Editorials

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Peter F. Schnatz, DO, FACOG, FACP, NCMP
2015-2016 NAMS President

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Myometrial artery calcification: significance for perimenopausal and postmenopausal women
Appt, Susan E. DVM

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Effect of intravaginal dehydroepiandrosterone treatment on the endometrium: should androstenediol be a concern?
Frank Z. Stanczyk, PhD

NAMS Survey

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Margery L.S. Gass, MD, NCMP, Cynthia A. Stuenkel, MD, NCMP, Wulf H. Utian, MD, PhD, DSc(Med), Andrea LaCroix, NCMP, PhD, James H. Liu, MD, and Jan L. Shifren, MD, NCMP
The North American Menopause Society survey of compounded versus FDA approved hormone therapies after menopause confirms a high incidence of usage and highlights a potential increase in incidence of uterine cancer with compounded hormone therapy.

Original Articles

1285
Myometrial artery calcifications and aging
Sarah C. Hessler, MD, Gerson Weiss, MD, Debra S. Heller, MD, Peter G. McGovern, MD, Sara S. Morelli, MD, and Laura T. Goldsmith, PhD
This study demonstrates that myometrial artery calcifications significantly increase with age. In addition, the data suggest that histological sections of uterine tissue from hysterectomy specimens seem to be a useful model for evaluating vascular aging markers.
1289
Lack of effect of intravaginal dehydroepiandrosterone (DHEA, prasterone) on the endometrium in postmenopausal women
David J. Portman, MD, Fernand Labrie, MD, PhD, David F. Archer, MD, Céline Bouchard, MD, Leonello Cusan, MD, PhD, Ginette Girard, MD, Normand Ayotte, MD, William Koltun, MD, François Blouin, MD, Douglas Young, MD, Anthony Wade, MD, Céline Martel, PhD, Robert Dubé, MD, and other participating members of the VVA Prasterone Group
In 668 women who received intravaginal dehydroepiandrosterone for the treatment of vulvovaginal atrophy, including 422 women treated for one year, endometrial atrophy or inactive endometrium was found in all women, thus confirming the absence of systemic estrogen exposure.

1296
Presenting symptoms among premenopausal and postmenopausal women with vulvodynia: a case series
Nancy A. Phillips, MD, Candace Brown, MSN, PharmD, David Foster, MD, Candi Bachour, PharmD, Leslie Rawlinson, Jim Wan, PhD, and Gloria Bachmann, MD
Premenopausal and postmenopausal women with provoked vestibulodynia (PVD) have similar pain scores, and with the exception of a higher incidence of burning in postmenopausal women, similar presenting clinical symptoms.

1301
Use of a levonorgestrel-containing intrauterine system with supplemental estrogen improves symptoms in perimenopausal women: a pilot study
Nanette Santoro, MD, Stephanie Teal, MD, MPH, Christina Gavito, BA, Sandra Cano, MA, Justin Chosich, BS, and Jeanelle Sheeder, PhD
A brief, low-dose estrogen intervention combined with a levonorgestrel-containing intrauterine system (LNG-IUS) led to significant improvement of some common perimenopausal symptoms.

1308
Pharmacokinetics of the first combination $17\beta$-estradiol/progesterone capsule in clinical development for menopausal hormone therapy
James H. Pickar, MD, Charles Bon, MS, Julia M. Amadio, MBA, Sebastian Mirkin, MD, and Brian Bernick, MD
A combination $17\beta$-estradiol/progesterone capsule demonstrated similar bioavailability to separate respective estradiol and progesterone reference products.

1317
Women’s Health Initiative estrogen plus progestin clinical trial: a study that does not allow establishing relevant clinical risks
Sócrates Aedo, MD, MSc, Gabriel Cavada, MSc, Juan E. Blümel, MD, PhD, Peter Chedraui, MD, MSc, PhD, Juan Fica, MD, Patricio Barriga, MD, Sergio Brantes, MD, Cristina Irribarra, MD, Maria Vallejo, MD, and Ítalo Campodónico, MD
In the Women’s Health Initiative study, the comparison between conjugated equine estrogens 0.625mg plus medroxyprogesterone acetate 2.5mg and placebo to 5.2 years, shows a difference in expected time of occurrence of the event in 1.17 days for invasive breast cancer, 2.75 days for stroke, 4.23 days for pulmonary embolism, and 7.5 days for coronary heart disease; thus posing risks too small to have clinical significance.
Association between nonalcoholic fatty liver disease and coronary artery calcification in postmenopausal women

Min Kyung Kim, MD, Chul Woo Ahn, MD, Ji Sun Nam, MD, Shinae Kang, MD, Jong Suk Park, MD, PhD, and Kyung Rae Kim, MD

There is a significant correlation between non-alcoholic fatty liver disease (NAFLD) and the prevalence of coronary artery calcification. However this correlation is attenuated after additional adjustment for insulin resistance, so NAFLD is not an independent factor of coronary atherosclerosis in postmenopausal women.

Kappa Agonists as a novel therapy for menopausal hot flashes

Amy E. Oakley, PhD, Robert A. Steiner, PhD, Charles Chavkin, PhD, Donald K. Clifton, PhD, Laura K. Ferrara, MA, and Susan D. Reed, MD, MPH

In this small randomized trial, in some women, luteinizing hormone pulses are associated with objectively measured hot flashes and that kappa agonists may reduce hot flash frequency.

Association of hormone therapy and incident gout: population-based case-control study

Saskia G. Bruderer, MSc, Michael Bodmer, MD, Susan S. Jick, DSc, and Christoph R. Meier, PhD, MSc

In this observational study, use of oral opposed estrogens, but not of unopposed estrogens, was associated with a decreased OR for incident gout in women with normal renal function. The findings suggest that the decreased relative gout risk may be related to the progestogen component rather than the estrogen component.

Panax notoginseng saponins mitigate ovariectomy-induced bone loss and inhibit marrow adiposity in rats

Jing-Zheng Fan, PhD, Yi Wang, MD, Yan Meng, MM, Guan-Wu Li, MD, Shi-Xin Chang, MD, Hua Nian, MD, and Yong-Jie Liang, MD

Early Panax notoginseng saponins treatment can mitigate ovariectomy-induced trabecular microarchitecture deterioration and reduces marrow adipogenesis without exhibiting any uterine estrogenicity.

Clinical Corner

Invited Review

Menopause and exercise

Natalia M. Grindler, MD, and Nanette F. Santoro, MD

Regular physical exercise reduces mortality and extends the functional life span of women. This review describes the current state of the medical literature on this topic.