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Editorials

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Genitourinary syndrome of menopause—I know it when I see it—or do I?
Amanda L. Clark, MD, MCR, FACOG, NCMP

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Endometrial safety and efficacy of ospemifene
Steven R. Goldstein, MD, CCD, NCMP, FACOG, FRCOG(H)

Original Study

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The complexity of genitourinary syndrome of menopause: number, severity, and frequency of vulvovaginal discomfort symptoms in women enrolled in a randomized trial evaluating treatment for genitourinary syndrome of menopause
Caroline M. Mitchell, MD, MPH, Joseph C. Larson, MS,
Susan D. Reed, MD, MPH, NCMP, and Katherine A. Guthrie, PhD
The data in this study highlight the complexity of genitourinary syndrome of menopause symptoms in quantity, severity and frequency, suggesting that measuring distress, bother or interference may be the most comprehensive measure.

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Sleep-light interventions that shift melatonin rhythms earlier improve perimenopausal and postmenopausal depression: preliminary findings
Barbara A. Parry, MD, Charles J. Meliska, PhD, Diane L. Sorenson, MPH,
L. Fernando Martinez, BA, Ana M. Lopez, BS, Sharron E. Dawes, PhD,
Jeffrey A. Elliott, PhD, and Richard L. Hauger, MD
The preliminary findings of this study suggest a potential safe, efficacious, rapid-acting, non-pharmaceutical, affordable home intervention that can be administered by paraprofessionals in underserved communities to reduce global health disparities.

(continued)
Anticipated age of perimenopausal experiences, stress, satisfaction, and health and well-being: observations from the Women Living Better Survey
Nancy Fugate Woods, PhD, BSN, FAAN, FGSA, Nina Coslov, MBA, and Marcie Richardson, MD, FACOG
Being “off-time” (experiencing perimenopause-related menstrual cycle changes or symptoms in a timeframe before a person expects them) alone had little effect on measures studied with the exception of poorer perceived health. In contrast, those who were “off-time” and experiencing more bothersome volatile mood symptoms reported effects on health stress, satisfaction with life roles and activities, and perceived health.

A phase 1/2, open-label, parallel group study to evaluate the safety and pharmacokinetics of DARE-HRT1 (80 μg estradiol/4 mg progesterone and 160 μg estradiol/8 mg progesterone intravaginal rings) over 12 weeks in healthy postmenopausal women
Andrea Thurman, MD, M. Louise Hull, MBChB, PhD, FRANZCOG, Bronwyn Stuckey, MBBS, FRACP, Jessica Hatheway, MBA, Nadene Zack, MS, Christine Mauck, MD, MPH, and David Friend, PhD
DARE-HRT1, an intravaginal ring (IVR), which releases 17 2-Estradiol (E2) with progesterone (P4) for 28 days is being developed for the treatment of vasomotor symptoms. This study found that two strengths of DARE-HRT1 were safe and released E2 and P4 with resulting plasma concentrations in the range of the normal early follicular phase (20 – 80 pg/mL) for E2 and at > 1 ng/mL for P4, meeting initial benchmarks for further clinical development.

Comparative safety of conjugated estrogens/bazedoxifene versus estrogen/progestin combination hormone therapy among women in the United States: a multidatabase cohort study
Sarah R. Hoffman, MS, MPH, PhD, Samuel Governor, MD, MPH, Kimberly Daniels, PhD, MS, Ryan M. Seals, MPH, ScD, Najat J. Ziyadeh, MA, MPH, Florence T. Wang, ScD, Dingwei Dai, MD, PhD, Cheryl N. Mcmahill-Walaven, MSW, PhD, Patty Shuminski, AS, Vera Frajzynger, PhD, Xiaofeng Zhou, PhD, Rongjun Shen, MS, Renu K. Garg, PhD, MPH, Nicole Fournakis, MPH, Stephan Lanes, PhD, and Daniel C. Beachler, MHS, PhD
The results of this multi-database study suggest that users of conjugated estrogens/bazedoxifene might experience slightly higher rates of endometrial cancer and endometrial hyperplasia and a lower rate of breast cancer than estrogen/progestin users.

