Menopause
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Incremental direct and indirect costs of untreated vasomotor symptoms
Philip Sarrel, MD, David Portman, MD, Patrick Lefebvre, MA, Marie-Hélène Lafueille, MA, Amanda Melina Grittner, MA, Jonathan Fortier, MA, Jonathan Gravel, MSc, Mei Sheng Duh, MPH, ScD, and Peter M. Aupperle, MD, MPH
Healthcare insurance claims of more than 500,000 women were used to match 1:1 women with untreated vasomotor symptoms with control women. In a 12 month period the untreated women showed 1.5 million more outpatient visits and a total incremental cost for health care plus work loss of $367,227,868.

(continued)
Consistent ovulation may not be enough to make women healthy when approaching menopause: an update from the Study of Women's Health Across the Nation
Amanda A. Allshouse, MS, Alex Polotsky, MD, MS, Sybil Crawford, PhD, Hsiang-Yu Chen, MS, Samar R. El Khoudary, PhD, MPH, and Nanette Santoro, MD
Using data from the Study of Women's Health Across the Nation (SWAN) Daily Hormone Study (DHS), the hypothesis that consistent ovulation among women approaching menopause is associated with a more favorable cardio-metabolic profile was not supported.

Use of hormone therapy in Swedish women aged 80 years or older
Lotta Järvstråt, MSc, Anna-Clara E. Spetz Holm, MD, PhD, Lotta Lindh-Astrand, RN, PhD, Mikael J. Hoffmann, MD, PhD, Mats G. Fredrikson, PhD, and Mats L. Hammar, MD, PhD
In this study of Swedish women close to 1% of women over the age of 80 still use hormone therapy.

Dietary isoflavones and bone mineral density during midlife and the menopausal transition: cross-sectional and longitudinal results from the Study of Women's Health Across the Nation Phytoestrogen Study
Gail A. Greendale, MD, Chi-hong Tseng, PhD, Weijuan Han, MS, Mei-Hua Huang, DrPH, Katherine Leung, MS, Sybil Crawford, PhD, Ellen B. Gold, PhD, L. Elaine Waetjen, MD, and Arun S. Karlamangla, PhD, MD
In Japanese women, higher isoflavone intake was associated with higher peak bone mineral density (BMD) but greater rate of lumbar spine BMD loss during the menopausal transition. Results in the other racial/ethnic groups did not support a relation between dietary intake of isoflavones and peak BMD or BMD loss.

Beneficial effects of soy supplementation on postmenopausal atherosclerosis are dependent on pretreatment stage of plaque progression
Giselle C. Meléndez, MD, Thomas C. Register, PhD, Susan E. Appt, DVM, Thomas B. Clarkson, DVM, Adrian A. Franke, PhD, and Jay R. Kaplan, PhD
Cardiovascular benefits of soy supplements are greatest when treatment is initiated premenopausally and continues postmenopausally, and may be beneficial in the very early postmenopause while plaques are usually still small.

Sex-specific relationships of physical activity, body composition, and muscle quality with lower-extremity physical function in older men and women
Chad R. Straight, MS, Anne O. Brady, PhD, MS, and Ellen Evans, PhD, MS
This study examined the relative contributions of physical activity, body composition and muscle quality to lower-extremity physical function in older men and women. Sex-specific relationships were observed, and the implications of these findings for prevention of physical disability in older adults are discussed.
Feelings of energy are associated with physical activity and sleep quality, but not adiposity, in middle-aged postmenopausal women
Christie L. Ward-Ritacco, PhD, Amanda L. Adrian, PhD, Patrick J. O’Connor, PhD, Jessica A. Binkowski, MS, Laura Q. Rogers, MD, MPH, Mary Ann Johnson, PhD, and Ellen M. Evans, PhD
*Engaging in moderate to vigorous physical activity per day is associated with higher monthly frequency of energy feelings in middle-aged postmenopausal women.*

Association between serum 25-hydroxyvitamin D and ovarian reserve in premenopausal women
Anne Marie Z. Jukic, PhD, Anne Z. Steiner, MD, MPH, and Donna D. Baird, PhD
*Vitamin D is inversely related to follicle-stimulating hormone. Prospective studies should investigate whether low vitamin D levels contribute to decreased ovarian reserve.*

Variations in glomerular filtration rate are associated with subclinical atherosclerosis in healthy postmenopausal women
Irene Lambrinoudaki, MD, PhD, Dimitrios Tourlakis, MD, Eleni Armeni, MD, PhD, Georgios Kaparos, PhD, Demetrios Rizos, PhD, Areti Augoulea, MD, MSc, PhD, Andreas Alexandrou, MD, PhD, Maria Kreatsa, MD, PhD, Efthymios Deligeoroglou, MD, PhD, and Kimon Stamatelopoulos, MD, PhD
*A mild decrease of renal function within normal limits of glomerular filtration rate, was independently associated with the presence of subclinical atherosclerosis, in apparently healthy young postmenopausal women.*

Structural validity of a 16-item abridged version of the Cervantes Health-Related Quality of Life scale for menopause: the Cervantes Short-Form Scale
Pluvio J. Coronado, MD, PhD, Rafael Sánchez Borrego, MD, PhD, Santiago Palacios, MD, PhD, Miguel A. Ruiz, PhD, and Javier Rejas, MD, PhD
*The Cervantes scale can be reduced to a 16-item abridged version which maintains the original dimensional structure and psychometric properties. This version is faster to administer, making it especially suitable for routine medical practice.*

Association of adiposity and muscle quality with physical function differs in young and old women
Rebecca D. Larson, PhD, Mark M. Misco, PhD, and Ellen M. Evans, PhD
*This study shows that muscle capacity and body composition factors associated with physical functional performance might change along the age span.*
Clinical Corner

Invited Review

Aromatase inhibitors for prevention of breast cancer in postmenopausal women: a narrative review

Lucy Ann Behan, MD, Eitan Amir, PhD, and Robert F. Casper, MD

Aromatase inhibitors are effective at breast cancer risk reduction, although long-term follow up data are required to assess whether this risk reduction will result in reduced mortality.

Review Article

Recent advances help understand and improve the safety of menopausal therapies

Sebastian Mirkin, MD, David F. Archer, MD, James H. Pickar, MD, and Barry S. Komm, PhD

This review describes the latest evidence on the safety of hormone therapy and reviews the risk:benefit profile of newer menopausal therapies, including newer SERMs (osparifene, bazedoxifene), conjugated estrogens/bazedoxifene, and paroxetine.

Letters to the Editor

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