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Do menopausal symptoms continue after oral endocrine therapy for breast cancer?
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The North American Menopause Society Recommendations for Clinical Care of Midlife Women
Jan L. Shifren, MD, NCMP, Margery L.S. Gass, MD, NCMP, for the NAMS Recommendations for Clinical Care of Midlife Women Working Group
This NAMS guide to the care of midlife women provides a set of key points and clinical recommendations on over 50 important topics, including sexual function, cognition, cardiovascular health, thyroid disease, and cancers. Additional sections review basic physiology, counseling issues, screening tests, and complementary and alternative medicine.

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Genitourinary syndrome of menopause: new terminology for vulvovaginal atrophy from the International Society for the Study of Women’s Sexual Health and The North American Menopause Society
David J. Portman, MD, Margery L.S. Gass, MD, NCMP, on behalf of the Vulvovaginal Atrophy Terminology Consensus Conference Panel

Genitourinary syndrome of menopause (GSM) provides a comprehensive and accurate description of common genitourinary symptoms associated with menopause. Adoption of this terminology may lead to broader discussion of this important health and quality of life issue.

Original Articles

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Role of grandparenting in postmenopausal women’s cognitive health: results from the Women’s Healthy Aging Project
Katherine F. Burn, BSc(Hons), Victor W. Henderson, MD, David Ames, MD, Lorraine Dennerstein, PhD, MBBS, and Cassandra Szoeke, PhD, FRACP, MBBS, BSc(Hons)

This study investigated grandparenting, an important social role for postmenopausal women, as a unique form of social engagement that is associated with cognition.

1075
Menopausal symptoms in breast cancer survivors nearly 6 years after diagnosis
Susan R. Davis, MB, BS, PhD, FRACP, Mary Panjari, PhD, Penelope J. Robinson, MBiostat, Pamela Fradkin, MBBS, and Robin J. Bell, MB, BS, PhD, MPH, FAFPHM

This community-based study of 1,683 women followed for up to 6 years from their first diagnosis of invasive breast cancer shows that vasomotor symptoms and sexual problems are highly prevalent in breast cancer survivors, and are not simply a function of oral adjuvant endocrine therapy or chemotherapy.

1082
Effects of low-dose paroxetine 7.5 mg on weight and sexual function during treatment of vasomotor symptoms associated with menopause
David J. Portman, MD, Andrew M. Kaunitz, MD, Kazem Kazempour, PhD, Hana Mekonnen, MA, Sailaja Bhaskar, PhD, and Joel Lippman, MD

Paroxetine 7.5 mg is not associated with meaningful changes in body weight or sexual function for up to 24 weeks of treatment in postmenopausal women with moderate to severe vasomotor symptoms.

1091
Confirmatory factor analysis of the Menopausal Interpretations/Perceptions Questionnaire
Hsueh-Fen Chou, PhD, RN, and Joanne Kraenzle Schneider, PhD, RN

The aim of this study was to develop the Menopausal Interpretations/Perceptions Questionnaire (MIPQ) using confirmatory factor analysis. The MIPQ provides a comprehensive measure of menopausal experiences to more fully understand women’s interpretations of their experiences.
Low-volume high-intensity interval training rapidly improves cardiopulmonary function in postmenopausal women
Markos Klonizakis, PhD, James Moss, PhD, Stephen Gilbert, PhD, David Broom, PhD, Jeff Foster, MD, and Garry A. Tew, PhD
The findings of this study indicate that low-volume high-intensity interval training is a time-efficient strategy for enhancing cardiopulmonary function in postmenopausal women.

Switch patterns of osteoporosis medication and its impact on persistence among postmenopausal women in the UK General Practice Research Database
Lin Li, PhD, Andrew Roddam, DPhil, Samara Ferguson, MSc, Maurille Feudjo-Tepie, PhD, Andrew Taylor, MBBS, and Susan Jick, DSc
In this study, persistence rates were highest for second therapy and lowest for first therapy in postmenopausal women who initiated first treatment with osteoporosis medication in 1995-2008 and switched osteoporosis treatment at least once during the study. Persistence following the switch remained suboptimal.

Adiposity, physical activity, and muscle quality are independently related to physical function performance in middle-aged postmenopausal women
Christie L. Ward-Ritacco, PhD, Amanda L. Adrian, PhD, Mary Ann Johnson, PhD, Laura Q. Rogers, MD, MPH, and Ellen M. Evans, PhD
In postmenopausal women, a more optimal body composition and higher levels of physical activity are associated with better physical function performance at midlife.

Differential expression of microRNAs in periurethral vaginal wall tissues of postmenopausal women with and without stress urinary incontinence
Xiao Chun Liu, PhD, Jinghe Lang, MD, Suhui Wu, MD, Li Cheng, MD, Wenyan Wang, MD, and Lan Zhu, MD
Twelve miRNAs were differentially expressed in postmenopausal women with stress urinary incontinence (SUI) as compared to continent women. Altered miRNA expression may contribute to SUI pathobiology by negatively regulating target genes.
1129
Ovarian estradiol production and lipid metabolism in postmenopausal women
Risa Maruoka, MD, Akiko Tanabe, MD, PhD, Ayako Watanabe, MD, Kiyoko Nakamura, MD, Keisuke Ashihara, MD, Tomohito Tanaka, MD, Yoshito Terai, MD, PhD, and Masahide Ohmichi, MD, PhD
The postmenopausal ovary is hormonally active even after more than 10 years of amenorrhea, secreting significant amounts of estradiol, and may contribute to the maintenance of lipid metabolism.

1136
Effect of soy isoflavones on thyroid hormones in intact and ovariectomized cynomolgus monkeys (Macaca fascicularis)
Marnie G. Silverstein, DVM, Jay R. Kaplan, PhD, Susan E. Appt, DVM, Thomas C. Register, PhD, and Carol A. Shively, PhD
In this long-term nonhuman primate study, dietary soy increased triiodothyronine in intact female monkeys and prevented a decline in thyronine following surgical menopause. Furthermore, there was a positive correlation between ovarian-derived progesterone levels and triiodothyronine secretion.

1143
Expression of early growth response 1 affects miR-106a/signal transducer and activator of transcription 3 regulating cognitive impairment in ovariectomized mice
Jing Cong, MD, MSc, Chaojun Wang, MD, MSc, Danhua Pu, MD, Jiayin Liu, MD, PhD, Gang Hu, MD, PhD, Chao Gao, MSc, and Jie Wu, MD, PhD
This study suggests Egr1 decreases STAT3 expression via miR-106a in ovariectomized mice with cognitive impairment.

Clinical Corner

Invited Review

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Anthropology and the study of menopause: evolutionary, developmental, and comparative perspectives
Lynnette Leidy Sievert, PhD
The purpose of this review is to consider how the discipline of anthropology contributes to the study of menopause through evolutionary, developmental, and comparative perspectives.
A(nother) scientific strategy to prevent breast cancer in postmenopausal women by enhancing estrogen-induced apoptosis?

V. Craig Jordan, OBE, PhD, DSc, FMedSci

Knowledge of the new biology of estrogen induced apoptosis and the availability of a combination of bazedoxifene plus estrogen provides a new dimension for evaluation in the prevention of breast cancer.