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Original Articles

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Age at menopause, reproductive history, and venous thromboembolism risk among postmenopausal women: the Women’s Health Initiative hormone therapy clinical trials
Marianne Canonico, PhD, Geneviève Plu-Bureau, MD, PhD, Mary Jo O’Sullivan, MD, Marcia L. Stefanick, PhD, Barbara Cochrane, PhD, Pierre-Yves Scarabin, MD, and JoAnn E. Manson, MD, DrPH
This post-hoc analysis of the Women’s Health Initiative hormone therapy clinical trials suggests that early and late menopause could be a risk factor for nonprocedure-related venous thromboembolism among postmenopausal women.
Employment is associated with a lower prevalence of metabolic syndrome in postmenopausal women based on the 2007-2009 Korean National Health Examination and Nutrition Survey
Hee-Taik Kang, MD, Hae-Young Kim, MD, Jong-Koo Kim, MD, MPH, John A. Linton, MD, PhD, and Yong-Jae Lee, MD, MPH, PhD
Employment seems to be significantly related to a lower prevalence of metabolic syndrome (MetS) in postmenopausal women, but not in premenopausal women. Further research is warranted to clarify the menopause-specific relationship between employment status and MetS risk.

A randomized, double-blind, placebo-controlled study of the lowest effective dose of drospirenone with 17β-estradiol for moderate to severe vasomotor symptoms in postmenopausal women
David F. Archer, MD, Thomas Schmelter, PhD, Matthias Schaefers, MD, PhD, Christoph Gerlinger, PhD, and Kerstin Gude, MD, PhD
Drospirenone/17β-estradiol, 0.25/0.5mg, improved moderate to severe vasomotor symptoms, vaginal pH and vaginal maturation indices. This low dose relieved both postmenopausal vasomotor and vulvar vaginal atrophy symptoms.

Population pharmacokinetic/pharmacodynamic evaluation of low-dose drospirenone with 17β-estradiol in postmenopausal women with moderate to severe vasomotor symptoms
Gabriele Sutter, PhD, Thomas Schmelter, PhD, Kerstin Gude, MD, PhD, Matthias Schaefers, MD, PhD, Christoph Gerlinger, PhD, and David F. Archer, MD
Low-dose drospirenone/estradiol reduces vasomotor symptoms and correlates with serum exposures of estradiol and drospirenone.

Evaluation of the direct and indirect effects of bazedoxifene/conjugated estrogens on sleep disturbance using mediation modeling
JoAnn V. Pinkerton, MD, Andrew G. Bushmakin, MS, Jill Racketa, MS, Joseph C. Cappelleri, PhD, MPH, Arkadi A. Chines, MD, and Sebastian Mirkin, MD
The tissue-selective estrogen complex, bazedoxifene/conjugated estrogens, improved sleep in postmenopausal women with both moderate-to-severe and milder vasomotor symptoms.
Sleep parameters and health-related quality of life with bazedoxifene/conjugated estrogens: a randomized trial
JoAnn V. Pinkerton, MD, Kaijie Pan, MS, Lucy Abraham, CPsychol, Jill Racketa, MS, Kelly A. Ryan, BSN, MS, Arkadi A. Chines, MD, and Sebastian Mirkin, MD
Symptomatic postmenopausal women treated for 1 year with the tissue selective estrogen complex bazedoxifene/conjugated estrogens demonstrated significant improvement in sleep and health-related quality of life, similar to conjugated estrogens/medroxyprogesterone acetate.

Hormone therapy dose, formulation, route of delivery, and risk of cardiovascular events in women: findings from the Women’s Health Initiative Observational Study
Chrisandra L. Shufelt, MD, MS, C. Noel Bairey Merz, MD, Ross L. Prentice, PhD, Mary B. Pettinger, MS, Jacques E. Rossouw, MD, Vanita R. Aroda, MD, Andrew M. Kaunitz, MD, Kamakshi Lakshminarayan, MD, PhD, Lisa W. Martin, MD, Lawrence S. Phillips, MD, and JoAnn E. Manson, MD, DrPH
This study directly compared different estrogen doses, routes of delivery, and hormone therapy formulations in postmenopausal women and found similar rates of cardiovascular events and all-cause mortality. However, oral estradiol may be associated with a lower risk of stroke and transdermal estradiol with a lower risk of coronary heart disease.

Nature and severity of menopausal symptoms and their impact on quality of life and sexual function in cancer survivors compared with women without a cancer history
Jennifer L. Marino, MPH, PhD, Christobel M. Saunders, MBBS Lond, FRCS, FRACS, Laura I. Emery, BSci, Helena Green, BSc, PostGrad-Sexology, CNS, Dorota A. Doherty, PhD, and Martha Hickey, MBChB, MD, FRANZCOG
Women participated in a study comparing menopausal symptom nature, severity, and impact on quality of life. Cancer survivors were more troubled by vasomotor symptoms than non-cancer participants, but the latter reported greater psychological symptoms.
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Prevalence of and risk factors for asymptomatic rotator cuff tears in postmenopausal women
Michele Abate, PhD, Cosima Schiavone, MD, Luigi Di Carlo, PhD, and Vincenzo Salini, PhD

In this cross-sectional study an increased prevalence of rotator cuff asymptomatic tears in the postmenopausal period was found. Compared to women without tears, those with tears show an higher body mass index and an unfavorable metabolic profile (higher total cholesterol and low HDL cholesterol values).

