Calcium and vitamin D supplementation for fracture prevention in postmenopausal women: where does the evidence lead?
Xuezhi Jiang, MD, PhD, FACOG, NCMP

Menopause and depression: keep your eye on the long run
Claudio N. Soares, MD, PhD, FRCPC, MBA

Learning more about food, mental health, and menopause
Uma Naidoo, MD

Calcium plus vitamin D supplementation and height loss: findings from the Women’s Health Initiative Calcium and Vitamin D clinical trial
Carolyn J. Crandall, MD, MS, Aaron K. Aragaki, MS, Meryl S. LeBoff, MD, Wenjun Li, PhD, Jean Wactawski-Wende, PhD, Jane A. Cauley, DrPH, Karen L. Margolis, MD, MPH, and JoAnn E. Manson, MD, DrPH
Compared with placebo, the CaD supplement used in the Women’s Health Initiative Calcium With Vitamin D trial did not prevent height loss in healthy postmenopausal women.
Depressive symptoms across the menopause transition: findings from a large population-based cohort study
Martha Hickey, BA(Hons), MSc, MBChB, FRCOG, FRANZCOG, MD, Danielle A.J.M. Schoenaker, MSc, Hadine Joffe, PhD, MD, MSc, and Gita D. Mishra, PhD
At the menopause transition, if there were increasing depressive symptoms, they were independent of vasomotor symptoms but were associated with oophorectomy and stopping or starting hormone therapy.

Associations between dietary patterns and psychological factors: a cross-sectional study among Chinese postmenopausal women
Zhao-min Liu, PhD, Suzanne C. Ho, PhD, Yao Jie Xie, PhD, Ya-jun Chen, PhD, Yu-ming Chen, PhD, Bailing Chen, MD, Samuel Yeung-shan Wong, MD, Dicken Chan, MSc, Carmen Ka Man Wong, MBBS, Qiqiang He, PhD, Lap Ah Tse, PhD, and Jean Woo, MD
The cross-sectional data among Hong Kong Chinese postmenopausal women revealed that dietary patterns that included a low intake of processed foods and/or a high intake of whole plant foods were associated with reduced depressive symptoms and perceived stress.

Hormonal influence on the effect of mirabegron treatment for overactive bladder
Helena Kopp Kallner, MD, PhD, Caroline Elmér, MD, PhD, Karl-Erik Andersson, MD, PhD, and Daniel Altman, MD, PhD
Estradiol, gonadotropic hormones, thyroid hormones and testosterone levels did not influence the clinical effects of mirabegron in women with overactive bladder. Menopausal status should not be a determinant for mirabegron treatment.

Effectiveness and cost-effectiveness of pessary treatment compared with pelvic floor muscle training in older women with pelvic organ prolapse: 2-year follow-up of a randomized controlled trial in primary care
Chantal M.C.R. Panman, MD, Marian Wiegersma, MD, Boudewijn J. Kollen, PhD, Marjolein Y. Berger, MD, PhD, Yvonne Lisman-van Leeuwen, PhD, Karin M. Vermeulen, PhD, and Janny H. Dekker, MD, PhD
Pessary treatment was preferable in the cost-effectiveness analysis for prolapse treatment but pessary fitting fails in a considerable portion of women.

Understanding women’s experience of memory over the menopause transition: subjective and objective memory in pre-, peri-, and postmenopausal women
Anne E. Unkenstein, PhD, Christina A. Bryant, PhD, Fiona K. Judd, MD, Ben Ong, PhD, and Glynda J. Kinsella, PhD
Objective memory assessment showed no difference between menopausal stage groups however perimenopausal women reported significantly more frequent forgetting and less contentment with their memory than pre- and postmenopausal women.
Effect of the menopausal transition and physical activity energy expenditure on inflammatory markers: a MONET group study
Sahar Razmjou, MSc, Jean-Philippe Bastard, MD, PhD, Eric Doucet, PhD, Remi Rabasa-Lhoret, MD, PhD, Soraya Fellahi, PharmD, Jean-Marc Lavoie, PhD, and Denis Prud’homme, MD, MSc
Menopausal transition in healthy nonobese women is accompanied by an increase in some inflammatory markers. This increase is associated with increase in body fat mass, waist circumference and peripheral fat and decreased physical activity energy expenditure during the menopausal transition.

Longitudinal assessment of marrow fat content using three-point Dixon technique in osteoporotic rabbits
Guanwu Li, MD, Zheng Xu, MS, Yilei Chen, BS, Shixin Chang, MD, Horea Calimente, PhD, Jiani Hu, PhD, and Dongmei Wu, PhD
The osteoporotic rabbits showed an increased marrow adiposity over time and this included larger adipocyte size, density and percentage of adipocyte area than the sham-operated rabbits.

Clinical Corner

NAMS Practice Pearl

1345
Immunizations for adult women
Stephanie S. Faubion, MD, FACP, NCMP, IF, and Lisa C. Larkin, MD, FACP, NCMP, IF
The US National Vaccine Advisory Committee updated vaccine recommendations in 2013, advising that providers educate themselves and their patients about the need for adult vaccination. The US and Canadian guidelines for hepatitis A and B, the human papillomavirus, influenza, tetanus, Streptococcus pneumonia, and herpes zoster vaccines are reviewed.

Review Article

1348
Evaluation of the potential antidepressant effects of soybean isoflavones
Mark Messina, PhD, and Carey Gleason, PhD
Soybean isoflavones are purported to have a number of health benefits. Although still speculative, the conclusion of this review is that the epidemiologic and clinical evidence indicates improvements in mental health may be one of them.

Acknowledgment of Reviewers

1361
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Abstracts

1363
27th Annual Meeting of The North American Menopause Society
October 5–8, 2016, Orlando, FL
## CONTENTS (continued)

1408  
Abstract Author Index

### Index

e2  
Author Index

### e8  
Subject Index

### Erratum

1411