Menopause
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Editorials

235
Continuing progress on vasomotor symptoms
David H. Barlow, MD, FRCOG

237
Low-serum anti-Müllerian hormone in middle-aged women associates with obesity markers
James K. Pru, PhD

Original Studies

239
Efficacy and safety of elinzanetant, a selective neurokinin-1, 3 receptor antagonist for vasomotor symptoms: a dose-finding clinical trial (SWITCH-1)
James A. Simon, MD, Richard A. Anderson, MD, Elizabeth Ballantyne, BSc, James Bolognese, MStat, Cecilia Caetano, MD, Hadine Joffe, MD, Mary Kcrr, PhD, Nick Panay, FRCOG, Christian Seitz, MD, Susan Seymore, BSc, Mike Trower, PhD, Lineke Zuurman, MD, and Steve Pawsey, MB BS
SWITCH-1 was a phase 2b study assessing the efficacy, safety and dose–response relationship of elinzanetant, a selective neurokinin-1,3 receptor antagonist, for the treatment of vasomotor symptoms. Elinzanetant resulted in significant and clinically meaningful improvements in vasomotor symptoms, sleep and quality of life and was well tolerated across all doses.

247
Antimüllerian hormone and adiposity across midlife among women in Project Viva
Ellen C. Francis, PhD, Emily Oken, MD, MPH, Marie-France Hivert, MD, Sheryl L. Rifas-Shiman, MPH, Jorge E. Chavarro, MD, ScD, and Wei Perng, PhD
Low antimüllerian hormone (AMH) at baseline was associated with greater adiposity concurrently and across ~ 9 years of follow-up. Whether low AMH is a useful marker of metabolic risk across mid-life requires further research.

(continued)
Menopause hormone therapy and sarcodynapenia: the Canadian Longitudinal Study on Aging
Saionara M. A. Câmara, PhD, Pedro R. S. Macêdo, MSc, and Maria P. Velez, MD, PhD
Menopausal hormone therapy for ≤5 years is associated with a lower prevalence of sarcodynapenia among physically active women, and with a higher prevalence of sarcodynapenia in those less active.

Symptom experience during the late reproductive stage versus the menopausal transition in the Spanish-language Women Living Better survey
Yarnia I. Cortés, PhD, MPH, FNP-BC, Nina Coslov, BA, MBA, Marcie K. Richardson, MD, and Nancy Fugate Woods, PhD, RN, FAAN
Late reproductive stage women experience multiple symptoms often associated with menopause. A better understanding of symptoms experienced among Spanish-speaking women may lead to more personalized health care and facilitate anticipatory guidance about menopause.

Symptom monitoring improves physical and emotional outcomes during menopause: a randomized controlled trial
Robin A. F. Andrews, PhD, Bev John, PhD, and Deborah Lancastle, PhD
These findings show that symptom monitoring may be useful within healthcare settings by providing peri- and post-menopausal women with a simple and accessible means of symptom alleviation, whilst they await treatment or medical consultation.

Network analysis of eating disorder symptoms in women in perimenopause and early postmenopause
Jody E. Finch, BS, Ziqian Xu, BS, Susan Girdler, PhD, and Jessica H. Baker, PhD
This study examines core features of eating disorder (ED) symptoms in perimenopause and early postmenopause using network analysis. Results corroborate previous studies and indicate that, similar to young adult samples, dissatisfaction with body image is a core feature of ED pathology across the lifespan.

Artificially sweetened beverages and urinary incontinence—a secondary analysis of the Women’s Health Initiative Observational Study
Nancy E. Ringel, MD, MS, Kathleen M. Hovey, MS, Chris A. Andrews, PhD, Yasmin Mossavar-Rahmani, PhD, Aladdin H. Shadyab, PhD, Linda G. Snetselaar, PhD, Barbara V. Howard, PhD, and Cheryl B. Iglesia, MD
In this secondary analysis of the Women’s Health Initiative Observational Study, women consuming artificially sweetened beverages daily had 10% greater odds of reporting mixed urinary incontinence after adjustments. Rare, frequent, or daily artificially sweetened beverage consumption was not associated with stress or urgency urinary incontinence symptoms.
289
Menopausal symptoms in breast cancer patients receiving adjuvant endocrine therapy and their relationships with health-promoting behaviors and social support
Tingting Wei, MD, Xia Li, BSN, Wannin Qiang, MD, Yan Zhang, BSN, Hailing Ren, MD, Qipeng Zhang, BSN, and Xue Jin, BSN
The prevalence and severity of menopausal symptoms are high in breast cancer patients undergoing adjuvant endocrine therapy. Higher health-promoting behaviors and social support are associated with fewer menopausal symptoms.