Serum cholesterol levels and the risk of brain natriuretic peptide–diagnosed heart failure in postmenopausal women: a population-based prospective cohort study
Ahmed Arafa, MD, PhD, Rena Kashima, MD, Yoshihiro Kokubo, MD, PhD, Masayuki Teramoto, MD, MPH, Yukie Sakai, MSc, Saya Nosaka, MSc, Haruna Kawachi, RN, MHA, Keiko Shimamoto, MD, PhD, Chisa Matsumoto, MD, PhD, Yoko M. Nakao, MD, PhD, Qi Gao, MD, PhD, and Chisato Izumi, MD, PhD
Total cholesterol (TC) ≥ 240 mg/dL and high-density lipoprotein (HDL) ≥ 100 mg/dL were associated with a higher risk of heart failure, defined as brain natriuretic peptide ≥ 100 pg/mL, in postmenopausal Japanese women. Monitoring TC and HDL in postmenopausal women should be considered for heart failure prevention.
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Efficacy and safety of lemborexant in midlife women with insomnia disorder
Masakazu Terauchi, MD, PhD, NCMP, Jocelyn Y. Cheng, MD, Jane Yardley, PhD,
Kate Pinner, MSc, Margaret Moline, PhD, Manoj Malhotra, MD, Kanako Inabe, BPharm,
Maika Nishida, BPharm, and Elizabeth Pappadopulos, PhD
In the subgroup of perimenopausal-age women with insomnia disorder who participated in
the SUNRISE-2 trial, lemborexant improved subjective sleep parameters through 12 months.
Lemborexant was well tolerated over the 12-month treatment, and most treatment-emergent
adverse events were mild to moderate in severity in this population.

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Correlates of serum estradiol concentration among postmenopausal women in Ilorin,
North-Central Nigeria
Louis Okebunor Odeigah, FWACP, Ismaila Aberi Obalowu, FWACP,
Anthonia Nkechi Alabi, FWACP, Abdulkadir Mohammed, FWACP,
Christy Olanike Ademola, FWACP, and Oyeronke Adekemi Oyeleke, FMCFM
This study assessed the relationship between serum estradiol levels and some menstrual,
clinical, and socio-demographic factors in postmenopausal women attending a family medicine
clinic in Nigeria. The only significant correlate of low serum estradiol concentration found
was chronic medical care presentation for hypertension and or diabetes, out of all the studied
factors.

Review Articles

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Efficacy, tolerability, and endometrial safety of ospemifene compared with current
therapies for the treatment of vulvovaginal atrophy: a systematic literature review
and network meta-analysis
James A. Simon, MD, Alex Ferencezy, MD, Denise Black, MD, Alex Castonguay, MSc,
Catherine Royer, BSc, ASA, Rafik Marouf, MD, PhD, and Catherine Beauchemin, PhD
Ospemifene is an efficacious, well tolerated and safe therapeutic option for postmenopausal
women with moderate to severe symptoms of vulvovaginal atrophy (VVA). Efficacy and safety
outcomes with ospemifene are similar to other VVA therapies in North America and Europe.

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The association between menopausal hormone therapy and gastroesophageal reflux
disease: a systematic review and meta-analysis
Wafa A. Aldhaleeli, MBCh, MSc, MPH, Akshaya S. Bhagavathula, PharmD, PhD,
Michael B. Wallace, MD, MPH, Kenneth R. DeVault, MD,
and Stephanie S. Faubion, MD, MBA, NCMP
Gastroesophageal reflux disease (GERD) is a chronic condition associated with several risk
factors. This systematic review and meta-analysis aims to provide single summary estimate of
the hormone therapy (HT) effect on GERD and to elucidate the combined HT effect on GERD
when results from prior studies were mixed.
Pharmacological interactions and menopausal hormone therapy: a review
Maria Fasero, MD, PhD, Francisco Quereda, MD, PhD, Leire Andracca, PhD, Pluvio J. Coronado, MD, PhD, and HT Eligibility Criteria Group

The available evidence of hormone therapy (HT) interactions with other drugs comes mainly from biological plausibility, the knowledge of extensive concomitant use without reported incidents, and the extrapolation of hormonal contraception. These eligibility criteria can help in the decision process of HT co-administration with another group of drugs.