



# Menopause

The Journal of The North American Menopause Society

VOLUME 30, ISSUE 2 2023

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James H. Liu, MD

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#### **Physical activity is not a recommended treatment for hot flashes**

Janet S. Carpenter, PhD, RN, FAAN

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#### **Loss of muscle mass in women with premature ovarian insufficiency as compared with healthy controls**

Saisai Li, MD, Linjuan Ma, MD, Haiying Huang, MM, Zheng Lou, MM, Tongyun Qi, MD, Yizhou Huang, MD, Yu Zou, MD, and Jianhong Zhou, MD, PhD  
*Women with premature ovarian insufficiency (POI) exhibit significant loss of muscle mass as compared to healthy controls. Early diagnosis and long-term health management in patients with POI are important.*

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#### **Practice patterns and perspectives regarding treatment for symptoms of menopause: qualitative interviews with US health care providers**

Barbara DePree, MD, NCMP, MMM, Katherine Houghton, MSc, Dana B. DiBenedetti, PhD, Aki Shiozawa, DrPH, MBA, Deanna D. King, MS, PhD, Janet Kim, PhD, and Shayna Mancuso, DO, FACOG  
*US healthcare providers reported prescribing therapies for menopausal symptoms and noted that these therapies were perceived as generally effective; however, barriers to initiation of prescription therapy exist and new treatment options are needed.*

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**Priorities for alleviating menopausal symptoms after cancer**

Qinying Lan, MBioMedSci, Martha Hickey, MBChB, FRANZCOG, MD,  
Michelle Peate, PhD, and Jennifer L. Marino, MPH, PhD

*Menopausal symptoms from chemoradiation or adjuvant endocrine therapy for common cancers are distressing for women and may affect quality of life. This study reports severity and priorities for treatment among female cancer survivors seeking care for menopausal symptoms.*

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**Video telehealth to manage menopausal symptoms after cancer: a prospective study of clinicians and patient satisfaction**

Nagusha Rachagan, MBBS, DipObs, Rebecca A. Szabo, MB BS, FRANZCOG,  
Ines Rio, MBBS, FRACGP, Faith Rees, BN, Harriet M. Hiscock, MB BS, FRACP, MD,  
and Martha Hickey, MD, FRANZCOG

*Clinician and patient satisfaction with video conference telehealth was high and clinical standards were maintained. However, technical difficulties and distractions were common for clinicians despite training.*

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**Do correlates of white matter features differ between older men and women living with human immunodeficiency virus?**

Alvin Gordián-Arroyo, MPH, Nancy Reame, MSN, PhD, NCMP, Jose Gutierrez, MD, MPH,  
Jianfang Liu, PhD, Sarah Ganzhorn, MPH, Kay Chioma Igwe, MS, Krystal Laing, MS,  
and Rebecca Schnall, PhD, MPH, RN-BC, FAAN

*Although sexually-dimorphic interactions of reproductive sex hormones and total white matter volume were demonstrated in a small sample of older persons living with HIV, a role for sex-based differences in reproductive hormones as predictive correlates of white matter hyperintensity volume was not supported.*

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**Blood biomarkers for new-onset hypertension in midlife women: a nested case-control study**

Zhen He, MSc, Peixuan Yang, BSc, Qiuqiang Lin, BSc, Chris H.L. Thio, PhD,  
Fan Zhang, MSc, Ruifeng Wang, BSc, Yue Wang, MPH, Harold Snieder, PhD,  
and Qingying Zhang, PhD

*In addition to obesity and metabolic dysregulation, the findings of this study indicate that higher hemoglobin, counts of platelets, red blood cells, and white blood cells are associated with higher risk of hypertension in midlife women. Knowledge on the effects of these variables on hypertension will contribute to defining more specific strategies for prevention and treatment of hypertension in this population.*

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**Post-COVID-19 syndrome in a sample of climacteric women living in Latin America**

Juan Enrique Blümel, MD, PhD, María Soledad Vallejo, MD, Ascanio Bencosme, MD, Andrés Calle, MD, Maribel Dextre, MD, Karen Díaz, MD, Marcela López, MD, Carlos Miranda, MD, Mónica Ñañez, MD, Eliana Ojeda, MD, Claudia Rey, MD, Marcio Alexandre Hipólito Rodrigues, MD, Carlos Salinas, MD, Konstantinos Tserotas, MD, Sócrates Aedo, MD, and Faustino R. Pérez-López, MD, PhD

