

Reference List

Menopause Misinformation: Separating Health From Hype in the New Year
Webinar on 1/11/23

Presented by: Val Schonberg, MS, RDN, CSSD, LD, NCMP, FAND

1. The North American Menopause Society. *Menopause Practice: A Clinicians Guide*. 6th ed. Pepper Pike, Ohio: North American Menopause Society; 2019.
2. Hoyt LT, Falconi AM. Puberty and perimenopause: reproductive transitions and their implications for women's health. *Soc Sci Med*. 2015;132:103-112.
3. Giannini A, Caretto M, Genazzani AR, Simoncini T. Neuroendocrine Changes during Menopausal Transition. *Endocrines*. 2021;2(4):405-416.
4. Utian WH, Boggs PP. The North American Menopause Society 1998 menopause survey. Part I: postmenopausal women's perceptions about menopause and midlife. *Menopause*. 1999;6(2):122-128.
5. Sommer B, Avis N, Meyer P, et al. Attitudes toward menopause and aging across ethnic/racial groups. *Psychosom Med*. 1999;61(6):868-875.
6. Hines K. The history of social media. Search Engine Journal website. <https://www.searchenginejournal.com/social-media-history/462643/>. Published September 2, 2022. Accessed November 9, 2022.
7. Abramowitz J. Wi-Fi Alliance®, then and now. Wi-Fi Alliance website. <https://www.wi-fi.org/beacon/jeff-abramowitz/wi-fi-alliance-then-and-now>. Published September 11, 2019. Accessed November 9, 2022.
8. Rossouw JE, Anderson GL, Prentice RL, et al. Risks and benefits of estrogen plus progestin in healthy postmenopausal women: principal results from the Women's Health Initiative randomized controlled trial. *JAMA*. 2002;288(3):321-333.
9. Sprague BL, Trentham-Dietz A, Cronin KA. A sustained decline in postmenopausal hormone use: results from the National Health and Nutrition Examination Survey, 1999–2010. *Obstet Gynecol*. 2012;120(3):595-603.
10. Manson JE, Chlebowski RT, Stefanick ML, et al. Menopausal hormone therapy and health outcomes during the intervention and extended poststopping phases of the Women's Health Initiative randomized trials. *JAMA*. 2013;310(13):1353-1368.

11. Nuttall FQ. Body mass index: obesity, BMI, and health: a critical review. *Nutr Today*. 2015;50(3):117-128.
12. Andreyeva T, Puhl RM, Brownell KD. Changes in perceived weight discrimination among Americans, 1995–1996 through 2004–2006. *Obesity (Silver Spring)*. 2008;16(5):1129-1134.
13. Sternfeld B, Wang H, Quesenberry CP Jr, et al. Physical activity and changes in weight and waist circumference in midlife women: findings from the Study of Women's Health Across the Nation. *Am J Epidemiol*. 2004;160(9):912-922.
14. Greendale GA, Han W, Finkelstein JS, et al. Changes in regional fat distribution and anthropometric measures across the menopause transition. *J Clin Endocrinol Metab*. 2021;106(9):2520-2534.
15. About SWAN. Study of Women's Health Across the Nation website. <https://www.swanstudy.org/about/about-swan/>. Published December 15, 2021. Accessed November 8, 2022.
16. Huhmann K. Menses requires energy: a review of how disordered eating, excessive exercise, and high stress lead to menstrual irregularities. *Clin Ther*. 2020;42(3):401-407.
17. De Souza MJ, Toombs RJ. Amenorrhea Associated With the Female Athlete Triad: Etiology, Diagnosis, and Treatment. In: Santoro NF, Neal-Perry G, eds. *Amenorrhea. A Case-Based, Clinical Guide*. Humana Press; 2010:101-125.
18. Purnell JQ, Urbanski HF, Kievit P, Roberts CT, Bethea CL. Estradiol replacement timing and obesogenic diet effects on body composition and metabolism in postmenopausal macaques. *Endocrinology*. 2019;160(4):899-914.
19. Santoro N, Brown JR, Adel T, Skurnick JH. Characterization of reproductive hormonal dynamics in the perimenopause. *J Clin Endocrinol Metab*. 1996;81(4):1495-1501.
20. Kohrt WM, Wierman ME. Preventing fat gain by blocking follicle-stimulating hormone. *N Engl J Med*. 2017;377(3):293-295.
21. Nckehinyere C-O, Baar K. Effect of estrogen on musculoskeletal performance and injury risk. *Front Physiol*. 2019;9:1834.
22. Hunter GA, Singh H, Carter SJ, Bryan DR, Fisher G. Sarcopenia and its implications for metabolic health. *J Obes*. 2019;2019:8031705.
23. Martin CB, Herrick KA, Sarafrazi N, Ogden CL. Attempts to lose weight among adults in the United States, 2013–2016. *NCHS Data Brief*. 2018;(313):1-8.

