are consistent with the WHI finding that estrogen therapy reduces breast cancer incidence.

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Gonadotropin-releasing hormone agonists for ovarian protection during breast cancer chemotherapy: a systematic review and meta-analysis

Zhen-Yu Li, MD, Ying-Li Dong, M. Med, Xiao-Zhong Cao, M. Med, Sha-Sha Ren, M. Med,
and Zhen Zhang, M. Med

Administration of GnRHa concurrent with chemotherapy treatment of breast cancer in premenopausal women improved the rate of resumption of ovarian function.

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Potential effects of virtual interventions for menopause management: a systematic review

Ping Zou, PhD, RN, Daniel D'Souza, BHSc, Yan Luo, PhD, RN, Winnie Sun, PhD, RN,
Hui Zhang, PhD(c), RN, and Yeqin Yang, PhD

Based on 16 included studies, this systematic review suggested that virtual interventions might have potential to improve the physical and psychosocial health outcomes of menopausal women although some conflicting findings existed. In addition, virtual interventions were feasible in terms of being usable, cost-effective, and eliciting satisfaction and compliance among menopausal women.

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