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David H. Barlow, MD, FRCOG, FMedSci, FRSE

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Vaginal health prescription: possible next step in the management of genitourinary syndrome of menopause
Gloria A. Bachmann, MD, and Nancy A. Phillips, MD

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Coffee or caffeine intake and effects on menopausal symptoms: unsolved issue
Céline Bouchard, MD, FRCSC

2014 NAMS/Pfizer—Wulf H. Utian Endowed Lecture

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Adult mesenchymal stem cells and women's health
Arnold I. Caplan, PhD
Adult mesenchymal stem cells (MSCs) originate as perivascular cells, pericytes, in every tissue of the body. When the pericyte is released at broken or inflamed blood vessels the newly released and activated MSCs provide molecular cues to manage the local immune response and to set up a zone of tissue regeneration thereby managing the innate regeneration potential of that tissue.

Original Articles

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Association of breast arterial calcification with stroke and angiographically proven coronary artery disease: a meta-analysis
Xuezhi Jiang, MD, FACOG, NCMP, Maureen Clark, BS, Rupali K. Singh, MD, Alex Juhn, BA, and Peter F. Schnatz, DO, FACOG, FACP, NCMP
Breast arterial calcification detected on mammograms is associated with a significantly increased risk of angiographically-proven coronary artery disease and/or stroke.

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Day-to-Day Impact of Vaginal Aging questionnaire: a multidimensional measure of the impact of vaginal symptoms on functioning and well-being in postmenopausal women
Alison J. Huang, MD, MAS, Steven E. Gregorich, PhD, Miriam Kuppermann, PhD, MPH, Sanae Nakagawa, MA, Stephen K. Van Den Eeden, PhD, Jeanette S. Brown, MD, Holly E. Richter, MD, PhD, Louise C. Walter, MD, David Thom, MD, PhD, and Anita L. Stewart, PhD
The Day-to-Day Impact of Vaginal Aging questionnaire is a new multidimensional self-report measure designed to facilitate evaluation of the impact of vaginal symptoms on functioning and well-being in postmenopausal women of diverse backgrounds.

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Caffeine and menopausal symptoms: what is the association?
Stephanie S. Faubion, MD, Richa Sood, MD, Jacqueline M. Thielen, MD, and Lynne T. Shuster, MD
In this study, the use of caffeine was associated with more bothersome vasomotor symptoms in women aged 40 and older. This is the largest study to date examining the association of caffeine intake with menopausal symptom bother, particularly vasomotor symptoms.

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Influence of race/ethnicity, body mass index, and proximity of menopause on menstrual cycle patterns in the menopausal transition: the Study of Women’s Health Across the Nation
Pangaja Paramsothy, PhD, MPH, Siobán D. Harlow, PhD, Michael R. Elliott, PhD, Matheos Yosef, PhD, Lynda D. Lisabeth, PhD, MPH, Gail A. Greendale, MD, Ellen B. Gold, PhD, Sybil L. Crawford, PhD, and John F. Randolph Jr, MD
Menstrual characteristics during the menopausal transition are influenced by race/ethnicity and obesity.

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Evidence for prolonged and unique amenorrhea-related symptoms in women with premature ovarian failure/primary ovarian insufficiency
Amanda A. Allshouse, MS, Amy L. Semple, BS, and Nanette F. Santoro, MD
Sustained rates of symptoms over time, and high rates of depression and hypothyroidism differentiate the experience of women with premature ovarian failure/primary ovarian insufficiency (POF/POI) from that of age-appropriate menopausal women.
Do stages of menopause affect the outcomes of pelvic floor muscle training?

Özge Çeliker Tosun, PT, PhD, Ebru Kaya Mutlu, PT, MSc, Gökhan Tosun, MD, Ahmet Mete Ergenoglu, MD, Ahmet Özgür Yeniel, MD, Mehtap Malkoc, PhD, PT, Niyazi Aşkar, MD, and Ismail Mete Itil, MD

Strength increases in all periods of menopause can be achieved by pelvic floor muscle training, but the rates of increase vary according to the menopausal period of the participants.

