Editorials

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Dyspareunia: including this diagnosis in chronic pain reporting
Gloria Bachmann, MD, and Nancy Phillips, MD

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Menopause down under: lessons for clinicians everywhere
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A neuroprogenitor cell-based mechanism for exercise-enhanced cognition after reproductive senescence?
James K. Pru, PhD

Original Articles

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Vaginal estrogen use and effects on quality of life and urogenital morbidity in postmenopausal women after publication of the Women’s Health Initiative in New York City
Prathima Setty, MD, Laura Redekal, BA, and Michelle P. Warren, MD
In this study, the use and effects of vaginal estrogen on quality of life and urogenital morbidity among women who stopped hormone therapy after the Women’s Health Initiative is compared with women who continued hormone therapy. Some of the parameters that were examined were dyspareunia, vaginal dryness, and sexual quality of life.

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Low use of effective and safe therapies for moderate to severe menopausal symptoms: a cross-sectional community study of Australian women
Roisin Worsley, MBBS, FRACP, Robin J. Bell, MBBS, PhD, Pragya Gartoulla, MSc, Epidemiology, and Susan R. Davis, MBBS, FRACP, PhD
In this community based survey that included 1,491 perimenopausal and postmenopausal women, use of safe and effective prescription therapy for vasomotor symptoms was low. Of women with moderate-severe vasomotor symptoms, 85% were not receiving treatment.
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Combined exercise ameliorates ovariectomy-induced cognitive impairment by enhancing cell proliferation and suppressing apoptosis
Tae-Woon Kim, PhD, Chang-Sun Kim, PhD, Ji-Yeon Kim, MS, Chang-Ju Kim, MD, PhD, and Jin-Hee Seo, PhD
Exercise increased cell proliferation and inhibits apoptosis in the hippocampus, and improves cognitive function in spite of estrogen deficiency.

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Menopausal hot flashes and white matter hyperintensities
Rebecca C. Thurston, PhD, Howard J. Aizenstein, MD, PhD, Carol A. Derby, PhD, Ervin Sejdić, PhD, and Pauline M. Maki, PhD
In a sample of 20 midlife women undergoing physiologic hot flash monitoring and brain imaging, more physiologically-monitored hot flashes during sleep were associated with greater brain white matter hyperintensities, a marker of small vessel disease in the brain. Results were independent of sleep and standard cardiovascular disease risk factors.

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Impact of aromatase inhibitor treatment on vertebral morphology and bone mineral density in postmenopausal women with breast cancer
Paola Villa, MD, PhD, Anna P. Lassandro, MD, PhD, Inbal D. Amar, MD, Lorenzo Vacca, MD, Maria C. Moruzzi, MD, Gabriella Ferrandina, MD, PhD, Daniela Terribile, MD, PhD, Riccardo Masetti, MD, PhD, and Giovanni Scambia, MD, PhD
Treatment with aromatase inhibitors (AI) showed a severe impact on vertebral morphology. This study demonstrated a high prevalence of asymptomatic vertebral fractures in patients treated with AI.

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Predictors of impact of vaginal symptoms in postmenopausal women
Mary M. Hunter, MN, Sanae Nakagawa, MA, Stephen K. Van Den Eeden, PhD, Miriam Kuppermann, PhD, MPH, and Alison J. Huang, MD
Depression and urinary incontinence are among factors shown to be associated with greater impact of vaginal symptoms on quality of life in multiple domains. Data from this study suggest that improved diagnosis and treatment of these common conditions may improve the care of postmenopausal women with vaginal symptoms.

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Quality of life and sexual function of naturally postmenopausal women on an ultralow-concentration estriol vaginal gel
Salvatore Caruso, MD, Stefano Cianci, MD, Francesca F. Amore, MD, Betty Ventura, MD, Elisa Bambili, MD, Saveria Spadola, MD, and Antonio Cianci, MD
In this study women with vaginal discomfort, treated with ultra-low concentration estriol vaginal gel, experienced improvement in their quality of life.

