



# Menopause

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**Mid-40s menopause transition: not premature, but associated with sexual dysfunction**

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### Original Studies

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**Climacteric status is associated with sexual dysfunction at the age of 46 years: a population-based study**

Susanna M. Savukoski, MD, Pekka A. Pinola, MD, Paula R. O. Pesonen, MSc, Katri S. Puukka, PhD, Eila T. J. Suvanto, MD, and Maarit J. Niinimäki, MD

*The current study suggests that women experiencing menopausal transition in their mid-40s are at risk of impaired sexual function.*

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**Longitudinal associations of psychosocial stressors with menopausal symptoms and well-being among women in midlife**

Sabrina Faleschini, PhD, Henning Tiemeier, MD, PhD, Sheryl L. Rifas-Shiman, MPH, Janet Rich-Edwards, ScD, MPH, Hadine Joffe, MD, MSc, Wei Perng, PhD, MPH, Jan Shifren, MD, NCMP, Jorge E. Chavarro, ScD, MD, Marie-France Hivert, MD, MMSc, and Emily Oken, MD, MPH

*This study examined longitudinal associations of psychosocial stressors with menopausal symptoms and well-being of women in midlife in a longitudinal cohort. Psychosocial stressors were associated with worse menopausal symptoms and well-being two decades after initial report.*

(continued)

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**The impact of foot massage given to postmenopausal women on anxiety, fatigue, and sleep: a randomized-controlled trial**

Nilay Gökbulut, PhD, Emine Ibici Akça, PhD, and Çiğdem Karakayali Ay, MSc

*This study determined that foot massage applied during menopause increases the average daily sleep duration in hours and reduces fatigue and anxiety levels.*

1263

**Racial disparities in menopausal hormone therapy acceptance: a pilot study**

Anita Pershad, BA, Joshua M. Morris, MD, MA, NCMP, Diane Pace, PhD, APRN. NCMP, and Pallavi Khanna, MD, NCMP

*The presence of racial disparity in acceptance of these treatment modalities can inform clinicians about patient factors affecting treatment choice for menopausal symptoms and opportunities to explore racial differences in quality of care.*

1269

**Menstrual cycle phase, menopausal transition stage, self-reports of premenstrual syndrome and symptom severity: observations from the Seattle Midlife Women's Health Study**

Ellen Sullivan Mitchell, PhD and Nancy Fugate Woods, BSN, PhD

*Investigation of dysphoric mood, neuromuscular, and somatic symptoms exhibit cyclicality and are influenced by current premenstrual syndrome, but not vasomotor or insomnia symptoms. Late reproductive stage and early menopausal transition stages do not have significant effects on the 5 symptom groups.*

1279

**Trends in osteoporosis medication use in US postmenopausal women: analysis of the National Health and Nutrition Examination Survey 1999-2000 through 2017-2018**

Carlos H. Orces, MD

*The use of osteoporosis medications among postmenopausal women in the United States has significantly decreased over the past decade. This finding was particularly attributed to low prescriptions of bisphosphonates.*

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**Interactions between nutrient intake and comorbidities for quality of life in premenopausal and postmenopausal women**

Hai Duc Nguyen, MD

*Given the lower nutrient intake levels in postmenopausal women, it is critical to establish health-related quality of life-improving approaches for this population.*

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**Association of hormone therapy and changes of objective sleep quality in women of late menopausal transition with sleep disorder: a preliminary study**

Soyeon Kang, MD, Dong Jin Kwon, MD, PhD, Jiyeon Hong, MD, Minji Go, MD, Youn-Jee Chung, MD, PhD, Mee-Ran Kim, MD, PhD, Miji Kim, PhD, Hyun Hee Cho, MD, PhD, and In Cheul Jeung, MD, PhD

*There was no significant change in objective sleep quality before and after hormone therapy (HT) in women experiencing late menopausal transition. The change in each variable in objective sleep quality before and after HT showed strong positive or negative correlations with the change of only a few items in subjective sleep quality.*

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**Spine trabecular bone scores and bone mineral density of postmenopausal Taiwanese women**

Mei-Lan Huang, MD, Tsyh-Jyi Hsieh, MD, Song-Shei Lin, MD, and Wen-Chuan Huang, MD  
*Bone mineral density (BMD) and trabecular bone score (TBS) can be used in combination to predict osteoporosis in a greater number of postmenopausal Taiwanese women. Because the incidence of osteoporosis is the highest among older women, clinicians should pay careful attention to TBS degradation among older patients without low BMD.*

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**Effect of the use of prediagnosis hormones on breast cancer prognosis: MCC-Spain study**

Jéssica Alonso-Molero, PhD, Inés Gómez-Acebo, PhD, Javier Llorca, PhD, Virginia Lope-Carvajal, PhD, Pilar Amiano, PhD, Marcela Guevara, PhD, Vicente Martín, PhD, Gemma Castaño-Vinyals, PhD, María Fernández-Ortiz, MD, Mireia Obón-Santacana, PhD, Juan Alguacil, PhD, Guillermo Fernandez-Tardon, PhD, Ana Molina-Barceló, PhD, Rafael Marcos-Gragera, PhD, Beatriz Pérez-Gómez, PhD, Amaia Aizpurua, PhD, Eva Ardanaz, PhD, Antonio J. Molina, PhD, Paz Rodríguez-Cundín, PhD, Víctor Moreno, PhD, Carmen Rodríguez-Reinado, PhD, Nuria Aragonés, PhD, Manolis Kogevinas, PhD, Marina Pollán, PhD, and Trinidad Dierssen-Sotos, PhD

*The results of this study demonstrate that the use of oral contraceptives is related to poor prognoses in breast cancer, and that there is no association with better prognoses with hormone therapy.*

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**Brief Report**

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**Indian physicians' attitudes and practice regarding menopause and its management: a focus group discussion**

Tejal Lathia, DM, Chitra Selvan, DM, Shraddha Namjoshi, MSc, Shweta Chawak, PhD, Lauren Kelada, PhD, and Mahati Chittem, PhD

*This study explores Indian physicians' attitudes toward, and management of, menopause. The findings indicate several opportunities for knowledge and skill development for Indian physicians in order to improve empathic communication.*

## Clinical Corner

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### NAMS Practice Pearl

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#### Should vitamin D supplements be prescribed routinely for midlife women?

Michael R. McClung, MD, FACP, FASBMR, FACE

*Vitamin D and calcium are important for bone health, and supplements are routinely recommended for the prevention and treatment of osteoporosis; however, although vitamin D supplementation is necessary to correct severe deficiency, healthy women do not need vitamin D supplements.*

## Review Articles

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#### A review of African American women's experiences in menopause

Makeba Williams, MD, NCMP, FACOG, Gloria Richard-Davis, MD, MBA, NCMP, FACOG, Peter L. Williams, Leslie Christensen, MA-LIS, Earlise Ward, PhD, LP, HSP, and Sarina Schrager, MD, MS

*African American women may experience menopause differently than women of other ethnic groups. This narrative review synthesizes the literature about the menopausal experiences of African American women.*

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#### A human rights assessment of menopausal women's access to age- and gender-sensitive nondiscriminatory health care in prison

Marie-Claire Van Hout, MSc, PhD, Lizz Srisuwan, MD, and Emma Plugge, MD, PhD

*The lack of visibility regarding the health needs of female prisoners in policies and healthcare provisions is reflected in the realities of life in prison, with glaring gaps in the practical medical and lifestyle supports of menopause.*

## Letters to the Editor

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