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Efficacy of exercise for menopausal symptoms: a randomized controlled trial
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Andrea Z. LaCroix, PhD, Joseph C. Larson, MS, Andrea L. Dunn, PhD,
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Janet S. Carpenter, PhD, RN, FAAN, Katherine M. Newton, PhD,
Susan D. Reed, MD, MPH, Ellen W. Freeman, PhD, Lee S. Cohen, MD,
Hadine Joffe, MD, MSc, Melanie Roberts, MS, and Bette J. Caan, DrPH
This 16-week randomized clinical trial showed no significant difference in change
in vasomotor symptoms relative to the usual activity control group. The exercise
group did, however, report slightly greater improvement in symptoms of insomnia
and depression.

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**Efficacy of yoga for vasomotor symptoms: a randomized controlled trial**

Katherine M. Newton, PhD, Susan D. Reed, MD, MPH, Katherine A. Guthrie, PhD, Karen J. Sherman, PhD, Cathryn Booth-LaForce, PhD, Bette Caan, DrPH, Barbara Sternfeld, PhD, Janet S. Carpenter, PhD, RN, FAAN, Lee A. Learman, MD, PhD, Ellen W. Freeman, PhD, Lee S. Cohen, MD, Hadine Joffe, MD, Garnet L. Anderson, PhD, Joseph C. Larson, MS, Julie R. Hunt, PhD, Kristine E. Ensrud, MD, MPH, and Andrea Z. LaCroix, PhD

In this MsFLASH randomized controlled trial of women with vasomotor symptoms, women who participated in a 12-week yoga class and practiced yoga at home had a significant improvement in insomnia symptoms compared to women randomized to usual activity.

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**Efficacy of omega-3 for vasomotor symptoms treatment: a randomized controlled trial**

Lee S. Cohen, MD, Hadine Joffe, MD, MSc, Katherine A. Guthrie, PhD, Kristine E. Ensrud, MD, Marlene Freeman, MD, Janet S. Carpenter, PhD, RN, FAAN, Lee A. Learman, MD, PhD, Katherine M. Newton, PhD, Susan D. Reed, MD, MPH, JoAnn E. Manson, MD, DrPH, Barbara Sternfeld, PhD, Bette Caan, DrPH, Ellen W. Freeman, PhD, Andrea Z. LaCroix, PhD, Lesley F. Tinker, PhD, Cathryn Booth-LaForce, PhD, Joseph C. Larson, MS, and Garnet L. Anderson, PhD

Data regarding the use of omega-3 fatty acids to reduce vasomotor symptoms have been sparse. This trial demonstrates the lack of efficacy of monotherapy with omega-3 fatty acids for treatment of vasomotor symptoms.

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**Obstetrician-gynecologists’ opinions on elective bilateral oophorectomy at the time of hysterectomy in the United States: a nationwide survey**

Oz Harmanli, MD, Julia Shinnick, BS, Keisha Jones, MD, MSc, and Peter St Marie, BS

One third of obstetrician-gynecologists recommend elective bilateral oophorectomy for women undergoing hysterectomy below the age of 51 and about two thirds do so for women aged 51–65.

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**Short-term medroxyprogesterone acetate in postmenopausal women with sleep-disordered breathing: a placebo-controlled, randomized, double-blind, parallel-group study**

Ulla Anttalainen, MD, PhD, Tarja Saaresranta, MD, PhD, Tero Vahlberg, MSc, and Olli Polo, MD, PhD

In postmenopausal women with sleep-disordered breathing, medroxyprogesterone acetate induced a long-lasting stimulatory effect on breathing without improving the apnoea-hypopnoea index or sleep quality when compared to continuous positive airway pressure treatment.
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Effects of estrogen therapy and aerobic training on sympathetic activity and hemodynamics in healthy postmenopausal women: a double-blind randomized trial  
Bruna Oneda, PhD, Crivaldo G. Cardoso Jr, PhD, Cláudia L. M. Forjaz, PhD, Tatiana G. Araújo, BS, Fernanda R. Bernardo, MD, Josiane Lima de Gusmão, PhD, Luiz Gustavo Pinto, MS, Eliana Labes, BS, Sandra B. Abrahão, PhD, Décio Mion Jr, PhD, Angela M. Fonseca, PhD, and Tais Tinucci, PhD  
Aerobic training reduces sympathetic nerve activity and improves muscle blood flow in healthy surgically menopausal women.

