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Advancing menopausal care: the importance of evidence on hormone therapy use and outcomes in women age 65 and older
Tara K. Iyer, MD, MSCP and JoAnn E. Manson, MD, DrPH, MACP, MSCP

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Does neighborhood socioeconomic status impact ovarian reserve? Moving beyond individual-level factors
Yamnia I. Cortés, PhD, MPH, RN, FAHA, FAAN

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Use of menopausal hormone therapy beyond age 65 years and its effects on women’s health outcomes by types, routes, and doses
Seo H. Baik, PhD, Fitsum Baye, MS, and Clement J. McDonald, MD
Among senior Medicare women, the implications of menopausal hormone therapy use beyond age 65 years vary by types, routes, and strengths. Risk reductions appear to be greater with low rather than medium or high doses, vaginal or transdermal rather than oral preparations, and with estradiol rather than conjugated estrogen.

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Association between neighborhood poverty and ovarian reserve: the ovarian aging study
Anwesha Pan, MA, Kyle D. Crowder, PhD, Marcelle I. Cedars, MD, and Maria E. Bleil, PhD
The results of this study suggest that neighborhood disadvantage may have detrimental impacts that manifest as initially higher antimüllarian hormone, resulting in greater ovarian follicle loss over time.

(continued)
The influence of habitual physical activity and sedentary behavior on objective and subjective hot flashes at midlife
Sarah Witkowski, PhD, Quinn White, BA, Sofiya Shreyer, MA, Daniel E. Brown, PhD, and Lynnette Leidy Sievert, PhD
These data provide support for relations between sedentary time, physical activity and hot flashes and highlight the importance of using objective and subjective assessments to better understand the 24-hour hot flash experience.

“Not feeling like myself” in perimenopause — what does it mean? Observations from the Women Living Better survey
Nina Coslov, MBA, Marcie K. Richardson, MD, and Nancy Fugate Woods, PhD, RN
The phrase “not feeling like myself” from a midlife woman was associated with anxiety/vigilance, fatigue/pain, brain fog, sexual symptoms, and volatile mood symptoms. These symptoms are not commonly associated with the menopausal transition but understanding their relationship to expressions of “not feeling like myself” may help healthcare providers respond to women’s concerns.

Dorsal brain activity reflects the severity of menopausal symptoms
Kohei Nakamura, MD, PhD, Hideyuki Hoshi, MSc, Momoko Kobayashi, MS, Keisuke Fukasawa, BS, Sayuri Ichikawa, TA, and Yoshihito Shigihara, MD, PhD
Resting-state brain activity can serve as an objective measurement of unpleasantness associated with menopausal symptoms, which aids the selection of appropriate treatment and monitors its outcome.

What do we know about the role of menopause in cardiovascular autonomic regulation in hypertensive women?
Stella V. Philbois, PhD, Tabata P. Facioli, PhD, Izabella De Lucca, BSc, Ana C. Veiga, BSc, Naiara Chinellato, BSc, Marcus V. Simões, MD, PhD, Jens Tank, MD, PhD, and Hugo C.D. Souza, PhD
Middle-aged premenopausal hypertensive women exhibit impaired heart rate autonomic modulation but still maintain a vagal predominance. After menopause, normotensive women show sympathetic autonomic predominance, whereas hypertensive women exhibit even worse cardiac autonomic modulation.

Nutrition knowledge, attitudes, and perceptions of Greek menopausal women
Evgenia-Ioanna Papadima, MD, MSc, Tonia Vassilakou, PhD, Themos Grigoriadis, MD, PhD, Anastasios Boutsiadis, MSc, Sofia Ivanidou, MD, MSc, Andreas Kalampalikis, MD, MSc, and Lina Michala, MD, PhD, FRCOG
The majority of postmenopausal Greek women in this study were unaware of the Hellenic dietary guidelines. In general, women’s knowledge of nutrition during menopause was moderate.
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Sexually transmitted infections in midlife women
Elizabeth Micks, MD, MPH
According to the 2021 Center for Disease Control and Prevention’s (CDC) surveillance on sexually transmitted infections (STIs), rates of STIs are increasing in all age groups. One study showed that STI rates were increasing faster in women aged 55 to 64 years compared with younger age groups. Although the incidence of STIs is lower in midlife women than in younger women, midlife women may have life changes that lead to new sexual partners, but healthcare professionals may assume they are not sexually active. Treatment of STIs is guided by the CDC STI Treatment Guidelines.

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Socioecological factors influencing physical activity engagement for women across the menopausal transition: a systematic review
Meghan Casey, PhD, Elissa Dabkowski, Grad Cert Tertiary Ed, BN, RN, B Physio, Ma Regina L. de Gracia, BA, MA, PhD, Kathleen A. Moore, BA, Grad Dip App Psych, Grad Dip Ment Hlth, MSc, PhD, Gerard A. Kennedy, PhD, Grad Dip Ment Hlth (Clin Hypn), Joanne E. Porter, PhD, MN, Grad Dip CC, Grad Cert Ed, Grad Dip HSM, BN, RN, Yasmina Nasastasia, PhD, M Psych (clinical), and Marlies E. Alvarenga, D Psych, MHP, Grad Dip Ed Psych, BEd, BSc
This systematic review examines the socioecological factors influencing physical activity engagement for women across the menopausal transition and emphasizes that menopausal women face internal obstacles like health issues.

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Postmenopausal endometriosis: a challenging condition beyond menopause
Alexandre Vallée, MD, PhD, Marie Carbonnel, MD, PhD, Pierre-François Ceccaldi, MD, PhD, Anis Fekri, MD, PhD, and Jean-Marc Ayoubi, MD, PhD
Postmenopausal endometriosis significantly impacts the quality of life, sexual health, and long-term well-being of women. Understanding postmenopausal endometriosis is crucial for quality of life of women affected by this condition.

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Effects of mind-body exercise on perimenopausal and postmenopausal women: a systematic review and meta-analysis
Hong Xu, MM, Jian Liu, MD, Peishan Li, MD, and Yujie Liang, MD
The findings of this meta-analysis demonstrate that mind-body exercise positively influences bone mineral density, sleep quality, anxiety, depression, and fatigue among perimenopausal and postmenopausal women.
Letters to the Editor

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