Menopause
The Journal of The North American Menopause Society
VOLUME 22, ISSUE 8, 2015

Contents

Editorials

801
In grateful appreciation of Dr. Margery Gass for her dedication and service to NAMS on her retirement

802
Not all SERMs are created equal: chapter 2
Steven R. Goldstein, MD

804
Vaginal atrophy and disease susceptibility: the role of leukocytes
David F. Archer, MD

Original Articles

806
A 7-year randomized, placebo-controlled trial assessing the long-term efficacy and safety of bazedoxifene in postmenopausal women with osteoporosis: effects on bone density and fracture
Santiago Palacios, MD, PhD, Stuart L. Silverman, MD, FACP, FACR, Tobie J. de Villiers, MBChB, MMed (O&G), FCOG, MRCOG, Amy B. Levine, MD, Stefan Goemaere, MD, Jacques P. Brown, MD, Fiorenzo De Cicco Nardone, MD, Robert Williams, BSc, Teresa L. Hines, BS, Sebastian Mirkin, MD, Arkadi A. Chines, PhD, on behalf of the Bazedoxifene Study Group
At 7 years, the cumulative incidences of new vertebral fractures were significantly lower in the bazedoxifene 20 mg group than in the placebo group. Bazedoxifene showed a favorable safety/tolerability profile similar to placebo.

(continued)
Does a diagnosis of atrophic vaginitis on Papanicolaou test signify the presence of inflammation?

Debra S. Heller, MD, Gerson Weiss, MD, Sara Bittman, MD, and Laura Goldsmith, PhD

A diagnosis of "atrophic vaginitis" on a pap smear was reliably associated with increased numbers of neutrophils compared to a diagnosis of "atrophic pattern". However, as the pap diagnosis of atrophic vaginitis does not correlate with clinical symptomatology, a single diagnostic term that does not suggest a disease process would more reliably communicate the cytology findings to clinicians.

Physical activity, pain responses to heat stimuli, and conditioned pain modulation in postmenopausal women

Amanda L. Adrian, PhD, Patrick J. O’Connor, PhD, Christie L. Ward-Ritacco, PhD, and Ellen M. Evans, PhD

Physical activity is associated with reduced sensitivity to the unpleasantness of high intensity heat stimuli among women with disabling pain.

Early menopause and other gynecologic risk indicators for chronic fatigue syndrome in women

Roumiana S. Boneva, MD, PhD, Jin-Mann S. Lin, PhD, and Elizabeth R. Unger, PhD, MD

Women with chronic fatigue syndrome (CFS) are more likely to have early hysterectomy/ menopause and other gynecologic conditions.

Waist circumference and postmenopause stages as the main associated factors for sleep apnea in women: a cross-sectional population-based study

Daniel N. Polesel, MSc, Camila Hirotsu, PhD, Karen T. Nozoe, BSc, Andre C. Boin, Lia Bittencourt, MD, PhD, Sergio Tufik, MD, PhD, Monica L. Andersen, PhD, and Helena Hachul, MD, PhD

The study findings suggest that postmenopause stages may potentially exacerbate the presence of sleep disturbance and that reducing waist circumference may be an important strategy for managing obstructive sleep apnea syndrome in women.

Histological study on the effects of microablative fractional CO₂ laser on atrophic vaginal tissue: an ex vivo study

Stefano Salvatore, MD, Umberto Leone Roberti Maggiore, MD, Stavros Athanasiou, MD, Massimo Origoni, MD, Massimo Candiani, MD, Alberto Calligaro, MD, and Nicola Zerbinati, MD

Microablative fractional CO₂ laser can produce a remodeling of vaginal connective tissue without causing damage to surrounding tissue.
Effectiveness of silk fabric underwear as an adjuvant tool in the management of vulvar lichen simplex chronicus: results of a double-blind randomized controlled trial
Monica Corazza, MD, Alessandro Borghi, MD, Sara Minghetti, MD, Giulia Toni, MD, and Annarosa Virgili, MD
The results of this study provide evidence that sericin-free fibroin underwear may be a useful tool in the management of vulvar lichen simplex chronicus by diminishing external sources of irritation.

Endothelial function in postmenopausal women with nighttime systolic hypertension
Faye S. Routledge, PhD, RN, Alan L. Hinderliter, MD, Judith McFetridge-Durdle, PhD, RN, James A. Blumenthal, PhD, Nicola J. Paine, PhD, and Andrew Sherwood, PhD
Nighttime systolic hypertension (≥120 mm Hg) was found to be associated with reduced endothelial function; raising the possibility that normalization of nighttime systolic blood pressure may improve endothelial function and cardiovascular risk.

Is anxiety associated with hot flashes in women with breast cancer?
Anne-Josée Guimond, MA, Elsa Massicotte, BA, Marie-Hélène Savard, PhD, Jade Charron-Drolet, BA, Sophie Ruel, BSc, Hans Ivers, PhD, and Josée Savard, PhD
In a sample of women treated for breast cancer, anxiety was associated with faster-developing objectively-measured hot flashes. Anxiety also significantly predicted subsequent increases of self-reported nocturnal hot flashes.

Palmiwon attenuates hepatic lipid accumulation and hyperlipidemia in a menopausal rat model
Hiroe Go, PhD, Jin Ah Ryuk, PhD, Hye Won Lee, PhD, and Byoung Seob Ko, PhD
Palmiwon attenuates hepatic lipid accumulation in HepG2 cells and hyperlipidemia in a menopausal rat model.

Postoperative voiding difficulty and mesh-related complications after Total Prolift System surgical repair for pelvic organ prolapse and predisposing factors
Lei Zhang, MD, Lan Zhu, MD, Tao Xu, PhD, Shuo Liang, MD, and Jinghe Lang, MD
Patients with ≥200 ml postoperative residual urine volume were recommended for medical intervention. Vaginal complication is a multifactorial complication and proper counseling before surgery should be mandatory.

Effects of estrogen deprivation on expression of aquaporins in rat vagina
Jiyin Zhu, MS, Jiyi Xia, MS, Jun Jiang, MD, PhD, Rui Jiang, MD, PhD, Yanzheng He, MD, PhD, and Haocheng Lin, MD, PhD
Decreased vaginal lubrication in ovariectomized rats after electro-stimulation may be partly due to decreases of aquaporins (AQPs) in vaginal tissue. AQPs may be putative therapeutic targets for vaginal dryness caused by a hypo-estrogenic state.
Clinical Corner

Invited Review

899

Sleep and menopause: a narrative review
Joan L. Shaver, PhD, RN, FAAN, and Nancy F. Woods, PhD, RN, FAAN

From this narrative review, poor sleep associates with menopause transition beyond anticipated aging effects but with imperfect translation of perceived poor sleep into detectable physical sleep changes, implying the importance of an emotional overlay on symptoms reporting. Sleep fragmentation from frequent waking is common without evidence of extensive sleep loss, likely related mostly to nighttime hot flash activity of sufficient severity.

Letter to the Editor

916

Erratum

917

Bone mineral density measurements: how often should bone mineral density be measured in postmenopausal women? Results from the Women’s Health Initiative study: Erratum

Lippincott Williams & Wilkins and The North American Menopause Society cannot be held responsible for errors or for any consequences arising from the use of the information contained in this journal. All advertising material published in this journal is expected to conform to regulatory and medical standards. The appearance of advertising in this publication does not constitute a guarantee or endorsement by The North American Menopause Society or Lippincott Williams & Wilkins of the quality or value of such a product or service or any claims made by its marketer.