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Lisa C Larkin, MD, FACP, MSCP, IF
2023–2024 President, The Menopause Society

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Is it time to rethink how menopause is defined?
Lauren Streicher, MD, MSCP

Original Study

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Prevalence and impact of vasomotor symptoms due to menopause among women in Brazil, Canada, Mexico, and Nordic Europe: a cross-sectional survey
Lora Todorova, MPH, MBA, Rogerio Bonassi, MD,
Francisco Javier Guerrero Carreño, MD, Angelica L. Hirschberg, MD, PhD,
Nese Yuksel, BScPharm, PharmD, MSCP, Carol Rea, MMRS, Ludmila Scrine, MD,
and Janet S. Kim, PhD

This study was conducted to investigate the prevalence and impact of moderate to severe vasomotor symptoms due to menopause among women from a multinational sample using an online survey. Among women from seven countries, moderate to severe vasomotor symptoms were widespread, varied by region, and largely impaired quality of life, productivity, and sleep.

(continued)
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Carotid intima media thickness and cardiometabolic dysfunction: the Study of Women’s Health Across the Nation
Aleda M. Leis, PhD, MS, Elizabeth A. Jackson, MD, MPH, FACC, FAHA,
Ana Baylin, MD, DrPH, FAHA, Emma Barinas-Mitchell, PhD,
Samar R. El Khoudary, PhD, MPH, FAHA, and Carrie A. Karvonen-Gutierrez, PhD, MPH
Atherosclerosis can lead to major clinical sequelae; therefore, identification of subclinical atherosclerosis may allow providers and patients to manage risk factors earlier in the disease process. The findings from this study suggest that there is no additional effect of having obesity with metabolic syndrome on measures of subclinical atherosclerosis beyond the effect conferred by metabolic syndrome alone.

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Discontinuation of hormone therapy and bone mineral density: does physical activity modify that relationship?
Alyssa N. Sheedy, BS, Jean Wactawski-Wende, PhD, Kathleen M. Hovey, MS,
and Michael J. LaMonte, PhD, MPH
This study explored the bone mineral density change in postmenopausal women who discontinued hormone therapy over a 5-year period and whether usual physical activity modified those results.

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Triage method for endometrial biopsy in postmenopausal women: a multicenter retrospective cohort study
Yufei Shen, BS, Lucia Li, BS, Hailong Wang, MD, Yi Hu, MD, Xi Deng, MD,
Xiaolong Lian, MD, Yanlin Tan, MD, Liling Liang, MD, Yu Zhang, MD,
and Wenqing Yang, MD
Among women with transvaginal ultrasonography abnormalities, a nomogram was constructed, and a score greater than 22.5 suggested the need for referral to endometrial biopsy, while a score less than 22.5 suggested that regular follow-up was required, further improving the triage procedure.

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CO₂ laser, radiofrequency, and promestriene in the treatment of genitourinary syndrome of menopause in breast cancer survivors: a histomorphometric evaluation of the vulvar vestibule
Marcela Furtado Roberto Fernandes, MD, Ana Maria Homem de Mello Bianchi-Ferraro, PhD,
Marair Grazio Ferreira Sartori, PhD, Zsuzsanna Ilona Katalin de Jarym Di Bella, PhD,
Gabriela Cruz Cantarelli, MD, Chayanne Dedonatto, MD, Rafaela Brambatti Vanzin, MD,
Rita de Cassia Maio Dardes, PhD, LARF Study Group, Ângela Flávia Logullo, PhD,
and Marisa Teresinha Patriarca, PhD
Laser, radiofrequency, and promestriene delivered comparable, significant symptom improvements among women with breast cancer receiving adjuvant therapy. These treatments did not cause structural tissue damage or other clinical complications.
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The effects of therapeutic touch and music on sleep quality, menopausal symptoms, and quality of life in menopausal women
Fatma Keskin Töre, PhD and Yurdagül Yağmur, PhD
This study found that therapeutic touch and music increased sleep quality (subjective sleep quality, sleep latency, and sleep disturbances) and quality of life and reduced menopausal symptoms.

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Short-term effects and safety of a natural oral supplement containing glucosinolates, phytosterols, and citrus flavonoids compared with hormone treatment for the management of postmenopausal symptomatic women: a pilot single-center randomized phase 2 clinical trial
Martha Villar-López, MD, Percy Soto-Becerra, MD, Peter Chedraui, MD, PhD, Joel D. Osorio-Manyari, MD, Ali Al-kassab-Córdova, MD, Angel A. Osorio-Manyari, MD, José L. Fernandez-Sosaya, MD, MSc, Edith Moya-Silvestre, RN, Percy A. Rojas, BSc, Gabriela Lugo-Martínez, MD, PhD, and Edward Mezones-Holguín, MD, MSc
In this phase-2 pilot clinical trial, an oral herbal supplement containing glucosinolates, phytosterols, and citrus flavonoids was efficacious in reducing global, physical, and psychosocial menopausal symptoms and exhibited a better safety profile in comparison with estrogen plus progestogen therapy.

Personal Perspective

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'Tis but a scratch: a critical review of the Women's Health Initiative evidence associating menopausal hormone therapy with the risk of breast cancer
Avrum Z. Bluming, MD, Howard N. Hodis, MD, and Robert D. Langer, MD, MPH
A generation of women have been largely deprived of hormone therapy as a result of the Women's Health Initiative's widely published, uncorrected report of increased breast cancer risk associated with conjugated equine estrogen and medroxyprogesterone acetate administration. This personal perspective attempts to rectify this misunderstanding and encourages patient-physician cooperation in evaluating the appropriateness of hormone therapy for any individual woman.