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Is vaginal administration the “way out” of the hormone of controversy?
Andrea R. Genazzani, MD, PhD, and Nicola Pluchino, MD, PhD

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Hormonal-stress interactions in precipitating perimenopausal depressive symptoms
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Association between vitamin D and falls in young postmenopausal women
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Resident education in menopause: why it is important and how we can best achieve it
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Efficacy of intravaginal dehydroepiandrosterone (DHEA) on moderate to severe dyspareunia and vaginal dryness, symptoms of vulvovaginal atrophy, and of the genitourinary syndrome of menopause
Fernand Labrie, MD, PhD, David F. Archer, MD, William Kolton, MD, Andrée Vachon, MD, Douglas Young, MD, Louise Frenette, MD, David Portman, MD, Marlene Montesino, MD, Isabelle Côté, BSc, Julie Parent, PhD, Lyne Lavoie, MSc, Adam Beauregard, BSc, MBA, Céline Martel, PhD, Mario Vaillancourt, BSc, MBA, John Balser, PhD, Érick Moyneur, BSc, MA, and the members of the VVA Prasterone Research Group
Daily intravaginal administration of 0.50% (6.5 mg) dehydroepiandrosterone (DHEA, prasterone) is in line with the absence of significant drug-related adverse events.

(continued)
Estradiol variability, stressful life events, and the emergence of depressive symptomatology during the menopausal transition
Jennifer L. Gordon, PhD, David R. Rubinow, MD, Tory A. Eisenlohr-Moul, PhD, Jane Leserman, PhD, and Susan S. Girdler, PhD
Estradiol variability may enhance emotional sensitivity to psychosocial stress, particularly sensitivity to social rejection.

Effect of isolated vitamin D supplementation on the rate of falls and postural balance in postmenopausal women fallers: a randomized, double-blind, placebo-controlled trial
Luciana Mendes Cangussu, MSc, Jorge Nahas-Neto, MD, PhD, Claudio Lera Orsatti, PhD, Priscila Ferreira Poloni, MD, Eneida Boteon Schmitt, MD, Benedito Almeida-Filho, MD, and Eliana Aguiar Petri Nahas, MD, PhD
Isolated vitamin D supplementation for nine months resulted in a lower incidence of falls and improvement in postural balance.

Effectiveness of a 2-year menopause medicine curriculum for obstetrics and gynecology residents
Mindy S. Christianson, MD, Chantel I. Washington, MD, Katherine I. Stewart, MD, MBA, and Wen Shen, MD, MPH
A 2-year menopause medicine curriculum for OB/GYN residents is an effective modality to improve resident knowledge required to manage menopause.

Bone structure and turnover in postmenopausal women with type 2 diabetes mellitus
Farideh Razi, MD, Mahnaz Esmaili, MS, Ensieh Nasli Esfahani, MD, Parichehreh Yaghmaei, PhD, Mostafa Qorbani, MD, Zahra Mohammadi, MS, Abbasali Keshkhar, MD, Patricia Khashayar, MD, and Bagher Larijani, MD
In this study there was no difference in bone mass values or bone turnover process between Iranian postmenopausal women with or without diabetes.

Physical therapy for urinary incontinence in postmenopausal women with osteoporosis or low bone density: a randomized controlled trial
Meena Sran, PT, PhD, Joanie Mercier, PT, MSc, Penny Wilson, BSR, Pat Lieblich, BPT, and Chantale Dumoulin, PT, PhD
Incontinence in older women with osteoporosis can be effectively treated by physical therapy. Given the negative impact of urinary incontinence on physical activity levels and the importance of physical activity to improving bone density, these results should be used to educate women with osteoporosis and urinary incontinence.

Comparative efficacy and safety of estradiol transdermal preparations for the treatment of vasomotor symptoms in postmenopausal women: an indirect comparison meta-analysis
Christine Derzko, MD, FRCSC, Martin Sergerie, PhD, DESS, Gaye Siliman, MSc, Mark Alberton, MSc, and Kristian Thorlund, PhD, MSc
In this study the efficacy of Divigel 0.25 mg, as measured by reduced hot flush frequency and severity, was similar to that of Divigel 0.5 mg and of Estrogel 0.75 and 1.5 mg.
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Middle-aged female sexual dysfunction and multimorbidity: a population-based study
Ana Lúcia Ribeiro Valadares, MD, PhD, Jeffrey Frederico Lui-Filho, MD, MSc,
Lúcia Costa-Paiva, MD, PhD, and Aarão M. Pinto-Neto, MD, PhD
The main factors associated with sexual dysfunction in women with multimorbidity in this sample were lack of sexual activity in the last month, physical inactivity, and anxiety.

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A randomized, double-blind, placebo-controlled trial of Chinese herbal medicine granules for the treatment of menopausal symptoms by stages
Shu-fei Fu, MD, Ying-qiang Zhao, MD, Ming Ren, MD, Jun-hua Zhang, MD, Yue-fei Wang, PhD, Li-feng Han, PhD, Yan-xu Chang, PhD, Guan-wei Fan, MD, Hong Wang, PhD, Yu-hong Huang, MD, Jing-bo Zhai, MSc, Jin-ying Dong, MSc, Xin Li, BM, Ju-qing Ai, MD, Han Zhang, PhD, Yan Zhu, PhD, Bo-li Zhang, MSc, Li-kang Sun, PhD, Xiang Fan, MD, and Xiu-mei Gao, MD, PhD
In this study the Danzhi Qing’e (DZQE) formula improved the quality of life for menopausal women.

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Health-related quality of life in midlife women in Qatar: relation to arthritis and symptoms of joint pain
Linda M. Gerber, PhD, Ya-Lin Chiu, MS, Mohamud Verjee, MBChB, and Hassan Ghomrawi, PhD, MPH
Self-report of osteoarthritis or rheumatoid arthritis was associated with reduced quality of life among midlife women living in Qatar, yet their prevalence was low. High rates of reporting joint pain, even among women who did not report having arthritis, may indicate that musculoskeletal diseases are under-diagnosed.

Brief Report

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Continuous transdermal nitroglycerin therapy for menopausal hot flashes: a single-arm, dose-escalation trial
Alison J. Huang, MD, MAS, Steven R. Cummings, MD, MPH, Michael Schembri, BA, Eric Vittinghoff, PhD, Peter Ganz, MD, and Deborah Grady, MD, MPH
Continuous nitroglycerin therapy may substantially and reversibly decrease hot flash frequency and severity.

Review Articles

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Hormone therapy for ovarian cancer survivors: systematic review and meta-analysis
Vasilios Pergialiotis, MD, MSc, PhD, Elina Pitsouni, MD, MSc, Anastasia Prodromidou, MD, Maximos Frountzas, MD, Despina N. Perrea, PhD, and Georgios D. Vlachos, MD, PhD
Hormone therapy treatment does not influence the odds of ovarian cancer recurrence, but this conclusion must be separately confirmed due to the presence of significant limitations in the methodological quality of the included studies.
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Dry eye in postmenopausal women: a hormonal disorder

Intira Sriprasert, MD, Dwight W. Warren, PhD, Austin K. Mircheff, PhD, and Frank Z. Stanczyk, PhD

Because of the high incidence of dry eye among postmenopausal women that may be related to hormones, this study proposes that a multidisciplinary approach should be considered between gynecologists and ophthalmologists.