



# Menopause

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#### **Hysterectomy with or without ovarian conservation: similar associations with vascular health?**

Tara K. Iyer, MD, NCMP and JoAnn E. Manson, MD, DrPH, MACP, NCMP

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#### **Examining long-term health impacts of multiparity**

Mark A. Clapp, MD, MPH

### Original Studies

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#### **The association of hysterectomy with or without ovarian conservation with subclinical atherosclerosis progression in healthy postmenopausal women**

Irene J. Chen, MS, Donna Shoupe, MD, Roksana Karim, MD, PhD,  
Frank Z. Stanczyk, PhD, Naoko Kono, MPH, Intira Sriprasert, MD, PhD,  
Howard N. Hodis, MD, and Wendy J. Mack, PhD

*This study suggests that women who undergo hysterectomy with ovarian conservation or bilateral oophorectomy may experience greater subclinical atherosclerosis progression compared to those who experience natural menopause, with a stronger association observed in older women and those with a longer time since surgery.*

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#### **Association of parity with body mass index and cardiometabolic risk in high-parous women**

Shisi He, MS, Patrick F. McArdle, PhD, Kathleen A. Ryan, MPH, MS,  
Melanie Daue, MS, Huichun Xu, PhD, Kathryn Hughes Barry, PhD,  
Laurence S. Magder, PhD, Alan R. Shuldiner, PhD, Toni I. Pollin, PhD,  
and Braxton D. Mitchell, PhD

*In this cross-sectional study of high parous Amish women, parity was found to be associated with body mass index in both pre- and post-menopausal women, but more so in younger/pre-menopausal women. Parity was not associated with other indices of cardiometabolic risk.*

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**Association between vasomotor symptom frequency and weight gain in the Study of Women's Health Across the Nation**

Carolyn J. Gibson, PhD, MPH, Aki Shiozawa, DrPH, MBA, Andrew J. Epstein, PhD, Wei Han, PhD, and Shayna Mancuso, DO, FACOG

*This study demonstrates that increases in vasomotor symptoms, onset of a high frequency of vasomotor symptoms, and persistent vasomotor symptoms over time may precede weight gain in women.*

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**Risk factors for intrauterine device embedment in postmenopausal women: an analysis of 731 participants undergoing hysteroscopy**

Jilan Jiang, MM, Shoufang Bian, MM, Sen Li, MM, and Shuying Wang, MM

*Prior intrauterine device (IUD) removal failure, V-shaped IUDs, and a smaller uterine volume were risk factors for IUD embedment in menopausal women.*

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**Trajectories of depressive symptoms over 20 years and subsequent lower urinary tract symptoms and impact among women**

Sonya S. Brady, PhD, LP, Liang Shan, PhD, Alayne D. Markland, DO, MSc,

Jared D. Huling, PhD, Andrés Arguedas, MS, Cynthia S. Fok, MD, MPH,

Stephen K. Van Den Eeden, PhD, and Cora E. Lewis, MD, MSPH, FACP, FAHA

*Depressive symptoms, measured over a 20-year period, were associated with subsequent report of lower urinary tract symptoms and impact (a composite outcome) among women from the Coronary Artery Risk Development in Young Adults cohort study.*

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**Barriers to hormone therapy following prophylactic bilateral salpingo-oophorectomy in BRCA1/2 mutation carriers**

Jessica B. DiSilvestro, MD, Jessica Haddad, MD, Katina Robison, MD, Lindsey Beffa, MD, Jessica Laprise, MS, Jennifer Scalia-Wilbur, MS, Christina Raker, ScD, Melissa Clark, PhD, Elizabeth Lokich, MD, Erin Hofstatter, MD, Disha Dalela, MD, Amy Brown, MD, MPH, Leslie Bradford, MD, Maris Toland, MD, and Ashley Stuckey, MD

*BRCA mutation carriers frequently undergo prophylactic bilateral salpingo-oophorectomy at young ages and less than half report using hormone therapy due to barriers including patient fears and physician discouragement.*

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**Investigating the efficacy and feasibility of using a whole-of-diet approach to lower circulating levels of C-reactive protein in postmenopausal women: a mixed methods pilot study**