*A series of physical and psychological symptoms that impair mental health and quality of life can affect a significant percentage of middle-aged and postmenopausal women who have had COVID-19. Current evidence supports implementing interventions to increase resilience along with appropriate clinical management of sleep-related and climacteric complaints.*

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**Superficial dyspareunia treatment with hyperstacking of erbium: yttrium-aluminum-garnet SMOOTH laser: a short-term, pilot study in breast cancer survivors**

Tiziana Fidecicchi, MD, Adrian Gaspar, MD, and Marco Gambacciani, MD, PhD

*Hyperstack treatment of the introitus and vestibulum can increase the effect of vaginal erbium laser on superficial dyspareunia in postmenopausal breast cancer survivors. This effect is independent from age and years since menopause, suggesting that it could be of help for all postmenopausal women.*

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**Psychometric properties and validity of the Menopause Rating Scale in postmenopausal Portuguese women**

João Espírito Santo, MHS, Nuno Eduardo Marques de Loureiro, PhD, Vânia Brandão-Loureiro, PhD, Agustín Aibar-Almazán, PhD, and Fidel Hita-Contreras, MD, PhD

*The Portuguese Menopause Rating Scale has been shown to be a valid and reliable questionnaire for assessing the severity of menopausal symptoms and discriminating among postmenopausal women with and without anxiety and depression.*

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**Association of  $\beta$ -glucuronidase activity with menopausal status, ethnicity, adiposity, and inflammation in women**

Janet L. Funk, MD, Betsy C. Wertheim, MS, Jennifer B. Frye, BS, Robert M. Blew, MS, Jennifer Skye Nicholas, MS, Zhao Chen, PhD, and Jennifer W. Bea, PhD

*Beta-glucuronidase was positively associated with Hispanic ethnicity, C-reactive protein, body mass index and total fat mass, but not menopausal status nor lean mass, with future studies required to understand mechanistic underpinnings for these findings.*

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**Cytological characteristics of premalignant cervical epithelial lesions in postmenopausal women based on endocrine indices and parakeratosis**

Akiyuki Sugisawa, MT, Zensei Toyoda, CT, IAC, MSc, Yasuka Tanabe, MSc,  
Karina Uehara, MT, PhD, Aya Oshiro, MT, Reo Yamazato, MT, Chiharu Sakamoto, MT,  
Shohei Yogi, MT, PhD, Kiyoto Kurima, PhD, Shinichiro Kina, PhD,  
Michiyo Sakiyama, CT, IAC, and Takao Kinjo, MD, PhD

*In cervicovaginal cytology, postmenopausal women with premalignant lesions had higher eosinophilic index (EI) and showed higher prevalence of parakeratosis (PK) positivity than those without lesions. Furthermore, the combination of high EI and the presence of PK in postmenopausal women with cytological premalignant cases was highly associated with histological squamous intraepithelial lesions.*

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**The effect of *Cornus mas* fruit extract on vasomotor symptoms and sex hormones in postmenopausal women: a randomized, double-blind, clinical trial**

Shahnaz Rimaz, PhD, Seyedeh Tayebbeh Rahideh, PhD, Jamileh Abolghasemi, PhD,  
Shima Jazayeri, MD, PhD, Sanaz Jamshidi, PhD, Manijeh Motevalian, PhD,  
Masoud Solaymani-Dodaran, PhD, Mohsen Taghizadeh, PhD, Afsaneh Gholamrezayi, PhD,  
and Naheed Aryaeian, PhD

*This study found that extract of *Cornus mas* fruit has a favorable effect on vasomotor manifestations, sex hormones, and related complications in women experiencing menopausal symptoms.*

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**Utilization of complementary and alternative medicine by perimenopausal women in China: a cross-sectional study**

Wen-Bin Zhou, MD, Bing Xue, MSN, Yan-Qiong Ouyang, MD, and Sharon R. Redding, EdD  
*Hormone therapy and complimentary and alternative medicine can be combined to provide an effective approach to improving women's perimenopausal symptoms and their quality of life.*

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**Clinical Corner**

**NAMS Practice Pearl**

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**Aspirin for primary prevention of cardiovascular disease in women**

Emily S. Lau, MD, MPH

*A woman's 10-year cardiovascular disease (CVD) risk, age, and bleeding risk need to be considered when deciding to start low-dose aspirin for the primary prevention of CVD. Until additional sex-specific analyses are performed based on available evidence, either the US Preventive Services Task Force or American Heart Association/American College of Cardiology recommendations are helpful guides regarding aspirin use for the primary prevention of CVD in women. Shared decision-making and a careful history of CVD and bleeding risks/benefits are encouraged when individualization is required.*