296
Effects of mixed heavy metals on kidney function in premenopausal and postmenopausal women
Hai Duc Nguyen, MD
Premenopausal women were more influenced by the effect of mixed heavy metals on kidney function than premenopausal women. Early interventions in women, especially postmenopausal women, are needed to reduce the incidence of chronic kidney disease.

306
Urban-rural differences in epidemiology and risk factors of menopause syndrome in middle-aged Chinese women
Junxia An, PhD and Lifei Li, PhD
This study showed that women living in rural regions were more likely to present with severe menopausal symptoms, independently of the measured variables. In addition, there were increasing trends in both the prevalence and severity of most menopausal symptoms as menopause progressed.

317
Associations between bone mass, hormone levels, and body composition in postmenopausal women
Tayane M. Fighera, MD, PhD, Betânia R. Santos, PhD, Leticia Motta, MD, Gislaine Casanova, MD, PhD, and Poli Mara Spritzer, MD, PhD
The results of this study suggest that appendicular lean mass was a significant independent predictor against bone mass in postmenopausal women.

323
Psychometric properties of a Persian version of the Vulvovaginal Symptoms Questionnaire for measuring vulvovaginal symptoms in postmenopausal women
Niloofar Shaabani, MD, Mohammad Mahdi Parvizi, MD, PhD, MPH, Zahra Bagheri, PhD, Nasrin Saki, MD, Zahra Shahsavar, PhD, Ghazaleh Heydarirad, MD, PhD, and Mojgan Tansaz, MD, PhD
The developed Persian Vulvovaginal Symptoms Questionnaire had sufficient Cronbach’s alpha and intraclass correlation coefficients to be considered valid and reliable for assessing vulvovaginal symptoms in postmenopausal Iranian women.

Clinical Corner

NAMS Practice Pearl

329
Clinical considerations for menopause and associated symptoms in women with HIV
Sara E. Looby, PhD, ANP-BC, FAAN
Many women with HIV receive primary care from HIV infectious disease specialists, without any detailed assessment of menopause. Clinical considerations for menopausal women with HIV include distinguishing menopause from amenorrhea, early assessment of symptoms, and recognizing unique clinical, social, and behavioral comorbidities to facilitate care management.
Review Articles

332

Endogenous dehydroepiandrosterone and depression in postmenopausal women: a systematic review of observational studies
Chandima Hemachandra, MBBS, MD, Susan R. Davis, MBBS, FRACP, PhD,
Robin J. Bell, MBBS, PhD, MPH, FAFPHM, Farhana Sultana, MSS, MPH,
and Rakibul M. Islam, MSS, MPhil, MPH, PhD
This systematic review of observational studies evaluated the existing evidence for association between endogenous DHEA (dehydroepiandrosterone)/DHEAS (dehydroepiandrosterone sulfate) and depression/depressive symptoms in postmenopausal women. The findings were inconsistent and do not clearly support an association between DHEA/DHEAS and depression.

341

Use of exogenous hormones in those at increased risk for breast cancer: contraceptive and menopausal hormones in gene carriers and other high-risk patients
Holly J. Pederson, MD, NCMP and Pelin Batur, MD, NCMP
Women at increased risk for breast cancer both early and later in life should be offered reassurance around the use of premenopausal and postmenopausal hormone therapies. Shared decision-making is key in presenting options and knowledge of the data in this area is fundamental to these discussions.

348

Menopause is associated with increased prevalence of nonalcoholic fatty liver disease: a systematic review and meta-analysis
Aunchalee Jaroenalpoppelrat, MD, Nipith Charoenngam, MD, Ben Ponvilawan, MD,
Melissa Mariano, DO, Jerapas Thongpiya, MD, and Pitchaporn Yingchoncharoen, MD
This meta-analysis reveals that menopausal status was associated with approximately 2.4 times higher likelihood of nonalcoholic fatty liver disease (NAFLD). The association remained significant in a sensitivity meta-analysis of studies with adjustment for age and metabolic factors, suggesting that menopausal status could be an independent risk factor for NAFLD.