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Over-the-counter treatments and perineal hygiene in postmenopausal women

More than half of postmenopausal women have used an over-the-counter (OTC) product for vulvovaginal symptoms in the last 3 months and one third of postmenopausal women used two or more products. Because the use of OTC products is very common, our study highlights the need for a detailed inquiry about OTC product use and perineal hygiene practices.

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Combination treatment with Fructus Ligustri Lucidi and Puerariae radix offsets their independent actions on bone and mineral metabolism in ovariectomized rats
Xiao-Li Dong, PhD, Si-Si Cao, BSc, Quan-Gui Gao, PhD, Hao-Tian Feng, PhD, Man-Sau Wong, PhD, and Liya Denney, PhD

The aim of this study was to evaluate the efficacies of combining the use of Fructus Ligustri Lucidi and Purariae Radix for protection against ovariectomy-induced bone loss in rats. The results demonstrated that the combination of these two herbs offset their independent actions on bone and mineral metabolism in vivo.

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Sexual activity in Brazilian women aged 50 years or older within the framework of a population-based study
Ana Luíca Ribeiro Valadares, MD, PhD, Vanessa S. Santos Machado, MSc, Lucía S. da Costa-Paiva, MD, PhD, Maria Helena de Souza, PhD, Maria José Osis, PhD, and Aarão M. Pinto-Neto, MD, PhD

This study reports on factors associated with being sexually active in Brazilian women.

Brief Report

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Is mindfulness associated with insomnia after menopause?
Marcelo Csermak Garcia, MSc, Sabine Pompeia, PhD, Helena Hachul, MD, PhD, Elisa H. Kozasa, PhD, Altay Alves L. de Souza, PhD, Sergio Tufik, MD, PhD, and Luiz Eugênio A.M. Mello, MD, PhD

Postmenopausal women with insomnia are less mindful than women without insomnia. Mindfulness-based interventions may be beneficial for women with postmenopausal insomnia.
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Individualizing osteoporosis medications
Stuart Silverman, MD, FACP, FACR

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What Midlife Women Should Know About Osteoporosis Risk and Treatments

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Clinical effects of selective estrogen receptor modulators on vulvar and vaginal atrophy
JoAnn V. Pinkerton, MD, and Frank Z. Stanczyk, PhD
Activity profiles of SERMs in vaginal tissues are distinct. The only SERMS that have consistently demonstrated direct positive vaginal effects in large prospective placebo-controlled trials including postmenopausal women with vulvar and vaginal atrophy are lasofoxifene and ospemifene.

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Menopause: The Journal of The North American Menopause Society (ISSN 1072-3714) is published monthly by Lippincott Williams & Wilkins, 16522 Hunters Green Parkway, Hagerstown, MD 21740-2116. Business offices are located at Two Commerce Square, 2001 Market St., Philadelphia, PA 19103. Periodical postage paid at Hagerstown, MD, and at additional mailing offices. Annual subscription rates: United States—$448 Individual, $962 Institution. Rest of World—$469 Individual, $962 Institution. All prices include a handling charge. Subscription orders outside the United States must be prepaid. Subscription orders outside North America must add $14.00 for airfreight delivery. United States residents of AL, CO, DC, FL, GA, HI, IA, ID, IN, KS, KY, LA, MD, MO, ND, NM, NV, PR, RI, SC, SD, UT, VT, WA, WV add state sales tax. The GST tax of 7% must be added to all orders shipped to Canada (Lippincott Williams & Wilkins’ GST Identification #895524239, Publications Mail Agreement #1119672). Subscription prices outside the United States must be prepaid. Prices subject to change without notice. Visit us online at www.lww.com. Individual subscription rates include print and access to the online version. Institutional rates are for print only; online subscriptions are available via Ovid. Institutions can choose to purchase a print and online subscription together for a discounted rate. Institutions that wish to purchase a print subscription, please contact Lippincott Williams & Wilkins, 16522 Hunters Green Parkway, Hagerstown, MD 21740-2116; phone 800-638-3030 (outside the United States 301-223-2300); fax 301-223-2400. Institutions that wish to purchase an online subscription or online with print, please contact the Ovid Regional Sales Office near you or visit www.ovid.com/site/index.jsp and select Contact and Locations. Address for subscription information, orders, or change of address: Lippincott Williams & Wilkins, PO. Box 1580, Hagerstown, MD 21740-1580; phone 800-638-3030 (outside the United States 301-223-2300); fax 301-223-2400. In Japan, contact LWW Igaku-Shoin Ltd., 3-23-14 Hongo, Bunkyo-ku, Tokyo 113-0033; phone 81-3-5689-5400; fax 81-3-5689-5402. In Bangladesh, India, Nepal, Sri Lanka, and Pakistan, contact Globe Publications Pvt. B-13 3rd Floor, A Block, Shopping Complex, Naraina Villar, Ring Road, New Delhi, 110028; phone 91-11-579-3211; fax 91-11-579-8876. Address advertising inquiries to Renee Artuso at Lippincott Williams & Wilkins, 530 Walnut Street, Philadelphia, PA 19106 USA

Postmaster: Send address changes to Menopause: The Journal of The North American Menopause Society, PO. Box 1550, Hagerstown, MD 21740.
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