Soy Isoflavones for Reducing Bone Loss Study: effects of a 3-year trial on hormones, adverse events, and endometrial thickness in postmenopausal women

D. Lee Alekel, PhD, Ulrike Genschel, PhD, Kenneth J. Koehler, PhD, Heike Hofmann, PhD, Marta D. Van Loan, PhD, Bonnie S. Beer, MD, Laura N. Hanson, MS, RD, Charles T. Peterson, MS, and Mindy S. Kurzer, PhD

The current study assessed the long-term overall safety and potential endometrial stimulation using transvaginal ultrasound among a group of postmenopausal women who consumed soy isoflavone tablets. This study found no evidence of a treatment effect on endometrial thickness, adverse events, or circulating hormone concentrations, most notably thyroid function.

Do soy isoflavones improve cognitive function in postmenopausal women?

A meta-analysis

Peng-Fei Cheng, PhD, Jian-Jun Chen, PhD, Xin-Yu Zhou, PhD, Yi-Fei Ren, MD, Wen Huang, PhD, Jing-Jing Zhou, MD, and Peng Xie, MD

Soy Isoflavone (SIF) supplementation seems to have a positive effect on improving summary cognitive function and visual memory in postmenopausal women. There may be a critical window of opportunity in initiating SIF use at an earlier age in postmenopausal women.

Miniature hygrometric hot flush recorder as an objective indicator of hot flushes: a validation study

Moniek van der Zanden, MD, Petri van Gastel, MD, Laszlo Bancsi, MD, and Hans de Boer, MD, PhD

In this study, the diagnostic value of a miniature hygrometric hot flush recorder was tested in postmenopausal women with severe flushing and in controls. Results demonstrate that it might be a useful tool to improve data quality of diary reported flushes.

Epistasis between polymorphisms in ACVR2B and ADAMTS19 is associated with premature ovarian failure

Jung-A Pyun, MS, Sunshin Kim, PhD, and KyuBum Kwack, PhD

In this study epistasis between polymorphisms with ACVR2B and ADAMTS19, including a SNP within 5′ flanking region of ACVR2B, was significantly associated with susceptibility to premature ovarian failure.
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Relationship between cystatin C and metabolic syndrome among Chinese premenopausal and postmenopausal women without recognized chronic kidney disease
Pengju Liu, BM, Fang Ma, MS, Huiping Lou, MS, and Yanning Zhu, MD
A higher level of cystatin C is positively and independently associated with the presence of MetS in both pre- and postmenopausal women and is significantly associated with postmenopausal status. The information revealed by the cystatin C level extends beyond merely that of a marker of glomerular filtration.

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Low bone mass in human immunodeficiency virus–infected climacteric women receiving antiretroviral therapy: prevalence and associated factors
Debora C. Gomes, MD, Ana L.R. Valadares, MD, PhD, Monica J. de Moraes, MD, PhD, Bianca B. Lagrutta, Aarão M. Pinto-Neto, MD, PhD, and Lúcia Costa-Paiva, MD, PhD
This cross-sectional study showed that the only factor associated with low bone mineral density at the proximal femur and lumbar spine was being postmenopausal.

Clinical Corner

NAMS Practice Pearl

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Subclinical thyroid disorders
Cynthia A. Stuenkel, MD, NCMP
Symptoms of the menopause transition—altered cycle length, change in amount of bleeding, sleep disruption, fatigue, mood swings, forgetfulness, heat intolerance, and palpitations—can also reflect thyroid dysfunction, common in midlife women. Subclinical thyroid disease adds an entirely new dimension to this arena.

Review Article

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Effects of acupuncture on menopause-related symptoms and quality of life in women in natural menopause: a meta-analysis of randomized controlled trials
Hsiao-Yean Chiu, RN, PhD, Chieh-Hsin Pan, RN, MSN, Yuh-Kae Shyu, RN, PhD, Bor-Cheng Han, PhD, and Pei-Shan Tsai, RN, PhD
The current meta-analysis confirms that acupuncture may improve hot flash frequency and severity, menopause-related symptoms, and quality of life (in the vasomotor domain) among women in natural menopause. Effects of acupuncture on hot flashes are maintained up to 1 to 3 months.
Erratum

Relief of vasomotor symptoms with the tissue-selective estrogen complex containing bazedoxifene/conjugated estrogens: a randomized, controlled trial: Erratum

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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—$473 Individual, $1,053 Institution. Rest of World—$495 Individual, $1,053 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, P.O. Box 1580, Hagerstown, MD 21741-1580; 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, Naraia Vihar, 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, P.O. Box 1550, Hagerstown, MD 21740.

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