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Meta-analysis suggests that smoking is associated with an increased risk of early natural menopause
Lu Sun, MSc, Lijun Tan, PhD, Fang Yang, PhD, Yi Luo, MSc, Xi Li, PhD, Hong-Wen Deng, PhD, and Volodymyr Dvornyk, PhD
The results of this study report the effect size of smoking on age at natural menopause. Smoking is suggested as a significant independent factor for early age at natural menopause.

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Symptom clusters at midlife: a four-country comparison of checklist and qualitative responses
Lynnette Leidy Sievert, PhD and Carla Makhlof Obermeyer, DSc
The four-country study presented here documents some of the connections that link somatic and emotional symptoms at midlife, as well as variations across cultures in the ways that psychosocial distress may be communicated through certain somatic symptoms.

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Carotid and brachial arterial enlargement in postmenopausal women with hypertension
Tiziana Montalcini, MD, PhD, Gaetano Gorgone, MD, Antonietta Fava, MD, Stefano Romeo, MD, PhD, Carmine Gazzaruso, MD, PhD, and Arturo Pujia, MD
Blood pressure is a known variable associated with large artery diameter and wall thickness. The present study confirms this fact but extends the knowledge, showing also an enlargement of brachial artery diameter.

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Correlates of human immunodeficiency virus cervicovaginal shedding among postmenopausal and fertile-aged women
Keli Cardoso Melo, PhD, Murilo Rezende Melo, MD, PhD, Bruno Vita Ricci, BSc, and Aluisio Cotrim Segurado, MD, PhD
This article describes an original investigation of human immunodeficiency virus cervicovaginal shedding among postmenopausal women from São Paulo, Brazil, and compares the intensity of viral shedding in this age group with that in their fertile-aged counterparts.

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Racial differences in the association between carotid plaque and aortic and coronary artery calcification among women transitioning through menopause
Genevieve A. Woodard, MD, PhD, Vinod V. Narla, MD, Rong Ye, MS, Jane A. Cauley, DrPH, Trina Thompson, DrPH, Karen A. Matthews, PhD, and Kim Sutton-Tyrrell, DrPH
The association between carotid plaque and calcification in the aorta and coronary arteries differs by race among women transitioning through menopause.

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Ovarian primordial and nongrowing follicle counts according to the Stages of Reproductive Aging Workshop (STRAW) staging system
Karl R. Hansen, MD, PhD, LaTasha B. Craig, MD, Michael T. Zavy, PhD, Nancy A. Klein, MD, and Michael R. Soules, MD
Progression through the STRAW stages of reproductive aging as defined by menstrual cycle characteristics is associated with progressive and significant decreases in the ovarian primordial follicle number. This finding represents an important step in the validation of the STRAW staging system.
Adiponectin and leptin serum levels in osteoporotic postmenopausal women treated with raloxifene or alendronate

Arántzazu Sebastián-Ochoa, MD, PhD, Diego Fernández-García, MD, PhD, Rebeca Reyes-Garcia, MD, PhD, Pedro Mezquita-Rayya, MD, PhD, Pedro Rozas-Moreno, MD, PhD, Guillermo Alonso-Garcia, MD, PhD, and Manuel Muñoz-Torres, MD, PhD

The antiresorptive effect of raloxifene and alendronate is not substantially influenced by changes in leptin or adiponectin levels.

Luteinizing hormone–releasing hormone receptor antagonist may reduce postmenopausal flushing

Petri van Gastel, MD, Moniek van der Zanden, MD, Darryl Telting, PhD, Margreet Filius, PhD, Laszlo Bancsi, MD, PhD, and Hans de Boer, MD, PhD

The results of this pilot study in 10 women with severe postmenopausal flushing indicate that LHRH receptor blocking holds promise as a new treatment option for postmenopausal flushing. A placebo-controlled study will be performed to validate this concept.

Yoga decreases insomnia in postmenopausal women: a randomized clinical trial

Rui Ferreira Afonso, MSc, Helena Hachul, MD, PhD, Elisa Harumi Kozasa, PhD, Denise de Souza Oliveira, BS, Viviane Goto, BS, Dinah Rodrigues, BS, Sérgio Tufik, MD, PhD, and José Roberto Leite, PhD

This randomized controlled study showed that a specific sequence of yoga might be effective in reducing insomnia and menopausal symptoms as well as improving quality of life in postmenopausal women with insomnia.

