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Hormone therapy and risk of all-cause mortality in women treated with statins
Howard N. Hodis, MD, and Wendy J. Mack, PhD

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Original Articles

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Hormone therapy and risk of cardiovascular outcomes and mortality in women treated with statins
Ingegärd Anveden Berglind, MD, PhD, Morten Andersen, MD, PhD, Anna Citarella, PhD, Marie Linder, PhD, Anders Sundström, PhD, and Helle Kieler, MD, PhD
Hormone therapy was associated with reduced risks of all-cause mortality and no increased risks of cardiovascular disease in women treated with statins.

377
Are menopausal hot flashes an evolutionary byproduct of postpartum warming?
Lynnette Leidy Sievert, PhD, and Allison Masley
New mothers were not more likely to demonstrate hot flashes by ambulatory monitor, nor were they more likely to report subjective hot flashes during the study period, compared to women who had not given birth within the past two years.

(continued)
Use and perceived efficacy of complementary and alternative medicines after discontinuation of hormone therapy: a nested United Kingdom Collaborative Trial of Ovarian Cancer Screening cohort study

Aleksandra Gentry-Maharaj, PhD, Chloe Karpinskyj, BSc, Clara Glazer, MD, Matthew Burnell, PhD, Andy Ryan, PhD, Lindsay Fraser, BSc, Anne Lanceley, PhD, Ian Jacobs, FRCOG, Myra S. Hunter, PhD, and Usha Menon, FRCOG

This study of postmenopausal UK women found that 89.7% of women discontinuing hormone therapy use complementary and alternative medicines (CAMs) for vasomotor symptom relief. More women used over-the-counter remedies. However, they reported behavioral/lifestyle approaches including exercise to be more effective in alleviating their symptoms.

Methods and baseline cardiovascular data from the Early versus Late Intervention Trial with Estradiol testing the menopausal hormone timing hypothesis

Howard N. Hodis, MD, Wendy J. Mack, PhD, Donna Shoupe, MD, Stanley P. Azen, PhD, Frank Z. Stanczyk, PhD, Juliana Hwang-Levine, PharmD, Matthew J. Budoff, MD, and Victor W. Henderson, MD, MS

The methods and baseline data from the Early versus Late Intervention Trial with Estradiol (ELITE) are presented and placed into perspective to the current literature addressing the timing hypothesis.

A population-based survey of quality of life in middle-aged Finnish women

Riina E. Katainen, MD, Tiina J. Siirtola, MD, Janne R. Engblom, DSc, MSc, Risto U. Erkkola, MD, PhD, and Päivi Polo-Kantola, MD, PhD

Quality of life is better during early midlife and decreases during aging. Socioeconomic circumstances and lifestyle factors are important contributors.

Middle-aged women’s decisions about body weight management: needs assessment and testing of a knowledge translation tool

Dawn Stacey, RN, PhD, Janet Jull, OT, PhD(c), Sarah Beach, MSc, Alex Dumas, PhD, Irene Strychar, EdD, RD, Kristi Adamo, MSc, PhD, Martin Brochu, PhD, and Denis Prud’homme, MD, MSc

A mixed-methods study revealed that middle-aged women felt uninformed, unsupported, and unmotivated when making body weight management decisions. They rated a new weight management knowledge translation tool as acceptable and usable.

Whole-body vibration training decreases ankle systolic blood pressure and leg arterial stiffness in obese postmenopausal women with high blood pressure

Arturo Figueroa, MD, PhD, Roy Kalfon, MS, and Alexei Wong, PhD

This study demonstrated that decreases in ankle and aortic systolic blood pressure after 12 weeks of whole-body vibration exercise training were associated with a reduction in leg arterial stiffness in postmenopausal women with elevated ankle systolic blood pressure.
Impact of estrogens on atherosclerosis and bone in the apolipoprotein E–deficient mouse model

María Leonor Fernández-Murga, PhD, Ángela Vinué, BSc, José Ramón Caeiro, MD, David Guede, BSc, Juan J. Tarín, PhD, Vicente Andrés, PhD, and Antonio Cano, MD, PhD

This study investigated whether the induction of atherosclerosis correlated with changes in bone metabolism. Female mice deficient in apolipoprotein E were ovariectomized or sham-operated to disclose a possible regulatory role of estrogens.

Association of breast cancer–related microRNA polymorphisms with idiopathic primary ovarian insufficiency

HyungChul Rah, DVM, PhD, Hyun Seok Kim, MS, Sun Hee Cha, MD, PhD, Young Ran Kim, MD, Woo Sik Lee, MD, PhD, Jung Jae Ko, PhD, and Nam Keun Kim, PhD

This study reports that breast cancer-related microRNA polymorphisms are associated with increased risk of primary ovarian insufficiency in Korean women via interactions between miR-27aG, miR-423A, and miR-608G variants.

Brief Reports

Poor-fit indexes of Kupperman index: a psychometric analysis based on item response theory

Hugo Cogo-Moreira, PhD, Andrea P. Jackowski, PhD, Teresa R.E. de Araújo, MD, PhD, Lucia H.L. Vieira, PhD, Mauro A. Haidar, MD, PhD, and Ivaldo Silva, MD, PhD

This study verifies a poor fit of the Kupperman Index (KI) and provides psychometric evidence that KI items warrant revision.

Presence of young children at home may moderate development of hot flashes during the menopausal transition

Tierney K. Lorenz, PhD, Bonnie A. McGregor, PhD, and Virginia J. Vitzthum, PhD

Healthy premenopausal women undergoing prophylactic bilateral oophorectomy reported significantly fewer hot flashes and night sweats if they had young children living at home. Interactions with young children did not improve hot flashes in women who were already menopausal at the time of surgery.

Clinical Corner

NAMS Practice Pearl

Counseling patients for lifestyle change: making a 15-minute office visit work

Kathy Berra, MSN, NP-BC, FAANP, FAAN, and Suzanne Hughes, RN, MSN, FAHA, FPCNA

Lifestyle counseling is an intervention that can improve chronic disease management as well as patient and provider satisfaction. Patients and providers are often frustrated with difficulties faced in the implementation and maintenance of lifestyle change.
Review Articles

456 Effects of hormone therapy on blood pressure
Zeinab Issa, MD, Ellen W. Seely, MD, Maya Rahme, MSc, and Ghada El-Hajj Fuleihan, MD, MPH
This review examines the evidence regarding the effect of hormone therapy on blood pressure, from physiological and clinical perspectives.

469 Body mass index and age at natural menopause: a meta-analysis
Xingyong Tao, MD, MS, Anran Jiang, MD, Liping Yin, MD, Yingshun Li, MD, PhD, Fangbiao Tao, MD, PhD, and Huating Hu, MD, MS
Meta-analysis suggests that increased body mass index modestly associates with later age at natural menopause.

Letters to the Editor

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