24. Serdula MK, Williamson DF, Anda RF, Levy A, Heaton A, Byers T. Weight control practices in adults: results of a multistate telephone survey. *Am J Public Health*. 1994;84(11):1821-1824.
25. Montani J-P, Schutz Y, Dulloo AG. Dieting and weight cycling as risk factors for cardiometabolic diseases: who is really at risk? *Obes Rev*. 2015;16(Suppl 1):7-18.
26. Holt-Lunstad J, Robles TF, Sbarra DA. Advancing social connection as a public health priority in the United States. *Am Psychol*. 2017;72(6):517-530.
27. Morgan AE, Mooney KM, Wilkinson SJ, Pickles NA, Mc Auley MT. Investigating cholesterol metabolism and ageing using a systems biology approach. *Proc Nutr Soc*. 2017;76(3):378-391.
28. Rickenlund A, Eriksson MJ, Schenck-Gustafsson K, Hirschberg AL. Amenorrhea in female athletes is associated with endothelial dysfunction and unfavorable lipid profile. *J Clin Endocrinol Metab*. 2005;90(3):1354-1359.
29. Hussain AA, Hübel C, Hindborg M, et al. Increased lipid and lipoprotein concentrations in anorexia nervosa: a systematic review and meta-analysis. *Int J Eat Disord*. 2019;52(6):611-629.
30. Rhee E-J. Weight cycling and its cardiometabolic impact. *J Obes Metab Syndr*. 2017;26(4):237-242.
31. Rosenbaum M, Hall KD, Guo J, et al. Glucose and lipid homeostasis and inflammation in humans following an isocaloric ketogenic diet. *Obesity*. 2019;27(6):971-981.
32. Sözen T, Özişik L, Başaran NÇ. An overview and management of osteoporosis. *Eur J Rheumatol*. 2017;4(1):46-56.
33. Management of osteoporosis in postmenopausal women: the 2021 position statement of the North American Menopause Society. *Menopause*. 2021;28(9):973-997.
34. Papageorgiou M, Kerschman-Schindl K, Sathyapalan T, Pietschmann P. Is weight loss harmful for skeletal health in obese older adults? *Gerontology*. 2020;66(1):2-14.
35. World Cancer Research Fund, American Institute for Cancer Research. *Diet, Nutrition, Physical Activity and Cancer: A Global Perspective*. Continuous Update Project. The Third Expert Report. Published 2018.
36. NIH study identifies ideal body mass index. National Institutes of Health website. <https://www.nih.gov/news-events/news-releases/nih-study-identifies-ideal-body-mass-index>. Published December 1, 2010. Accessed November 10, 2022.
37. Berrington de Gonzalez B, Hartge P, Cerhan JR, et al. Body-mass index and mortality among 1.46 million white adults. *N Engl J Med*. 2010;363(23):2211-2219.