Smoking status, the menopausal transition, and metabolic syndrome in women

Magdalena Kwasaniowska, MD, PhD, Małgorzata Pikala, MSc, Krystyna Kaczmarczyk-Chałas, MD, PhD, Aleksandra Piośńska, MD, PhD, Andrzej Tykarski, MD, PhD, Krystyna Kozakiewicz, MD, PhD, Andrzej Pająk, MD, PhD, Tomasz Zdrojewski, MD, PhD, and Wojciech Drygas, MD, PhD

Except for a high-density cholesterol level, not smoking is associated with an unfavorable metabolic profile in women, regardless of menopause status. However, a high level of physical activity may reduce the prevalence of metabolic syndrome among never and past smokers after the menopausal transition.
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The effects of natural S-equol supplementation on skin aging in postmenopausal women: a pilot randomized placebo-controlled trial
Ayuko Oyama, BS, Tomomi Ueno, MS, Shigeto Uchiyama, MS, Tomohiko Aihara, MD, PhD, Akira Miyake, MD, PhD, Sumio Kondo, MD, and Kayoko Matsunaga, MD, PhD
The aim of this study was to investigate the effects of the natural S-equol supplement on skin aging in equol nonproducing Japanese postmenopausal women. Data suggest that natural S-equol supplementation may have a beneficial effect on crow’s feet wrinkles without serious adverse events.

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Evaluation of the Menopause-Specific Quality of Life Questionnaire: a factor-analytic approach
Kristen B. Van Dole, PhD, MSPH, Robert F. DeVellis, PhD, Rebekkah D. Brown, DrPH, Michele L. Jonsson Funk, PhD, Bradley N. Gaynes, MD, MPH, and Rachel E. Williams, PhD
This is the first study to conduct factor analytic techniques on the Menopause-Specific Quality of Life instrument. Using confirmatory factor analysis and parallel analysis, the results show that the domain structure remains robust when used in a population-based setting, despite being created and largely used in clinical trials.

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The association of cytochrome P450 1B1 Leu432Val polymorphism with biological markers of health and menopausal symptoms in Slovak midlife women
Lenka Luptáková, PhD, Daniela Sivaková, Dagmara Šrámeková, MSc, and Marta Cvíčelová, PhD
This study provides evidence that the CYP1B1 Leu432Val polymorphism is associated with plasma levels of triglycerides, TC/HDL-C, and log (TG/HDL-C) atherogenic indices and also with bloated stomach, vaginal dryness, and palpitations with respect to a woman’s menopause status.

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Oleanolic acid exerts an osteoprotective effect in ovariectomy-induced osteoporotic rats and stimulates the osteoblastic differentiation of bone mesenchymal stem cells in vitro
Qin Bian, PhD, Shu-fen Liu, MD, Jian-hua Huang, PhD, Zhu Yang, MD, De-zhi Tang, PhD, Quan Zhou, PhD, You Ning, PhD, Yong-jian Zhao, BS, Sheng Lu, BS, Zi-yin Shen, BS, and Yong-jun Wang, PhD
Oleanolic acid exerts an osteoprotective effect in OVX-induced osteoporotic rats via increasing osteoblast number, elevating osteocalcin and runt-related protein 2 protein levels in vivo, facilitating the osteoblastic differentiation of bMSCs in vitro. The Notch-related genes Numb/Numbl, Jag1, Aph1a, and Lfng might be involved in the osteogenetic effect of oleanolic acid.
A randomized double-blind placebo-controlled trial of a Chinese herbal medicine preparation (Jiawei Qing’e Fang) for hot flashes and quality of life in perimenopausal women

Ye Xia, MSc, Yingqiang Zhao, MD, Ming Ren, MD, Junhua Zhang, MD, Yuefei Wang, PhD, Yanxu Chang, PhD, Shuifei Fu, MD, Guanwei Fan, MD, Yan Zhu, PhD, Yuhong Huang, MD, and Xiumei Gao, MD, PhD

Phytoestrogen-rich traditional Chinese herbal formula Jiawei Qing’e Fang was better than placebo in reducing hot flashes and improving menopausal symptoms and might have a potential benefit in reducing triglyceride levels.