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Oral estrogen therapy may mitigate the effects of aerobic training on cardiorespiratory fitness in postmenopausal women: a double-blind, randomized clinical pilot study  
Crivaldo Gomes Cardoso Jr, PhD, Fábio Leandro Medina, MD, Luiz Gustavo Pinto, MS, Bruna Oneda, PhD, Luiz Augusto Riani Costa, BS, Eliana Labes, BS, Sandra Baliero Abraão, PhD, Tais Tinucci, PhD, Décio Mion Jr, PhD, Angela Maggio Fonseca, PhD, and Cláudia Luica de Moraes Forjaz, PhD  
Oral estrogen therapy mitigates the increase in VO2RCP and VO2peak promoted by aerobic training in postmenopausal women.

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Aromatase inhibitors affect vaginal proliferation and steroid hormone receptors  
Theodora Kunovac Kallak, MSc, Juliane Baumgart, MD, PhD, Emma Göransson, BSc, Kerstin Nilsson, MD, PhD, Inger Sundström Poromaa, MD, PhD, and Anneli Stavreus-Evers, PhD  
Women treated with aromatase inhibitors exhibit reduced proliferation and altered steroid hormone receptor staining intensity in the vagina which was related to clinical signs of vaginal atrophy.

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Risk of glaucoma after early bilateral oophorectomy  
Thasarat S. Vajaranant, MD, Brandon R. Grossardt, MS, Pauline M. Maki, PhD, Louis R. Pasquale, MD, Arthur J. Sit, SM, MD, Lynne T. Shuster, MD, and Walter A. Rocca, MD, MPH  
Bilateral oophorectomy before age 43 years increased the risk of glaucoma, but estrogen treatment did not appear to attenuate the risk in the Mayo Clinic Cohort Study of Oophorectomy and Aging. These findings have both clinical and research implications.

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Urinary incontinence: the role of menopause  
Gerda Trutnovsky, MD, Rodrigo Guzman Rojas, MD, Kristy Pamela Mann, M Biostat, and Hans P. Dietz, PhD  
Hormone deficiency following menopause is unlikely to play a major role in urinary incontinence.
Increased hot flash severity and related interference in perimenopausal human immunodeficiency virus–infected women

Sara E. Looby, PhD, MSN, Jan Shifren, MD, Inge Corless, PhD, RN, Alison Rope, BA, Maria C. Pedersen, BA, Hadine Joffe, MD, MSc, and Steven Grinspoon, MD

Study findings show that perimenopausal HIV-infected women experience greater hot flash severity and greater hot flash-related interference with mood, daily activities and quality of life compared with well-matched non-HIV-infected perimenopausal women.

Brief Reports

Effects of testosterone on visuospatial function and verbal fluency in postmenopausal women: results from a functional magnetic resonance imaging pilot study

Susan R. Davis, MBBS, FRACP, PhD, Sonia L. Davison, MBBS, FRACP, PhD, Maria Gavrilescu, PhD, Karissa Searle, BSc (Hons), Andrea Gogos, PhD, Susan L. Rossell, PhD, Gary F. Egan, PhD, and Robin J. Bell, MBBS, PhD

In this open-label study, testosterone therapy was associated with reduced blood-oxygen-level-dependent signal intensity in key anatomical areas during fMRI verbal fluency and visuo-spatial tasks in healthy estrogen-treated postmenopausal women.

No association between germline variation in catechol-O-methyltransferase and colorectal cancer survival in postmenopausal women

Michael N. Passarelli, MS, MPH, Polly A. Newcomb, PhD, MPH, Karen W. Makar, PhD, Andrea N. Burnett-Hartman, PhD, MPH, Amanda I. Phipps, PhD, MPH, Sean P. David, MD, DPhil, Li Hsu, PhD, Tabitha A. Harrison, MPH, Carolyn M. Hutter, PhD, David J. Duggan, PhD, Emily White, PhD, Andrew T. Chan, MD, MPH, and Ulrike Peters, PhD, MPH

In this study of 2,458 postmenopausal women with colorectal cancer, common single-nucleotide polymorphisms in the gene for catechol-O-methyltransferase, an enzyme involved in estrogen metabolism, were not associated with disease-specific or overall survival after diagnosis.

Clinical Corner

NAMS Practice Pearl

Menopause across cultures: clinical considerations

Lynnette Leidy Sievert, BSN, PhD

This Practice Pearl offers guidance regarding the extent to which the meaning of menopause and attitudes toward treatment differs across populations. Likewise, variations in symptom frequency may influence help-seeking behavior.
Is there evidence that estrogen therapy promotes weight maintenance via effects on leptin?

Alyse M. Springer, BS, Karen Foster-Schubert, MD, Gregory J. Morton, PhD, and Ellen A. Schur, MD, MS

In this study the literature was reviewed to see if exogenous estrogen administration has an effect on serum leptin concentration or measure of adiposity and found no support for hormonal intervention having an effect on serum leptin levels in human clinical studies.

Erratum

Association between polymorphisms in leptin, leptin receptor, and β-adrenergic receptor genes and bone mineral density in postmenopausal Korean women: Erratum