55
Effects of long-term risedronate treatment on serum ferritin levels in postmenopausal women with osteoporosis: the impact of cardiovascular risk factor load
Ze'ev Feldbrin, MD, Alla Luckish, MD, and Marina Shargorodsky, MD
The present study suggests that ferritin may be involved in anti-osteoporotic as well as anti-atherogenic actions of bisphosphonates.
60 Duration of ovarian hormone exposure and atherosclerotic cardiovascular disease in Korean women: the Korean Heart Study
Keum Ji Jung, MPH, Mee-Ran Kim, MD, Young Duk Yun, MD, Hyeon Chang Kim, MD, and Sun Ha Jee, PhD
This study demonstrated an increased risk of atherosclerotic cardiovascular disease (ASCVD) in Korean women with shorter reproductive years. Therefore, women with reduced lifetime ovarian hormone exposure should focus on minimizing ASCVD risk by using lifestyle modification.

67 Relationship between menopause status, attitude toward menopause, and quality of life in Chinese midlife women in Hong Kong
Sixuan Li, MPH, Suzanne C. Ho, MPH, PhD, FACE, and Aprille Sham, MSc
While menopausal status did not seem to be associated with quality of life (QoL), attitude towards menopause, self-reported health status as well as social and lifestyle factors were associated with QoL in Chinese midlife women.

74 Longitudinal analysis of associations between women’s consultations with complementary and alternative medicine practitioners/use of self-prescribed complementary and alternative medicine and menopause-related symptoms, 2007-2010
Wenbo Peng, MMed, Jon Adams, PhD, Louise Hickman, PhD, and David W. Sibbritt, PhD
Use of complementary and alternative medicine practitioners and self-prescribed complementary and alternative medicine (CAM), was significantly associated with menopause-related symptoms among natural or surgical menopausal women. CAM use was lower among women with hysterectomy or women with oophorectomy compared to women with natural menopause, and generally decreased with increasing age.

81 Human papillomavirus genotyping as a reliable prognostic marker of recurrence after loop electrosurgical excision procedure for high-grade cervical intraepithelial neoplasia (CIN2-3) especially in postmenopausal women
Woo Dae Kang, MD, PhD, and Seok Mo Kim, MD, PhD
In this study, persistence of the same high-risk human papillomavirus (HR-HPV) genotype was a reliable prognostic marker of the recurrence of high-grade cervical intraepithelial neoplasia (CIN2-3) after a loop electrosurgical excision procedure, and follow-up using cytology in combination with HR-HPV genotype may be acceptable.

87 Changes in bone mass during the perimenopausal transition in naturally menopausal cynomolgus monkeys
Donlaporn Kittivanichkul, MSc, Gen Watanabe, DVM, PhD, Kentaro Nagaoka, PhD, and Suchinda Malaviijitnond, PhD
Bone loss during the perimenopausal transition in naturally aged menopausal monkeys occurs at different bone compartments and bone sites at different time-courses after menopause - an abrupt decline in the trabecular metaphysis and a gradual decline in the cortical diaphysis.

100 MicroRNA-125a-5p induces mouse granulosa cell apoptosis by targeting signal transducer and activator of transcription 3
Chaojun Wang, MD, MSc, Donghua Li, MD, Suyun Zhang, MD, MSc, Yan Xing, MD, Yingchun Gao, MD, and Jie Wu, MD, PhD
The upregulation of miR-125a-5p, promoting mGCs apoptosis, might be associated with the development of premature ovarian failure.
Brief Report

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Differences in age at death according to smoking and age at menopause
Andrea Bellavia, MSc, Alicia Wolk, Dr Med Sci/PhD, and Nicola Orsini, PhD
This study investigated the relationship between age at menopause, cigarette smoking, and age at death in a large prospective cohort of postmenopausal Swedish women. The authors documented a negative linear relationship between early age at menopause and survival, which was doubled when restricting the analysis to current smokers.

Clinical Corner

NAMS Practice Pearl

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Contraception for midlife women
Rebecca H. Allen, MD, MPH, and Carrie A. Cwiak, MD, MPH
Pregnancy in older women is associated with higher rates of adverse health outcomes because of advanced age and comorbid medical conditions; therefore, providing the most appropriate contraceptive care to women of older reproductive age who do not desire pregnancy is critical.