



Menopause

The Journal of The Menopause Society

VOLUME 31, ISSUE 5 2024



Supplemental Digital Content is available.



Open Access article.

CONTENTS

Editorials

359

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

361

Does neighborhood socioeconomic status impact ovarian reserve? Moving beyond individual-level factors

Yamnia I. Cortés, PhD, MPH, RN, FAHA, FAAN

Original Studies



363



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.

372

Association between neighborhood poverty and ovarian reserve: the ovarian aging study

Anwasha 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 antimüllerian hormone, resulting in greater ovarian follicle loss over time.

(continued)

SDC

381

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.

OPEN

390

SDC

“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.

OPEN

399

SDC

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.

408

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.

SDC

415

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 Kalampalakis, 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.

Clinical Corner

Practice Pearl

430

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.

Reviews

SDC

433

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, GradDipAppPsych, GradDipMentHlth, MSc, PhD, Gerard A. Kennedy, PhD, Grad Dip Mntl Hlth (Clin Hypn), Joanne E. Porter, PhD, MN Grad Dip CC, Grad Cert Ed, Grad Dip HSM, BN, RN, Yasmina Nasstasia, PhD, MPsych (clinical), and Marlies E. Alvarenga, DPsych, MHP, GradDipEdPsych, BESt, 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.

447

Postmenopausal endometriosis: a challenging condition beyond menopause

Alexandre Vallée, MD, PhD, Marie Carbonnel, MD, PhD, Pierre-François Ceccaldi, MD, PhD, Anis Feki, 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.

OPEN

457

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.

CONTENTS
(continued)

Letters to the Editor

468

Wolters Kluwer Health, Inc., and The Menopause Society cannot be held responsible for errors or for any consequences arising from the use of the information contained in this journal. All advertising material published in this journal is expected to conform to regulatory and medical standards. The appearance of advertising in this publication does not constitute a guarantee or endorsement by The Menopause Society or Wolters Kluwer Health, Inc., of the quality or value of such a product or service or any claims made by its marketer.

Permissions and photocopying: For permission and/or rights to use content for which the copyright holder is Wolters Kluwer or the society we have partnered with the Copyright Clearance Center to provide permissions for our products through their RightsLink service, please go to the journal's website and after clicking on the relevant article, click on the "Get Content & Permissions" link under the "Article Tools" box that appears on the right side of the page. For questions about the Rightslink service, e-mail customer-care@copyright.com or call 877-622-5543 (U.S. Only) or 978-777-9929. Permissions FAQs and information on author's permission requests are available at <https://shop.lww.com/journal-permission>. For additional permission inquiries, please contact Permissions@LWW.com. For translation rights requests, contact TranslationRights@wolterskluwer.com. For license to republish and distribute requests, contact HealthLicensing@wolterskluwer.com. For special projects and reprints (U.S./Canada), contact Alan Moore at Alan.Moore@wolterskluwer.com or reprintsolutions@wolterskluwer.com. For special projects and reprints (non-U.S./Canada), contact Avia Potashnik at Avia.Potashnik@wolterskluwer.com or InternationalReprints@wolterskluwer.com.
Menopause: The Journal of The Menopause Society is a registered trademark of The Menopause Society.

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

Copyright © 2024 by The Menopause Society. All rights reserved.