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Hot flashes and sleep: curious or spurious link?
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Céline Bouchard, MD, FRCSC

Original Study

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Relationship between objectively recorded hot flashes and sleep disturbances among breast cancer patients: investigating hot flash characteristics other than frequency
Marie-Hélène Savard, PhD, Josée Savard, PhD, Aude Caplette-Gingras, PhD, Hans Ivers, PhD, and Célyne Bastien, PhD
Results showed that the speed and duration of hot flashes, but not their frequency, were significantly associated with sleep alterations, and that sleep disturbances tended to occur simultaneously with hot flashes, as opposed to after.

(continued)
More vasomotor symptoms in menopause among women with a history of hypertensive pregnancy diseases compared with women with normotensive pregnancies

José T. Drost, MD, Yvonne T. van der Schouw, PhD,
Gerrie-Cor M. Herber-Gast, PhD, and Angela H.E.M. Maas, MD, PhD

Women with a history of hypertensive pregnancy diseases reported significantly more often vasomotor menopausal symptoms during the menopause transition than women with normotensive pregnancies.

High-intensity aquatic exercises (HydrOS) improve physical function and reduce falls among postmenopausal women

Linda Denise Fernandes Moreira, PhD, Fernanda Cerveira Abuana Osorio Fronza, MS,
Rodrigo Nolasco dos Santos, MS, Luzimar Raimundo Teixeira, PhD,
Luis Fernando Martins Krul, PhD, and Marise Lazaretti-Castro, PhD

The aquatic exercise program studied here, called HydrOS, proved to be a safe and efficient way to improve neuromuscular parameters (balance, mobility and muscle strength), and reduce falls and number of fallers among postmenopausal women.

Continuous-combined oral estradiol/drospirenone has no detrimental effect on cognitive performance and improves estrogen deficiency symptoms in early postmenopausal women: a randomized placebo-controlled trial

Sonia L. Davison, MBBS, FRACP, PhD, Robin J. Bell, MBBS, PhD, MPH, FAFPHM,
Penelope J. Robinson, MBiostat, Fiona Jane, MBBS, Jennifer Leech, BSc,
Paul Maruff, PhD, Gary F. Egan, BSc, MBA, PhD,
and Susan R. Davis, MBBS, FRACP, PhD

This study shows that estradiol combined with drospirenone has no detrimental effect on cognitive performance in early postmenopausal women, and significantly improves menopausal symptoms, sexual function, systolic blood pressure and weight compared with placebo.

Low-dose paroxetine 7.5 mg for menopausal vasomotor symptoms: two randomized controlled trials

James A. Simon, MD, CCD, NCMP, IF, FACOG, David J. Portman, MD,
Andrew M. Kaunitz, MD, Hana Mekonnen, MA, Kazem Kazempour, PhD,
Sailaja Bhaskar, PhD, and Joel Lippman, MD

Data from two randomized, double-blind, placebo-controlled phase 3 trials show that low-dose mesylate salt of paroxetine was well tolerated, reduced the frequency and severity of vasomotor symptoms, and provided persistence of treatment benefit through 24 weeks of treatment in postmenopausal women.
Even low physical activity levels improve vascular function in overweight and obese postmenopausal women
Jordi Merino, MD, Raimon Ferré, PhD, Josefa Girona, PhD, Dolors Aguas, MD, Anna Cabré, PhD, Núria Plana, PhD, Angels Vinuesa, MD, Daiana Ibarretxe, MD, Josep Basora, PhD, Carme Buixadera, MD, and Lluís Masana, PhD
Low-intensity physical activity applied to sedentary overweight and obese postmenopausal women improves several parameters associated with cardiovascular health.

Vaginal health in the United States: results from the Vaginal Health: Insights, Views & Attitudes survey
James A. Simon, MD, CCD, NCMP, FACOG, Marta Kokot-Kierepa, MD, PhD, Jeffrey Goldstein, DO, NCMP, and Rossella E. Nappi, MD, PhD
Vaginal atrophy negatively impacts women’s lives and health care professionals should proactively initiate discussions as to appropriate treatment options.

