Contents

Editorials

685
NAMS supports judicious use of systemic hormone therapy for women aged 65 years and older
Margery L.S. Gass, MD, FACOG, NCMP, Pauline M. Maki, PhD, Jan L. Shifren, MD, FACOG, NCMP, Peter F. Schnatz, DO, FACOG, FACP, NCMP, Andrew M. Kaunitz, MD, FACOG, NCMP, Marla Shapiro, MDCM, CCFP, MHSc, FRCP(C), FCFP, NCMP, and Lynnette Leidy Sievert, BSN, PhD

687
Failure to treat menopausal symptoms: a disconnect between clinical practice and scientific data
Andrew M. Kaunitz, MD, FACOG, NCMP, and JoAnn E. Manson, MD, DrPH, NCMP

689
A spoonful of sugar
Caroline Mitchell, MD, MPH

691
Could networking and sharing (open) data in an international collaborative effort unravel the mechanisms of sleep disturbances in middle-aged women?
Julie Carrier, PhD, and Catherine Lord, PhD

NAMS Statement

693
The North American Menopause Society Statement on Continuing Use of Systemic Hormone Therapy After Age 65

(continued)
Original Articles

694
Moderate to severe vasomotor and sexual symptoms remain problematic for women aged 60 to 65 years
Pragya Gartoulla, MSc, Roisin Worsley, MBBS, FRACP, Robin J. Bell, MBBS, PhD, and Susan R. Davis, MBBS, FRACP, PhD
In this large, representative community based sample of women, moderate-severe vasomotor symptoms remained prevalent in 60-65 year old women. The use of therapy to treat vasomotor symptoms was markedly low.

702
Exploratory comparison of vaginal glycogen and Lactobacillus levels in premenopausal and postmenopausal women
Paria Mirmonsef, PhD, Sharada Modur, PhD, Derick Burgad, BS, Douglas Gilbert, BS, Elizabeth T. Golub, PhD, MPH, Audrey L. French, MD, Kerrie McCotter, BS, Alan L. Landay, PhD, and Greg T. Spear, PhD
Vaginal fluid from postmenopausal women had significantly lower levels of free glycogen than those from premenopausal women and it correlated with Lactobacillus.

710
An actigraphy study of sleep and pain in midlife women: the Study of Women’s Health Across the Nation Sleep Study
Howard M. Kravitz, DO, MPH, Huiyong Zheng, PhD, Joyce T. Bromberger, PhD, Daniel J. Buysse, MD, Jane Owens, DrPH, and Martica H. Hall, PhD
Associations between nighttime pain severity and actigraphy sleep measures and self-reported morning restfulness were examined, and night-to-night variation was modeled in midlife women. Higher pain severity was associated with lower sleep efficiency, longer sleep duration, and less restful sleep.

719
Poor sleep in relation to natural menopause: a population-based 14-year follow-up of midlife women
Ellen W. Freeman, PhD, Mary D. Sammel, ScD, Stephanie A. Gross, MS, and Grace W. Pien, MD
Poor sleep across the menopause transition was strongly predicted by premenopausal sleep status in a cohort of generally healthy women. Associations of poor sleep with ovarian decline may pertain to only a small "at risk" subgroup, who had mild complaints premenopause that increased significantly around the final menstrual period.
Body mass index continues to accurately predict percent body fat as women age despite changes in muscle mass and height
Tova Ablove, MD, Neil Binkley, MD, Sarah Leadley, MD, James Shelton, MS, and Robert Ablove, MD

In the body mass index calculation the effect of age related changes in height are balanced by the effects of age related changes in lean body mass. BMI continues to be a good measure of % body fat in adult women as they age.

Adherence to exercise and affective responses: comparison between outdoor and indoor training
Marianne Lacharité-Lemieux, MSc, Jean-Pierre Brunelle, PhD, and Isabelle J. Dionne, PhD

Positive affect during exercise is associated with greater physical activity participation. In a 12-week randomized trial, outdoor training enhanced affective responses and led to greater exercise adherence than indoor training in postmenopausal women.

