



Menopause

The Journal of The Menopause Society

VOLUME 30, ISSUE 10 2023

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CONTENTS

Editorials

991

Will long term use of hormone therapy fade away?

James H. Liu, MD

993

It is time to standardize menopause curriculum in residency

Monica Christmas, MD, FACOG, MSCP

Original Study

OPEN

995

Benefits for cardiovascular system, bone density, and quality of life of a long-term hormone therapy in hysterectomized women: a 20-year follow-up study

Maria Isabel Lorite, MD, PhD, Angela Maria Cuadros, MD, PhD,
Mario Rivera-Izquierdo, MD, PhD, Victoria Sanchez-Martin, PhD,
and Marta Cuadros, PhD

Hormone therapy for up to 20 years after hysterectomy may be beneficial for bone and cardiovascular health, and for the overall quality of life. The data presented in this study suggests the importance of evaluating the dose and the timing of hormone therapy.

1002

Needs assessment of menopause education in United States obstetrics and gynecology residency training programs

Jennifer T. Allen, MD, NCMP, Shahar Laks, MD,
Carolyn Zahler-Miller, MD, NCMP, Bunja J. Rungruang, MD, Kelli Braun, MD,
Steven R. Goldstein, MD, NCMP, and Peter F. Schnatz, DO, NCMP

Findings from a national program director survey suggest ObGyn residents need increased access to menopause education tools to manage menopause during and after their training.

(continued)

SDC

1006

Low-density lipoprotein subclasses over the menopausal transition and risk of coronary calcification and carotid atherosclerosis: the SWAN Heart and HDL ancillary studies

Samar R. El Khoudary, PhD, MPH, FAHA, Xirun Chen, MS, Ziyuan Wang, MS, Maria M. Brooks, PhD, Trevor Orchard, MBBCh, MMedSci, FAHA, FACE, Sybil Crawford, PhD, Imke Janssen, PhD, Susan A. Everson-Rose, PhD, MPH, Daniel McConnell, PhD, and Karen Matthews, PhD

During the menopausal transition, women experience significant increases in low-density lipoprotein cholesterol (LDL-C) subclasses found to be related to greater carotid intima-media thickness levels and coronary artery calcification prevalence. Whether these changes could better predict future risk of hard cardiovascular disease events beyond LDL-C remains a research question to address.

1014

“Quick flutter skip”: midlife women's descriptions of palpitations

Janet S. Carpenter, PhD, RN, FAAN, Rileigh Fagan, BSN, RN, Mofareh A. Alzahrani, PharmD, Heather A. Jaynes, MSN, RN, James E. Tisdale, PharmD, FCCP, FAPhA, FNAP, FAHA, FACC, Richard J. Kovacs, MD, MACC, Chen X. Chen, PhD, RN, and Claire B. Draucker, PhD, RN, FAAN

This study advances understanding of how women describe their palpitations and related healthcare experiences. Findings could have implications for building research and clinical tools to guide assessment, communication, and/or education for patients and/or providers about palpitations and for developing and testing behavioral interventions to address this poorly understood symptom in peri- and post-menopausal women.

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1022

“Weight loss is my goal and being healthy is my goal... I can get over the hot flashes”: a qualitative exploration of menopausal transition experiences and preferences for weight management among White women

Chelsea L. Kracht, PhD, Jessica St. Romain, BA, CCRP, Julie C. Hardee, BS, Nanette Santoro, MD, MSCP, Leanne M. Redman, PhD, and Kara L. Marlatt, PhD, MPH

This cohort of White women were interested in receiving menopause information and improving their overall health as part of a lifestyle program targeting weight management during this transition. Building camaraderie with other women affected by menopause is important to women, as is creating a lifestyle program that is flexible with daily life.

1033

Appropriateness of premature ovarian insufficiency recommendations provided by ChatGPT

Bengü Mutlu Sütçüoğlu, MD and Melike Güler, MD

The study's findings suggest that ChatGPT provides patients with mostly accurate information about premature ovarian insufficiency but might present significantly inaccurate information.

CONTENTS

(continued)

OPEN

1038

Association between perimenopausal age and greater posttraumatic stress disorder and depression symptoms in trauma-exposed women

Vasiliki Michopoulos, PhD, Megan E. Huibregtse, PhD, E. Britton Chahine, MD, MSCP, Alicia K. Smith, PhD, Ida T. Fonkoue, MD, PhD, Jessica Maples-Keller, PhD, Amy Murphy, BA, Linzie Taylor, BS, Abigail Powers, PhD, and Jennifer S. Stevens, PhD

Posttraumatic stress disorder and depression symptoms in trauma-exposed women are impacted by reproductive age, such that perimenopausal women show higher symptom severity than premenopausal and postmenopausal women.

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1045

The effects of music therapy on the psychological status of women with perimenopause syndrome

Soyeon Kim, PhD, Sun Mi Kim, MD, PhD, Hyunchan Hwang, MD, PhD, Min Kyoon Kim, MD, PhD, Hee Jun Kim, MD, PhD, Seojin Park, AS, and Doug Hyun Han, MD, PhD

The results of this study suggest that music therapy can help the psychological and emotional effects of perimenopausal women and is effective for treatment.

Brief Report

SDC

1053

Association of senescence-associated secretory phenotype proteins with ovarian reserve among middle-aged/older women

Ji-Won Shin, BS, Hyun Tae Park, MD, PhD, Seung-Ah Choe, MD, PhD, and Ok Hee Jeon, PhD

In a cohort of middle-aged/older women, the level of circulating senescence-associated secretory phenotype proteins indicated chronological age and menopausal status. Thus, in middle-aged/older premenopausal women, serum levels of senescence-associated secretory phenotype protein potentially have limited predictive value for ascertaining ovarian reserve.

Clinical Corner

Practice Pearl

1058

Reproductive risk factors for cardiovascular disease in women

Odayme Quesada, MD

Cardiovascular disease (CVD) remains the leading cause of death in women. This Practice Pearl explains how increased awareness of reproductive risk factors for CVD will lead to improving the cardiovascular health of women by using evidence-based CVD risk-reduction prevention strategies.

CONTENTS

(continued)

Review

1061

Influencing factors on women's attitudes toward hormone therapy acceptance for menopause treatment: a systematic review

Anita Pershad, BA, Joshua M. Morris, MD, MA, MSCP, Katie Shearer, BA,
Diane Pace, PhD, APRN, MSCP, and Pallavi Khanna, MD, MSCP

Hormone therapy can be a safe and effective tool to improve the quality of life in peri- and post-menopausal women with vasomotor and genitourinary symptoms. However, there are many complex factors that shape women's perceptions of the efficacy, safety, and accessibility of hormone therapy.

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Menopause: The Journal of The Menopause Society (ISSN 1072-3714) is published monthly online-only by Wolters Kluwer Health, Inc. **Annual subscription rate:** \$703.

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