



Menopause

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CONTENTS

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

OPEN

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 Kerr, 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.

SDC

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)

SDC

254

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.

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260

Symptom experience during the late reproductive stage versus the menopausal transition in the Spanish-language Women Living Better survey

Yamnia 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.

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267

Symptom monitoring improves physical and emotional outcomes during menopause: a randomized controlled trial

Robin A. F. Andrews, PhD, Bev John, PhD, and Deborah Lancaster, 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.

275

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.

283

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, Wanmin Qiang, MD, Yan Zhang, BSN, Hailing Ren, MD, Qiupeng 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.

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296

Effects of mixed heavy metals on kidney function in premenopausal and postmenopausal women

Hai Duc Nguyen, MD

Postmenopausal 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. Figuera, MD, PhD, Betânia R. Santos, PhD, Letícia 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

Nillofar 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

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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.

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348

Menopause is associated with increased prevalence of nonalcoholic fatty liver disease: a systematic review and meta-analysis

Aunchalee Jaroenlapnopparat, 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.

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