



# Menopause

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#### **Finding SKYLIGHT for all: fezolinetant efficacy for vasomotor symptoms in subpopulations**

Susan D. Reed, MD, MPH, MS, MSCP

### Original Studies

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#### **Fezolinetant treatment of moderate-to-severe vasomotor symptoms due to menopause: effect of intrinsic and extrinsic factors in two phase 3 studies (SKYLIGHT 1 and 2)**

Nanette Santoro, MD, Rossella E. Nappi, MD, PhD, Genevieve Neal-Perry, MD, PhD, Marci English, MPH, Deanna D. King, MS, PhD, Yusuke Yamaguchi, PhD, and Faith D. Ottery, MD, PhD

*In this pooled analysis from the phase 3 SKYLIGHT 1 and 2 studies, none of the intrinsic and extrinsic factors identified in this study substantially reduced the response to fezolinetant at either the 30 or 45 mg doses.*

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#### **Navigating menopause at work: a preliminary study about challenges and support systems**

Elisabet Alzueta, PhD, Luca Menghini, PhD, Laila Volpe, MS, Fiona C. Baker, PhD, Ann Garnier, BA, Philip M. Sarrel, MD, and Massimiliano de Zambotti, PhD

*This study offers an understanding of how menopausal symptoms in different health domains influence key aspects of work life, and underscores the urgent need for increased awareness and proactive multifactorial measures to support menopausal women in their careers.*

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#### **Weight loss response to semaglutide in postmenopausal women with and without hormone therapy use**

Maria D. Hurtado, MD, PhD, Elif Tama, MD, Sima Fansa, MD, Wissam Ghushn, MD, Diego Anazco, MD, Andres Acosta, MD, PhD, Stephanie S. Faubion, MD, MBA, MSCP, and Chrisandra L. Shufelt, MD, MS, MSCP

*In postmenopausal women with overweight or obesity treated with semaglutide, hormone therapy use was associated with an improved weight loss response. This association was maintained when adjusted for confounders.*

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**Climacteric status at age 46 is associated with poorer work ability, lower 2-year participation in working life, and a higher 7-year disability retirement rate: a Northern Finland Birth Cohort 1966 study**

Tiia Saarinen, BM, Susanna M. Savukoski, MD, PhD, Paula Pesonen, MSc, Eeva Vaaramo, MSc, Jaana Laitinen, MSc, PhD, Tuulia Varanka-Ruuska, MD, Leena Ala-Mursula, MD, PhD, and Maarit Niinimäki, MD, PhD

*An earlier menopausal transition is associated with poorer perceived work ability, and it predicts lower recorded work participation and a higher disability pension rate in subsequent years.*

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**Association between lumbar muscle size and bone mineral density in nonfractured postmenopausal women with and without osteoporosis**

Chun-Han Hou, MS, Tsyh-Jyi Hsieh, MD, and Ming-Chung Chou, PhD

*The findings of this study suggest differences in the associations between bone mineral density and lumbar muscle size between postmenopausal women with osteoporosis and those with osteopenia.*

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**Comparison of the effect of noninvasive radiofrequency with vaginal estrogen and vaginal moisturizer in the treatment of vulvovaginal atrophy in postmenopausal women: a randomized clinical trial**

Anna Valéria Gueldini de Moraes, MD, PhD, Lucia Costa-Paiva, MD, PhD, Helymar da Costa Machado, MSc, Tayná Figueiredo Maciel, MSc, Fernanda Viviane Mariano, PhD, and Adriana Orcesi Pedro, MD, PhD, MSCP

*The effect of non-invasive radiofrequency on the treatment of vulvovaginal symptoms of genitourinary syndrome of menopause was similar to vaginal estrogen, except for hormonal cytology, and superior to vaginal moisturizer, with improvement in some histomorphometric parameters.*

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**A cross-sectional study of the association between breastfeeding history and overweight/obesity in postmenopausal women**

Ting Ran, MM, Nianchun Peng, MD, Miao Zhang, MD, Ying Hu, MD, Huijun Zhuang, MM, Tian Zhang, PhD, Juan He, PhD, Lixin Shi, MB, Qiao Zhang, MM, and Jing Zheng, PhD

*In the Asian population, the duration of breastfeeding does not appear to be necessarily linked to the prevalence of overweight or obesity in postmenopausal women.*

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**Physical activity and menopausal symptoms: evaluating the contribution of obesity, fitness, and ambient air pollution status**

Steriani Elavsky, PhD, Michal Burda, PhD, Lukáš Cipryan, PhD, Petr Kutáč, PhD, Marek Bužga, PhD, Vera Jandačková, PhD, Sy-Miin Chow, PhD, and Daniel Jandačka, PhD

*This study assesses the relationship between physical activity, menopausal symptoms, and air-pollution status, suggesting that physical activity may enhance resilience in the daily experience of hot flashes, especially for women residing in high-air-pollution environments.*

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**Does menopause hormone therapy improve symptoms of depression? Findings from a specialized menopause clinic**

Rahavi Gnanasegar, BHSc, Wendy Wolfman, MD, FRCSC, FACOG, MSCP,  
Leticia Hernandez Galan, PhD, Amie Cullimore, MD, MSc, FRCSC, MSCP,  
and Alison K. Shea, MD, PhD, FRCSC, MSCP

*This study supports the use of menopausal hormone therapy to improve depressive symptoms experienced by those seeking specialized menopause care.*

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**Effects of sports therapy on improvement of menopausal symptoms, psychological status, and body morphology in perimenopausal women**

Sun Mi Kim, MD, PhD, Yongwoo Ko, PhD, Da Seol Kim, MS, Na Yeon Kim, MD,  
Hyun Chan Hwang, MD, PhD, and Doug Hyun Han, MD, PhD

*Sports therapy would improve menopause symptoms, especially somatic symptoms, urogenital symptoms, and depressive moods, in perimenopausal women.*

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**Body composition, physical activity, and menopause symptoms: how do they relate?**

Sam R. Moore, MS, Hannah E. Cabre, PhD, and Abbie E. Smith-Ryan, PhD

*Within a pre-, peri-, and post-menopausal sample, percent body fat predicted nearly half of the variability of menopause symptoms within the perimenopausal group. Additionally, vigorous physical activity was the only intensity which emerged as a significant predictor of both body composition and menopause symptoms, suggesting that high-intensity exercise interventions to alleviate body composition changes may also reduce menopausal-related symptoms for perimenopausal women.*

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**Review**

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**Systematic review of neurokinin-3 receptor antagonists for the management of vasomotor symptoms of menopause**

Nicole E. Cieri-Hutcherson, PharmD, BCPS, MSCP, Elaine K. Marji, PharmD,  
and Timothy C. Hutcherson, PharmD

*This study characterizes the body of literature on the efficacy and safety of neurokinin-3 receptor antagonists currently approved or in development, fezolinetant and elinzanetant, when used as monotherapy for the treatment of vasomotor symptoms.*