Menopause
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Risk of long-term hot flashes after natural menopause: evidence from the Penn Ovarian Aging Study cohort
Ellen W. Freeman, PhD, Mary D. Sammel, ScD, and Richard J. Sanders, MS

Moderate to severe hot flashes continued on average for nearly five years after the final menstrual period in a population-based cohort. One-third of women who were observed at 10 or more years after the final menstrual period continued to have moderate/severe hot flashes.

(continued)
Mammographic breast density in women with premature ovarian failure: a prospective analysis
Cristina Laguna Benetti-Pinto, MD, PhD, Maria Fernanda Brancalion, MD, Luisa H. Assis, MD, Eduardo Tinois, MSc, Helena P.D. Giraldo, MD, César Cabello, MD, PhD, and Daniela A. Yela, MD, PhD
Breast density in young women with premature ovarian failure suffers a decrease in a period of 5 years, regardless of estrogen plus progestin therapy use.

Diary of hot flashes reported upon occurrence: results of a randomized double-blind study of raloxifene, placebo, and paroxetine
James A. Simon, MD, Julie Chandler, PhD, Keith Gottedesien, MD, Nicole Lazarus, PharmD, Wei He, PhD, Elizabeth Rosenberg, PhD, John A. Wagner, MD, PhD, and Andrew E. Denker, MD, PhD
This study examined a diary of hot flash events to assess its test/retest reliability and its ability to measure treatment effects on hot flash frequency and severity. Results show that the diary has acceptable reliability and appears to be suitable for use in hot flash clinical trials.

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Giorgio Bogani, MD, Antonella Cromi, MD, PhD, Stefano Uccella, MD, Maurizio Serati, MD, Jian Casarin, MD, Andrea Mariani, MD, and Fabio Ghezzi, MD
Laparoscopic staging is safe and feasible in older women with early stage endometrial cancer.

Effects of physiologic testosterone therapy on quality of life, self-esteem, and mood in women with primary ovarian insufficiency
Findings suggest that testosterone augmentation neither aggravates nor improves baseline reports of quality of life, or self-esteem and had minimal effect on mood.

Change in arterial stiffness associated with monthly bisphosphonate treatment in women with postmenopausal osteoporosis
Michiya Igase, MD, PhD, Katsuhiko Kohara, MD, PhD, Yasuharu Tabara, PhD, Maya Ohara, MD, Rie Takita, MD, Masayuki Ochi, MD, PhD, Yoko Okada, MD, and Tetsuro Miki, MD, PhD
Monthly minodronate is a promising new bisphosphonate and potential first-line drug for the treatment of osteoporosis in postmenopausal women.

Association between circulating endogenous androgens and insulin sensitivity changes with exercise training in midlife women
Sridevi Krishnan, PhD, Mary B. Gustafson, BS, Caitlin Campbell, MS, Nilesh W. Gaikwad, PhD, and Nancy L. Keim, PhD, RD
In midlife women, a 6-month combination aerobic + resistance training intervention effectively countered an increase in insulin resistance, which was associated with circulating DHEAS, in the exercise group.
Clinical intervention to reduce central obesity and menopausal symptoms in women aged 35 to 55 years
Diana L. Bitner, MD, NCMP, FACOG, and Robert A. Wild, MD, PhD, MPH, NCMP

Developed by a practicing OB/Gyn, WAIPointes offers a clinical intervention method for personalized women's health planning and reduction of menopause symptoms.

Evaluation of clinical and inflammatory markers of subclinical carotid atherosclerosis in postmenopausal women
Eliana Aguiar Petri Nahas, MD, PhD, Jorge Nahas-Neto, MD, PhD, Claudio Lera Orsatti, MSc, Marcone Lima Sobreira, MD, PhD, Ana Paula Tardivo, MSc, and Steven Sol Witkin, PhD

In postmenopausal women without clinically known atherosclerotic disease, age, menopausal status, and hyperglycemia were associated with a higher prevalence of subclinical carotid atherosclerosis whereas elevated HSP70 concentration was associated with a lower prevalence. These results suggest premature immune activation associated with atherosclerosis in asymptomatic postmenopausal women.

Effects of grape seed proanthocyanidin extract on menopausal symptoms, body composition, and cardiovascular parameters in middle-aged women: a randomized, double-blind, placebo-controlled pilot study
Masakazu Terauchi, MD, PhD, NCMP, Noe Horiguchi, BS, Asuka Kajiyama, MD, Mihoko Akiyoshi, PhD, Yoko Owa, BS, Kiyoko Kato, BS, and Toshiro Kubota, MD, PhD

Grape seed proanthocyanidin extract was effective in improving the physical and psychological symptoms of menopause in middle-aged women while increasing muscle mass and reducing blood pressure.

Investigation of menopausal stage and symptoms on cognition in human immunodeficiency virus–infected women
Leah H. Rubin, PhD, Erin E. Sundermann, PhD, Judith A. Cook, PhD, Eileen M. Martin, PhD, Elizabeth T. Golub, PhD, MPH, Kathleen M. Weber, RN, BSN, Mardge H. Cohen, MD, Howard Crystal, MD, Julie A. Cederbaum, PhD, Kathryn Anastos, MD, Mary Young, MD, Ruth M. Greenblatt, MD, and Pauline M. Maki, PhD

Elevated anxiety symptoms are associated with verbal learning deficits in human immunodeficiency virus-infected women.

Icariin prevents ovariectomy-induced bone loss and lowers marrow adipogenesis
Guan-Wu Li, MD, Zheng Xu, MD, Shi-Xin Chang, MD, Hua Nian, MD, Xiao-Yan Wang, MD, and Lin-Di Qin, MD

The ovariectomized rats markedly increased marrow fat infiltration and decreased bone density. This increase in marrow fat was normalized by estrogen replacement or early icariin treatment.
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Relationship of sleep alterations with perimenopausal and postmenopausal symptoms
Carmen Moreno-Frias, MSc, Nicté Figueroa-Vega, PhD, and Juan Manuel Malacara, MD, PhD

Given that sleep disturbances are an important change at menopause, the factors associated with them were explored. In this study awaking hours in bed showed the most significant association with depressive mood, age, and menopausal status.

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Concurrent use of statins and hormone therapy and risk of venous thromboembolism in postmenopausal women: a population-based case-control study
Jean-Pascal Fournier, MD, PhD, Ruben G. Duijnhoven, MSc, Christel Renoux, MD, PhD, Sophie Dell’Aniello MSc, Olaf H. Klungel, PharmD, PhD, and Samy Suissa, PhD

This large population-based study suggests that statins used concurrently with combined oral estrogens and progestogens can attenuate the increase in risk of venous thromboembolism associated with these hormonal therapies.

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