Effects of a soy-based dietary supplement compared with low-dose hormone therapy on the urogenital system: a randomized, double-blind, controlled clinical trial
Lucio O. Carmignani, MD, Adriana Orcesi Pedro, MD, PhD, Eliana B. Montemor, MSc, Victor A. Arias, MD, PhD, Lucia H. Costa-Paiva, MD, PhD, and Aarão M. Pinto-Neto, MD, PhD

A randomized controlled trial of the impact of soy-based dietary supplement and low-dose hormone therapy on the urogenital system in symptomatic postmenopausal women.

Adherence to Mediterranean dietary pattern and menopausal symptoms in relation to overweight/obesity in Spanish perimenopausal and postmenopausal women
Carmen Sayón-Orea, MD, PhD, Susana Santiago, PhD, Marta Cuervo, PhD, Miguel A. Martínez-González, MD, MPH, PhD, Aquilino García, PharmD, PhD, and Jose Alfredo Martínez, MD, PharmD, PhD

A higher adherence to the Mediterranean diet and a body mass index ≤ 25 kg/m² might contribute to improve the quality of life in the perimenopause or postmenopause stages.
Dietary changes associated with improvement of metabolic syndrome components in postmenopausal women receiving two different nutrition interventions
Ameyalli Rodriguez-Cano, MCN, Jennifer Mier-Cabrera, PhD, Margie Balas-Nakash, MSc, Cinthya Muñoz-Manrique, MSc, Jennifer Legorreta-Legorreta, BS, and Otilia Perichart-Perera, PhD, RD
In this study dietary changes such as the elimination of high-fat dairy and high energy refined grains were associated with positive metabolic outcomes.

Trends in bilateral salpingo-oophorectomy among Taiwanese women undergoing benign hysterectomy: a population-based, pooled, cross-sectional study
Jerry Cheng-Yen Lai, MSc, Nicole Huang, PhD, Kung-Liahng Wang, MD, Hsiao-Yun Hu, PhD, I-Ting Chen, BSc, and Yiing-Jenq Chou, MD, MPH, PhD
Age, socioeconomic status, presence of co-morbid illness, hysterectomy approaches, hospital accreditation levels, and disease diagnoses influence oophorectomy rate in Taiwan - a country with national health insurance.

Depressed calcium cycling contributes to lower ischemia tolerance in hearts of estrogen-deficient rats
Gábor Artúr Dunay, MD, Péter Paragi, MD, Levente Sára, MD, PhD, Nándor Acz, MD, PhD, Bernadett Balázs, MSc, Viktor Agoston, MD, Csaba Répás, MD, Tamás Ivanics, MD, PhD, and Zsuzsanna Miklós, MD, PhD
Protection of intact Ca\(^{2+}\) cycling in the myocardium by estrogens plays a major role in their effect to enhance cardiac ischemic tolerance.

Clinical Corner

NAMS Practice Pearl
Screening midlife women for sleep problems: why, how, and who should get a referral?
Kathryn A. Lee, PhD, RN, CBSM, and Debra J. Anderson, PhD, RN
Recently, there has been an exponential increase in research on sleep in midlife and older women. This Practice Pearl briefly reviews the importance of adequate sleep, clinical assessment for sleep disorders, and guidelines for practice.
**Review Article**

**Effects of ospemifene on the female reproductive and urinary tracts: translation from preclinical models into clinical evidence**

David F. Archer, MD, Bruce R. Carr, MD, JoAnn V. Pinkerton, MD, Hugh S. Taylor, MD, and Ginger D. Constantine, MD

In this review the findings for ospemifene are discussed within the context of information about other estrogen receptor agonist/antagonists (ERAs), including tamoxifen, raloxifene, and bazedoxifene (in combination with conjugated estrogens).

**Letters to the Editor**

797

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.

**PERMISSION TO PHOTOCOPY ARTICLES:** This publication is protected by copyright. Permission to reproduce copies of articles for noncommercial use may be obtained from the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923, Tel: (978) 750-8400, FAX: (978) 750-4470, URL: http://www.copyright.com. For permissions to reuse the material for other purposes: Please go to the Journal website and click the “Permissions” link above the title of the paper in the abstract or html window for the relevant article. Alternatively, send an email to customercare@copyright.com.

Translation Rights & Licensing queries: Please contact, Silvia Serra, Translations Rights, Licensing & Permissions Manager, Wolters Kluwer Health (Medical Research) Ltd, 250 Waterloo Road, London SE1 8RD, UK. Phone +44 (0)207 981 0600; Silvia.Serra@wolterskluwer.com.