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Women’s Health Initiative clinical trials: interaction of calcium and vitamin D with hormone therapy
John A. Robbins, MD, MHS, Aaron Aragaki, MS, Carolyn J. Crandall, MD, MS, JoAnn E. Manson, MD, DrPH, Laura Carbone, MD, Rebecca Jackson, MD, Cora Elizabeth Lewis, CE, MD, MSPH, Karen C. Johnson, MD, MPH, Gloria Sarto, MD, PhD, Marcia L. Stefanick, PhD, and Jean Wactawski-Wende, PhD

Using data from two overlapping randomized control trails of calcium plus vitamin D and hormone therapy it was shown that postmenopausal women in the combined active therapy arm had statistically fewer hip fractures than women in the other arms.

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How well do different measurement modalities estimate the number of vasomotor symptoms? Findings from the Study of Women's Health Across the Nation FLASSES Study
Polly Fu, BS, Karen A. Matthews, PhD, and Rebecca C. Thurston, PhD
In this study women underestimated the number of daytime vasomotor symptoms at the end of the day as compared to vasomotor symptoms that were prospectively-reported or physiologically measured throughout the day, while women overestimated the number of vasomotor symptoms they experienced the prior night upon waking.

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Whole-body vibration exercise training reduces arterial stiffness in postmenopausal women with prehypertension and hypertension
Arturo Figueroa, MD, PhD, Roy Kalfon, BS, Takudzwa A. Madzima, BS, and Alexei Wong, MS
This study demonstrated that 12 weeks of whole-body vibration exercise training decreases blood pressure and improves leg arterial stiffness and muscle strength in postmenopausal women with obesity and high blood pressure.

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Clarifying Vaginal Atrophy’s Impact on Sex and Relationships (CLOSER) survey: emotional and physical impact of vaginal discomfort on North American postmenopausal women and their partners
James A. Simon, MD, CCD, NCMP, FACOG, Rossella E. Nappi, MD, PhD, Sheryl A. Kingsberg, PhD, Ricardo Maamari, MD, NCMP, and Vivien Brown, MD, CM, CCFP, FCFP, NCMP
The CLOSER project, a multi-national survey carried out in 4000 women with vaginal atrophy and 4000 male partners of women who suffer from vaginal atrophy, evaluated the impact of this natural aging-related condition (vaginal atrophy) on sexual function, intimacy and quality of life.

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Effects of estradiol on transcriptional profiles in atherosclerotic iliac arteries in ovariectomized cynomolgus macaques
Kathleen M. Eyster, PhD, Susan Appt, DVM, Abha Chalpe, PhD, Connie J. Mark-Kappeler, PhD, Thomas C. Register, PhD, and Thomas B. Clarkson, DVM
Estradiol treatment of monkeys with established atherosclerosis changed the expression of 132 genes in the iliac arteries but did not affect atherosclerotic plaque size. It is likely that the presence and heterogeneity of atherosclerotic plaques affected the gene expression responses of the arteries to estradiol.
Premenopausal vasomotor symptoms in an ethnically diverse population
Susan D. Reed, MD, MPH, Johanna W. Lampe, PhD, Conghui Qu, MS, Wade K. Copeland, MS, Gabrielle Gundersen, BA, Sharon Fuller, BA, and Katherine M. Newton, PhD
Among a diverse population of premenopausal women, prevalence of ever experiencing vasomotor symptoms was high at 55%. Asian (vs white) and Hispanic (vs non-Hispanic white) women were less likely to report ever having vasomotor symptoms.

Resilience, depressed mood, and menopausal symptoms in postmenopausal women
Faustino R. Pérez-López, MD, PhD, Gonzalo Pérez-Roncero, RN, José Fernández-Iñarrea, MD, Ana M. Fernández-Alonso, MD, PhD, Peter Chedraui, MD, MSc, Plácido Llaneza, MD, PhD, and for The MARIA (MenopAuse RIsk Assessment) Research Group
In postmenopausal women, depressed mood and participation in regular exercise correlate with lower and higher resilience, respectively.

Validation of a sternal skin conductance criterion for measuring hot flashes in breast cancer patients
Marie-Hélène Savard, PhD, Josée Savard, PhD, and Hans Ivers, PhD
This study aimed at establishing the sternal skin conductance level increase that would optimally detect hot flashes among breast cancer patients. An alternative criterion of an increase of 1.2 μmho, instead of the current standard of 2 μmho, is proposed.

Differences in the fatty acid metabolism of visceral adipose tissue in postmenopausal women
Hizuru Yamatani, MD, PhD, Kazuhiro Takahashi, MD, PhD, Takayuki Yoshida, MD, PhD, Tomoyoshi Soga, PhD, and Hirohisa Kurachi, MD, PhD
The concentrations of fatty acid metabolites in visceral fat, but not in subcutaneous fat, in postmenopausal women were significantly higher than those in premenopausal women.
Association between the poly(ADP-ribose) polymerase-1 gene polymorphism and advanced pelvic organ prolapse
Ji Young Kim, MD, Eun Jae Kim, MS, Myung Jae Jeon, MD, Hoon Kim, MD, Yeo Jung Moon, MD, and Sang Wook Bai, MD
These findings suggest that the poly(ADP-ribose) polymerase-1 Val762Ala polymorphism is associated with the decreased risk of advanced pelvic organ prolapse.

Frequency and determinants of urogenital symptoms in postmenopausal Islamic women
Yunus Aydin, MD, Hikmet Hassa, MD, Tufan Oge, MD, Omer Tarik Yalcin, MD, and Fezan Şahin Mutlu, PhD
This study identifies associations between the frequency of genitourinary complaints and educational status, parity and body mass index. There is no association between regular exercise and urogenital symptoms.

Fatty acid synthase expression is strongly related to menopause in early-stage breast cancer patients
Rut Porta, MD, PhD, Adriana Blancafort, Gemma Casoliva, Miquel Casas, MD, Joan Dorca, MD, Maria Buxo, PhD, Gemma Vinas, MD, Glòria Oliveras, PhD, and Teresa Puig, PhD
The aim of the study was to analyze the association between the fatty acid synthase tumor tissue expression with clinicopathological and anthropometrical features in early breast cancer patients. In this study menopause and age were directly related with fatty acid synthase expression in breast cancer tissue.

Ovarian conservation versus bilateral oophorectomy at the time of hysterectomy for benign disease
William H. Parker, MD
Observational studies suggest that elective bilateral oophorectomy may do more harm than good. An informed consent process covering the risks and benefits of both oophorectomy and ovarian conservation is important for women considering these options.

Use of drug holidays in women taking bisphosphonates
Dima L. Diab, MD, and Nelson B. Watts, MD
Long-term use of bisphosphonates results in an accumulation that is gradually released over months or years. A lingering antifracture benefit after bisphosphonate therapy is stopped makes it possible to consider “drug holidays”.
Invited Review

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Mood disorders in midlife women: understanding the critical window and its clinical implications

Claudio N. Soares, MD, PhD, FRCPC, MBA(c)

The menopause transition may constitute one of the ‘windows of vulnerability’ for the emergence of depression and anxiety and this review article addresses key elements such as diagnosis, contributing factors and treatment strategies.