Effects of soy isoflavones on mammographic density and breast parenchyma in postmenopausal women: a randomized, double-blind, placebo-controlled clinical trial
Armando Delmanto, MD, Jorge Nahas-Neto, MD, PhD, Paulo Traiman, MD, PhD, Gilberto Uemura, MD, PhD, Eduardo Carvalho Pessoa, MD, and Eliana Aguiar Petri Nahas, MD, PhD
This study evaluated the effect of soy isoflavone on mammographic density and on the mammary parenchyma in 80 postmenopausal women. It may be concluded that, in the 10-month intervention period, the use of soy isoflavone did not modify mammary tissue when evaluated by either mammography or ultrasound.

Factors associated with self-perception of health among Brazilian women 50 years or older: a population-based study
Vanessa S.S. Machado, MD, MSc, Ana Lúcia Ribeiro Valadares, MD, PhD, Lúcia S. da Costa-Paiva, MD, PhD, Maria Helena de Souza, PhD, Maria José Osis, PhD, and Aarão Mendes Pinto-Neto, MD, PhD
The presence of multimorbidities and a higher body mass index increased the probability of association with a woman’s poorer perception of her own health.
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Association between serum osteocalcin and insulin resistance in postmenopausal, but not premenopausal, women in Korea
Sue Kim, MD, Jee-Yon Lee, MD, Jee-Aee Im, MD, Dong-Wook Kim, PhD, Hye-Sun Lee, Sang-Hwan Kim, MD, and Ji-Won Lee, MD, PhD
Among well-balanced pairs of premenopausal and postmenopausal women association between serum osteocalcin and insulin resistance was seen only in postmenopausal women but not in premenopausal women.

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Association of polymorphisms in microRNA machinery genes (DROSHA, DICER1, RAN, and XPO5) with risk of idiopathic primary ovarian insufficiency in Korean women
HyungChul Rah, DVM, PhD, Young Joo Jeon, MS, Bo Eun Lee, BS, Jung O Kim, BS, Sung Han Shim, PhD, Woo Sik Lee, MD, PhD, Dong Hee Choi, MD, PhD, Ji Hyang Kim, MD, and Nam Keun Kim, PhD
This study reports that frequency of the XPO5 rs2257082 T variant allele is higher among primary ovarian insufficiency (POI) patients than among controls, suggesting that the XPO5 rs2257082 T allele may be associated with increased POI risk among Korean women.

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Blockade of substance P receptor attenuates osteoporotic pain, but not bone loss, in ovariectomized mice
Xin-Feng Zheng, MD, Bo Li, MD, Yue-Hui Zhang, MD, PhD, Yue-Hua Yang, MD, Xiang-Yu Meng, MD, Sheng-Dan Jiang, MD, PhD, and Lei-Sheng Jiang, MD, PhD
Estrogen deficiency-induced hyperalgesia is achieved through up-regulation of substance P and NK1 receptor expressions.

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Estrogens increase cystathionine-γ-lyase expression and decrease inflammation and oxidative stress in the myocardium of ovariectomized rats
Xiaoyan Zhu, MD, PhD, Zhiping Tang, BSc, Binhai Cong, MD, PhD, Jiankui Du, BSc, Changnan Wang, BSc, Long Wang, BSc, Xin Ni, MD, PhD, and Jianqiang Lu, MD, MSc
Estrogens increase cystathionine-γ-lyase expression and endogenous hydrogen sulfide generation in the myocardium, which are associated with decreased oxidative stress and inflammation.

Clinical Corner

Clinical Article

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Menopause practitioner perspective on the American Society of Bone and Mineral Research Task Force report on atypical femoral fracture
Bruce Ettinger, MD, Cynthia A. Stuenkel, MD, and Peter F. Schnatz, DO

Patient Handout
e3
What You Should Know About Continuing Bisphosphonate Osteoporosis Medications
Invited Review

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Impact of hormone therapy on quality of life after menopause
Wulf H. Utian, MB, BCh, PhD, DSc(Med), FRCOG, FACOG, FICS
and Nancy Fugate Woods, PhD

A review of the present literature shows that hormone therapy provides a significant benefit on menopause specific quality of life (MSQOL) in midlife women, mainly through the relief of symptoms, but treatment effects on a global increase in a sense of well-being need to be evaluated in additional studies. The health-related quality of life benefits are contingent on symptom status, as are the MSQOL outcomes.