



Menopause

The Journal of The North American Menopause Society

VOLUME 29, ISSUE 12 2022

SDC

Supplemental Digital Content is available.

OPEN

Open Access article.

CONTENTS

NAMS Editorial

1351

2022-2023 NAMS President

Susan D Reed, MD, MPH, MS, NCMP

Editorials

1353

Moving toward health equity: the influence of race and ethnicity on choice and quality of life of menopause treatment in midlife women

Paru S. David, MD and Juliana M. Kling, MD, MPH

1355

Symptom reporting, cardiovascular disease, and mortality as women age: it is more than menopause

Rebecca C. Thurston, PhD, FAPS, FABMR

Original Studies

SDC

1357

Menopause hormone therapy and complementary alternative medicine, quality of life, and racial/ethnic differences: the Study of Women's Health Across the Nation (SWAN)

Monica Christmas, MD, FACOG, NCMP, Imke Janssen, PhD, Hadine Joffe, MD, MSc, Dawn Upchurch, PhD, LAc, Nanette Santoro, MD, and Howard M. Kravitz, DO, MPH

Overall neither complementary alternative medicine nor hormone therapy (HT) use was associated with quality of life measures. However, within racial/ethnic groups significant differences in self-reported quality of life were found between the group using HT only compared with the group using neither HT nor complementary alternative medicine.

(continued)

SDC

1365

The severity of individual menopausal symptoms, cardiovascular disease, and all-cause mortality in the Women's Health Initiative Observational Cohort

Matthew Nudy, MD, Aaron K. Aragaki, MS, Xuezhi Jiang, MD, PhD, NCMP, JoAnn E. Manson, MD, DrPH, NCMP, Matthew A. Allison, MD, MPH, Aladdin H. Shadyab, PhD, MS, MPH, Howard N. Hodis, MD, Robert A. Wild, MD, MPH, PhD, NCMP, John A. Robbins, MD, Simin Liu, MD, ScD, Michelle J. Naughton, PhD, MPH, Sarah Dreibelbis, DO, Margery Gass, MD, Marcia L. Stefanick, PhD, Carolina Valdiviezo, MD, and Peter F. Schnatz, DO, NCMP

The severity of individual menopausal symptoms was found to be significantly associated with incident cardiovascular disease (CVD) and mortality in postmenopausal women with no known CVD at baseline. Consideration of severe menopausal symptoms may prove to enhance sex-specific CVD risk predication in the future.

1375

The association between incidentally found breast arterial calcification on routine screening mammography and the development of coronary artery disease and stroke: results of a 10-year prospective study

Matthew Nudy, MD, Ragad Asmaro, MD, Xuezhi Jiang, MD, PhD, NCMP, and Peter F. Schnatz, DO, NCMP

The presence of breast arterial calcifications on routine screening mammography was associated with a significantly increased risk of developing coronary artery disease and stroke after 10 years of prospective follow-up. Mammography may be an ideal, noninvasive way to assess the risk of future cardiovascular disease.

1381

Limited evidence of a threshold effect for increasing adiposity on risk of symptoms at midlife

Lynnette Leidy Sievert, PhD, Brian W. Whitcomb, PhD, Mohamud A. Verjee, MBChB, and Linda M. Gerber, PhD

Even at very high levels of body mass index (BMI), likelihood of urinary incontinence and shortness of breath increases with BMI. In contrast, likelihood of aches/stiffness has a nonlinear relationship with BMI, increasing to a threshold level.

SDC

1388

Perimenopause meets life: observations from the Women Living Better Survey

Nancy Fugate Woods, PhD, BSN, FAAN, FGSA, Nina Coslov, MBA, and Marcie K. Richardson, MD, FACOG

Recognizing that midlife stress comes from many role- and relationship-related sources and that several of these stressors are associated with greater symptom bother supports the importance of proactive identification and management of sources of stress.

1399

Vitamin D supplements and prevalent overactive bladder in women from midlife through older ages

Camille P. Vaughan, MD, MS, Alayne D. Markland, DO, MSc,
Alison J. Huang, MD, MAS, MPhil, Vin Tangpricha, MD, PhD, and Francine Grodstein, ScD
Despite interest in vitamin D supplementation as a low-cost strategy to address overactive bladder, the findings of this study indicate oral vitamin D is not associated with prevalent overactive bladder in middle-aged and older women.

SDC

1404

Association between vitamin D and calcium intakes, breast microcalcifications, breast tissue age-related lobular involution and breast density

Alisson Clemenceau, PhD, Sue-Ling Chang, MSc, Mirette Hanna, MD, PhD,
Francine Durocher, PhD, and Caroline Diorio, PhD
The results of this study suggest that the association between vitamin D and calcium intakes and breast cancer risk factors could be influenced by the presence of microcalcifications.

SDC

1416

The influence of an exercise program in middle-aged women on dietary habits. The FLAMENCO project

Irene Coll-Risco, PhD, Marta de la Flor Alemany, BSc, Pedro Acosta-Manzano, PhD,
Milkana Borges-Cosic, PhD, Daniel Camiletti-Moirón, PhD, Laura Baena-García, PhD,
and Virginia A. Aparicio, PhD
Exercise intervention did not have a significant impact on dietary habits nor Mediterranean diet adherence scores in perimenopausal women.

1423

Menopause influences aortic pulse pressure and pressure wave responses to metaboreflex activation in women

Yejin Kang, MS, Arun Maharaj, PhD, Katherine N. Dillon, MS, Stephen M. Fischer, PhD,
and Arturo Figueroa, MD, PhD
Even in nonhypertensive postmenopausal women, increases in forward wave pressure and backward wave pressure and decrease in aortic diastolic blood pressure are important factors that contribute to the augmented aortic pulse pressure response to postexercise muscle ischemia.

Review Article

SDC

1430

Effects of resistance training on C-reactive protein in menopausal and postmenopausal women: a systematic review and meta-analysis of randomized controlled trials

Andrés F. Loaiza-Betancur, MSc, Cinta Gómez-Tomás, PhD, José María Blasco, PhD, Iván Chulvi-Medrano, PhD, RN, CSCS*D, NSCA-CPT*D, and Lisette Ethel Iglesias-González, MSc

The benefits of resistance training for C-reactive protein and lipid profile in postmenopausal women with various comorbidities or risk factors are supported by low-quality evidence. In postmenopausal women, resistance training had little to no influence on waist circumference.

Acknowledgment of Reviewers

1441

Abstracts

1442

2022 Annual Meeting of The North American Menopause Society October 12 – 15, 2022, Atlanta, GA

1490

Abstract Author Index

Index

e1

Author Index

e8

Subject Index

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 customercare@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.