38. Bhaskaran K, Dos-Santos-Silva I, Leon DA, Douglas IJ, Smeeth L. Association of BMI with overall and cause-specific mortality: a population-based cohort study of 3-6 million adults in the UK. **Lancet Diabetes Endocrinol**. 2018;6(12):944-953.
39. Hughes V. The big fat truth. **Nature**. 2013;497(7450):428-430.
40. Matheson EM, King DE, Everett CJ. Healthy lifestyle habits and mortality in overweight and obese individuals. **J Am Board Fam Med**. 2012;25(1):9-15.
41. Singh PN, Haddad E, Knutsen SF, Fraser GE. The effect of menopause on the relation between weight gain and mortality among women. **Menopause**. 2001;8(5):314-320.
42. Thurston RC, Santoro N, Matthews KA. Adiposity and hot flashes in midlife women: a modifying role of age. **J Clin Endocrinol Metab**. 2011;96(10):E1588-E1595.
43. Mensinger JL, Tylka TL, Calamari ME. Mechanisms underlying weight status and healthcare avoidance in women: a study of weight stigma, body-related shame and guilt, and healthcare stress. **Body Image**. 2018;25:139-147.
44. Mauvais-Jarvis F, Clegg DJ, Hevener AL. The role of estrogens in control of energy balance and glucose homeostasis. **Endocr Rev**. 2013;34(3):309-338.
45. Yu W, Zhou G, Fan B, et al. Temporal sequence of blood lipids and insulin resistance in perimenopausal women: the study of women's health across the nation. **BMJ Open Diabetes Res Care**. 2022;10(2):e002653.
46. Cleasby ME, Jamieson PM, Atherton PJ. Insulin resistance and sarcopenia: mechanistic links between common co-morbidities. **J Endocrinol**. 2016;229(2):R67-81.
47. Lejskova M, Alušík S, Suchánek M, Zecová S, Pitha J. Menopause: clustering of metabolic syndrome components and population changes in insulin resistance. **Climacteric**. 2011;14(1):83-91.
48. Soriguer F, Morcillo S, Hernando V, et al. Type 2 diabetes mellitus and other cardiovascular risk factors are no more common during menopause: a longitudinal study. **Menopause**. 2009;16(4):817-821.
49. Tuomikoski P, Ylikorkala O, Mikkola TS. Menopause hot flashes and insulin resistance. **Menopause**. 2012;19(10):1116-1120.
50. Sites CK, Toth MJ, Cushman M, et al. Menopause-related differences in inflammation markers and their relationship to body fat distribution and insulin-stimulated glucose disposal. **Fertil Steril**. 2002;77(1):128-135.

51. Veronese N, Solmi M, Caruso MG, et al. Dietary fiber and health outcomes: an umbrella review of systematic reviews and meta-analyses. *Am J Clin Nutr*. 2018;107(3):436-444.
52. Nonhormonal management of menopause-associated vasomotor symptoms: 2015 position statement of The North American Menopause Society. *Menopause*. 2015;22(11):1155-1172.
53. Singh VK, Mundkinajeddu D, Agarwal A, et al. Adulteration of ashwagandha (*Withania somnifera*) roots and extracts. *Botanical Adulterants Prevention Bulletin*. Austin, TX: ABC-AHP-NCNPR Botanical Adulterants Prevention Program; 2018.
54. Christmas M, Janssen I, Joffe H, Upchurch D, Santoro N, Kravitz HM. Menopause hormone therapy and complementary alternative medicine, quality of life, and racial/ethnic differences: the Study of Women's Health Across the Nation (SWAN). *Menopause*. 2022;29(12):1357-1364.
55. Azzolino D, Spolidoro GCI, Saporiti E, Luchetti C, Agostoni C, Cesari M. Musculoskeletal changes across the lifespan: nutrition and the life-course approach to prevention. *Front Med*. 2021;8:697954.
56. Gencer B, Djousse L, Al-Ramady OT, Cook NR, Manson JE, Albert CM. Effect of long-term marine ω -3 fatty acids supplementation on the risk of atrial fibrillation in randomized controlled trials of cardiovascular outcomes: a systematic review and meta-analysis. *Circulation*. 2021;144(25):1981-1990.
57. Attarian H, Hachul H, Guttuso T, Phillips B. Treatment of chronic insomnia disorder in menopause: evaluation of literature. *Menopause*. 2015;22(6):674-684.
58. Hickey M, Hunter MS, Santoro N, Ussher J. Normalising menopause. *BMJ*. 2022;377:e069369.
59. Takahashi M, Singh RS, Stone J. A theory for the origin of human menopause. *Front Genet*. 2017;7:222.
60. United States demographics. Worldometer website. <https://www.worldometers.info/demographics/us-demographics/#life-exp>. Accessed November 10, 2022.
61. Aune D, Giovannucci E, Boffetta P, et al. Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality—a systematic review and dose-response meta-analysis of prospective studies. *Int J Epidemiol*. 2017;46(3):1029-1056.
62. Sotos-Prieto M, Struijk EA, Fung TT, et al. Association between the quality of plant-based diets and risk of frailty. *J Cachexia Sarcopenia Muscle*. 2022;13(6):2854-2862.

63. Paddon-Jones D, Campbell WW, Jacques PF, et al. Protein and healthy aging. *Am J Clin Nutr*. 2015;101(6):1339S-1345S.

64. Gaesser GA, Angadi SS. Obesity treatment: weight loss versus increasing fitness and physical activity for reducing health risks. *iScience*. 2021;24(10):102995.

65. Gunter J. Menopause is having a moment. The Vajenda website. <https://vajenda.substack.com/p/menopause-is-having-a-moment>. Published June 21, 2022. Accessed November 11, 2022.