



# Menopause

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**It's time to wake up: vasomotor symptoms, poor sleep, and their relationship with adverse work outcomes**

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**Estrogen therapy and physical activity**

Joan A. Grossman, PhD, RD/N

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**Age cutoffs for cervical cancer screening: good medicine or ageism?**

Annekathryn Goodman, MD, MPH

### Original Study

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**Association of menopausal vasomotor symptom severity with sleep and work impairments: a US survey**

Barbara DePree, MD, NCMP, MMM, Aki Shiozawa, DrPH, MBA,  
Deanna King, MS, PhD, Arianne Schild, MS, Mo Zhou, PhD, Hongbo Yang, PhD,  
and Shayna Mancuso, DO, FACOG

*Greater vasomotor symptom severity was associated with more sleep disturbance, more sleep-related impairment, worse sleep quality, and greater impairment in daytime activities and work productivity.*

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**Menopausal hormone therapy and change in physical activity in the Women's Health Initiative hormone therapy clinical trials**

Rita Peila, PhD, Xiaonan Xue, PhD, Michael J. LaMonte, PhD, MPH, FAHA, Aladdin H. Shadyab, PhD, Jean Wactawski-Wende, PhD, Su Yon Jung, PhD, Karen C. Johnson, MD, MPH, Mace Coday, PhD, Phyllis Richey, PhD, Charles P. Mouton, MD, MBA, Nazums Saquib, PhD, Rowan T. Chlebowski, MD, PhD, Kathy Pan, MD, Yvonne L. Michael, ScD, Meryl S. LeBoff, MD, JoAnn E. Manson, MD, MPH, DrPH, and Thomas E. Rohan, PhD, MBBS, DHSc

*The results from this clinical trial do not support the hypothesis that estrogen treatment increases physical activity among postmenopausal women.*

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**Examining the association between urinary triclosan levels and menopausal status: results from the National Health and Nutrition Examination Survey, 2003 to 2016**

Gabriela Beroukhim, MD, Jehanzeb Kayani, MPH, Hugh S. Taylor, MD, and Lubna Pal, MBBS, FACOG, MS, NCMP

*In a nationally representative sample of women in the U.S., postmenopausal status was an independent predictor of higher levels of urinary triclosan, a known endocrine disrupter. These findings merit further investigation in appropriately designed studies to clarify possible exposures and potential health implications.*

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**Exploring the relationship between history of infertility and the experience of menopausal symptoms**

Victoria W. Fitz, MD, MSCR, Diana C. Soria-Contreras, PhD, Sheryl L. Rifas-Shiman, MPH, Jan L. Shifren, MD, NCMP, Emily Oken, MD, MPH, and Jorge E Chavarro, MD, ScD

*Women with a history of infertility were found to have greater odds of depressive symptoms, irritability, and severe sleep problems in mid-life. There was no association of history of infertility with other menopausal symptoms.*

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**Analysis of factors related to endometrial cancer in postmenopausal women with endometrial thickening**

Fangfang Ai, PhD, Xiaopei Qin, MM, Liane Zhou, MM, and Shijun Wang, MD

*For postmenopausal women with increased endometrial thickness (ET) and postmenopausal bleeding (PMB), older age, thicker ET, and polypoid mass-like lesions of transvaginal ultrasound (TVS) were independent associated factors for endometrial cancer. For postmenopausal women with increased ET without PMB, if the woman has polypoid mass-like lesions on TVS, she should receive further attention.*

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**Nurse support for pain and anxiety control in women undergoing diagnostic hysteroscopy: a randomized clinical trial**

Belisa Franco de Campos, MD, Cristina Laguna Benetti-Pinto, MD, PhD, and Daniela Angerame Yela, MD, PhD

*Nurse support reduces the anxiety of women undergoing diagnostic hysteroscopy, although it does not reduce the painful symptoms of the procedure.*

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**Translation, cross-cultural adaptation, and validation of the Persian version of the Attitude Towards Menopause scale**

Narjes Bahri, PhD, Moosa Sajjadi, PhD, Myra S. Hunter, PhD,  
and Fatemeh Mohammadzadeh, PhD

*The Persian version of the Attitude Toward Menopause scale is a reliable and valid tool to evaluate the attitudes of Iranian women toward menopause.*

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**A phase 1/2, open-label, parallel group study to evaluate the preliminary efficacy and usability DARE-HRT1 (80 µg estradiol/4 mg progesterone and 160 µg estradiol/8 mg progesterone intravaginal RinGSM) 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

*This study found that two strengths of DARE-HRT1 were acceptable, usable, and demonstrated preliminary efficacy in the treatment of vasomotor symptoms and the genitourinary syndrome of menopause.*

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**Tailor-made three-dimensional printing vaginal pessary to treat pelvic organ prolapse: a pilot study**

Yi-Hao Lin, MD, Chor-Kheng Lim, PhD, Shuenn-Dyh Chang, MD, Chih-Chien Chiang, RN,  
Chun-Hung Huang, MD, and Ling-Hong Tseng, MD

*This study demonstrates that a tailor-made 3D pessary can be used for women with pelvic organ prolapse. A customized pessary can be made with the help of transvaginal ultrasound and 3D printing technology.*

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**Cross-cultural validation of the Lower Extremity Functional Scale in Serbian postmenopausal women with knee osteoarthritis**

Ivana D. Minaković, MD, Jelena S. Zvekić-Svorcan, MD, PhD, Mirjana N. Smuđa, MSc,  
Dejan B. Živanović, PhD, Andrijana S. Mikić, MSc, Tanja S. Janković, MD, PhD,  
and Ana R. Miljković, MD

*The Serbian version of the Lower Extremity Functional Scale is feasible, valid, and reliable for use in both clinical practice and clinical studies to assess self-reported physical functioning in older individuals with knee osteoarthritis.*

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**Development and verification of the Menopause Emotional Symptom Questionnaire**

Na Yeon Kim, MD, Seo-Koo Yoo, PhD, Jae-Chan Jin, PhD, Seunga Han,  
Ji Sun Hong, MD, PhD, and Sun Mi Kim, MD, PhD

*This study confirms that the novel Menopause Emotional Symptom Questionnaire is a valid tool for screening for and measuring emotional symptoms in menopausal women in Korea.*

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### Clinical Corner

#### NAMS Practice Pearl

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##### Evaluation and treatment of vulvovaginal itching in postmenopausal women

Caroline Mitchell, MD, MPH

*Vulvovaginal itching, a commonly reported symptom in postmenopausal women, has a broad differential including dermatologic, infectious, and autoimmune causes. Comprehensive evaluation is important to avoid inappropriate treatments. In many cases, no clear cause can be identified, and the goal of management is simply to control symptoms.*

### Reviews

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##### Cervical cancer screening in menopause: when is it safe to exit?

Margaret E. Long, MD, Yeonsoo S. Lee, BS, and Suneela Vegunta, MD

*Cervical cancer screening guidelines are nuanced and vary based on risk factors, but if criteria are adequately met, people with a cervix older than 65 years can safely exit screening.*

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##### Efficacy and safety of carbon dioxide laser therapy compared with sham for genitourinary syndrome of menopause management: a meta-analysis of randomized clinical trials

Yuliana W. Gunawan, MD and Yunita Erlina, MD

*CO<sub>2</sub> laser therapy may improve the overall treatment of genitourinary syndrome of menopause with a relatively good safety profile.*

### Letters to the Editor

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