



Menopause

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Original Studies

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Treating where it hurts—a randomized comparative trial of vestibule estradiol for postmenopausal dyspareunia

Martha F. Goetsch, MD, MPH, Bharti Garg, MBBS, MPH, Jen Lillemon, MD, and Amanda L. Clark, MD, MCR, NCMP

In this study, each of two strengths of estradiol cream significantly reduced dyspareunia scores after prolonged nightly applications to the vulvar vestibule, and there was not a statistically significant difference between strengths in various studied outcomes. The effectiveness and minimal systemic absorption suggest that the vestibule might be an optimal target of dyspareunia research and therapy.

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Prophylactic salpingectomy with delayed oophorectomy as a two-staged alternative for primary prevention of ovarian cancer in *BRCA1/2* mutation carriers: women's point of view

Aya Mohr-Sasson, MD, Tal Dadon, MD, Tamar Perri, MD, Orgad Rosenblat, MD, Eitan Friedman, MD, and Jacob Korach, MD

Women at increased genetic risk of ovarian cancer indicated interest in a prophylactic salpingectomy with delayed oophorectomy risk reducing surgery, taking into consideration the potential additional risks.

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A multicenter, randomized, placebo-controlled study to select the minimum effective dose of estetrol in postmenopausal participants (E4Relief): part 2—vaginal cytology, genitourinary syndrome of menopause, and health-related quality of life

Ulysse Gaspard, MD, PhD, Mélanie Taziaux, PhD, Maud Jost, PhD,
Herjan J.T. Coelingh Bennink, MD, PhD, Wulf H. Utian, MD, PhD, DSc,
Rogério A. Lobo, MD, PhD, and Jean-Michel Foidart, MD, PhD

15 mg of E4 once daily, an effective dose for alleviating vasomotor symptoms of menopause, also has a beneficial effect on vaginal cytology and maturation, vaginal dryness, vaginal pain with sexual activity, as well as quality of life, in particular on the somato-vegetative and psychological symptoms commonly observed with estrogen deprivation in postmenopausal women.

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Effects of menopausal hormone therapy on the risk of ovarian cancer: Health Insurance Database in South Korea—based cohort study

Jin-Sung Yuk, MD, PhD and Myounghwan Kim, MD

Tibolone was associated with a lower risk of ovarian cancer. No other menopausal hormone therapy was associated with ovarian cancer.

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Menopausal hormone therapy and the risk of type 2 diabetes mellitus: Health Insurance Database in South Korea—based retrospective cohort study

Jin-Sung Yuk, MD, PhD and Jung Min Kim, MD, PhD

Menopausal hormone therapy (MHT) is known to reduce the incidence of type 2 diabetes mellitus (T2DM). MHT, including tibolone, which is currently the most prescribed, increased the risk of T2DM in a Health Insurance Database in a South Korea-based retrospective cohort study.

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Association between metabolically obese but normal weight and cardiovascular diseases in Korean menopausal women

Han-Gyo Choi, PhD, RN and Hye-Jin Kim, PhD, RN

This study found a strong association between the metabolically obese but normal weight group and the risk for cardiovascular disease, particularly stroke, in postmenopausal women.

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Development and psychometric properties of a measurement to ascertain the impact of genitourinary symptoms on health-related quality of life in menopausal women: the Cervantes-GSM questionnaire

Laura Baquedano, MD, PhD, Javier Rejas-Gutiérrez, MD, PhD, MsC,
and Pluvio J. Coronado, MD, PhD

This study presents a novel questionnaire capable of assessing Health-Related Quality of Life in menopausal women with genitourinary syndrome of menopause. The tool has shown acceptable preliminary psychometric properties, including feasibility, factor structure, construct validity, and internal consistency.

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The association between hormone therapy and the risk of lung cancer in postmenopausal women: a 16-year nationwide population-based study

Chia-Chen Wu, MD, Chi-Hsiang Chung, PhD, Nian-Sheng Tzeng, MD, Min-Jung Wu, Chang-Huei Tsao, PhD, Ti-Hui Wu, MD, PhD, Wu-Chien Chien, PhD, and Hsin-Chien Chen, MD, PhD

The results of this study indicate that hormone therapy (HT) is not associated with the risk of lung cancer development in postmenopausal women. A higher cumulative dosage and the long-term effects of HT reduce the risk of developing lung cancer.

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Composite dietary antioxidant intake and osteoporosis likelihood in premenopausal and postmenopausal women: a population-based study in the United States

Ruyi Zhang, MM, Zemin Ni, MM, Muhong Wei, MD, Yuan Cui, MM, Haolong Zhou, MD, Dongsheng Di, MD, and Qi Wang, PhD

Using data from the National Health and Nutrition Examination Survey, this study found that the combined intake of antioxidant nutrients was negatively associated with osteoporosis likelihood among middle-aged women, especially for postmenopausal women.

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Controlling Nutritional Status score and postmenopausal osteoporosis

Caner Kose, MD, Busra Korpe, MD, Mujdecan Ibanoglu, MD, Busra Sahin, MD, and Yaprak Engin Ustun, MD

In this study, the CONUT (Controlling Nutritional Status) score of postmenopausal women was calculated and the association between CONUT score and osteoporosis was investigated. Results showed that there is a relationship between CONUT score and osteoporosis.

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Effect of laser acupuncture on pain and density of bone in osteoporotic postmenopausal women: a randomized controlled trial

Elham S. Hassan, MD, Ahmed Mohamed Maged, MD, Amal Kotb, MD, Mona Fouad, MD, Noura El-Nassery, MD, and Wafaa M. Kamal, MD

The data presented in this study suggest that a 12-week program of laser acupuncture in addition to calcium, vitamin D3 and fluoride supplementation yields improvement in bone density and pain levels in osteoporotic postmenopausal women compared to calcium, vitamin D3, and fluoride supplementation alone.

Brief Report

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Psychometric evaluation of the German Day-to-Day Impact of Vaginal Aging questionnaire using data from two intervention studies

Michaela Gabes, MSc, Theresa Donhauser, BSc, Anastasia Harder, PhD, Clarissa Masur, PhD, and Christian J. Apfelbacher, PhD

The German version of the Day-to-Day Impact of Vaginal Aging questionnaire showed several adequate measurement properties in two independent intervention studies. It can be used to capture the impact of vulvovaginal atrophy or genitourinary syndrome of menopause symptoms in postmenopausal women.

Clinical Corner

NAMS Practice Pearl

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The menopause transition: a critical stage for cardiovascular disease risk acceleration in women

Samar R. El Khoudary, PhD, MPH, FAHA

The menopause transition represents a period of accelerated cardiovascular disease risk, with timing, mechanism, and symptoms of menopause, as well as their treatment, all associated with this risk. Cardiovascular disease prevention guidelines now acknowledge early menopause as a woman-specific risk-enhancing factor. Significant efforts should be directed toward increasing awareness among women and healthcare professionals about the menopause transition as a stage of cardiovascular disease risk acceleration that is amenable to reduction with positive lifestyle measures.

Review Article

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Natural history and malignant potential of simple ovarian cysts in postmenopausal women: a systematic review and meta-analysis

Ya-Na Liu, MS, Xin Tan, MD, Wei Xiong, MS, Xue Dong, MS, Jie Liu, MS, Zhi-Lin Wang, MS, and Heng-Xi Chen, MD

Simple ovarian cysts in postmenopausal women usually remained unchanged or disappeared during follow-up. The malignancy rate was approximately 1 in 10,000.

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