Stephanie Cowan, PhD, Aimee Dordevic, PhD, Andrew J. Sinclair, PhD, Helen Truby, PhD, Surbhi Sood, MDiet, and Simone Gibson, PhD

*This mixed-methods pilot study in postmenopausal women found that weight-neutral dietary interventions targeting inflammation may help to mitigate cardiovascular disease risk. These interventions can also provide a vehicle for more innovative dietary messaging to better engage postmenopausal women in lifestyle change.*

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**Vasomotor and other menopause symptoms and the prevalence of ideal cardiovascular health metrics among premenopausal stage women**

Hye Rin Choi, MPH, PhD, Yoosoo Chang, MD, PhD, Yejin Kim, MPH, Yoosun Cho, MD, PhD, Min-Jung Kwon, MD, PhD, Jeonggyu Kang, MD, Ria Kwon, MPH, PhD, Ga-Young Lim, PhD, Kye-Hyun Kim, MD, PhD, Hoon Kim, MD, PhD, NCMP, Yun Soo Hong, MD, PhD, Jihwan Park, MHS, Di Zhao, PhD, Juhee Cho, PhD, Eliseo Guallar, MD, DrPH, Hyun-Young Park, MD, PhD, and Seungho Ryu, MD, PhD

*Premenopausal stage women with either vasomotor or non-vasomotor menopausal symptoms have significantly higher prevalence of poor cardiovascular health metrics, compared to those without any menopausal symptoms.*

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**Impact of vitamin D supplementation on modulating heat-shock proteins in postmenopausal women: a randomized, double-blind, placebo-controlled study**

Claudio Lera Orsatti, PhD, Fábio Lera Orsatti, PhD, João Pedro Esteves Alves de Souza, BSc, and Eliana Aguiar Petri Nahas, MD, PhD

*This study suggests that vitamin D supplementation may increase levels of HSP27 in postmenopausal women, indicating a possible immunomodulatory effect.*

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**Black cohosh extracts in women with menopausal symptoms: an updated pairwise meta-analysis**

Ryoichi Sadahiro, MD, Lillian Nohara Matsuoka, Bing-Syuan Zeng, MD, Keng-Hsu Chen, MD, Bing-Yan Zeng, MD, Hung-Yu Wang, MD, Che-Sheng Chu, MD, Brendon Stubbs, PhD, Kuan-Pin Su, MD, PhD, Yu-Kang Tu, DDS, PhD, Yi-Cheng Wu, MD, Pao-Yen Lin, MD, PhD, Tien-Yu Chen, MD, PhD, Yen-Wen Chen, MD, Mein-Woei Suen, PhD, Malcolm Hopwood, MB, BS, MPM, MD, FRANZCP, Wei-Cheng Yang, MD, Cheuk-Kwan Sun, MD, PhD, Yu-Shian Cheng, MD, PhD, Yow-Ling Shiue, PhD, Chao-Ming Hung, MD, PhD, Yutaka J. Matsuoka, MD, PhD, and Ping-Tao Tseng, MD, PhD

*Black cohosh extracts improved overall menopausal symptoms, hot flashes, vaginal atrophy, and somatic symptoms compared to placebo. Combined black cohosh and other herbal medicine did not provide superior benefits.*

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**The prevalence of osteoporosis in postmenopausal women in urban Tianjin, China and its related factors**

Jie Liu, MD, Rong-Lin Xia, MD, Chen Li, MD, Qian Song, MD, Xiu-Li Cui, MD, and Ai-Jun Chao, MD

*The findings of this study were indicative of the low detection, diagnosis, and treatment rates as well as the high prevalence of osteoporosis, and the resulting imbalance presented a challenge to osteoporosis therapy on both the medical and societal levels.*

## Clinical Corner

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### NAMS Practice Pearl

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#### **Testosterone use for hypoactive sexual desire disorder in postmenopausal women**

Sharon J. Parish, MD, NCMP, and Juliana M. Kling, MD, MPH, FACOG, NCMP

*Clinical practice guidelines based on the most comprehensive meta-analysis of benefits and risks of testosterone therapy to date state that the sole evidence-based indication for testosterone therapy is hypoactive sexual desire disorder (HSDD) in postmenopausal women. Transdermal therapy provides the most physiologic form of replacement, thus, transdermal testosterone is recommended for postmenopausal women with HSDD.*

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