Editorials

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Obesity and sexual function
Michael L. Krychman, MD

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Menopause, symptom clusters, and the complexity of women’s lives
Nancy F. Woods, PhD, RN, FAAN

Position Statement

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This position statement will help guide health care provider recommendations and women’s evidence-based choices for managing vasomotor symptoms (hot flashes, night sweats) with effective nonhormonal therapies in lieu of inappropriate or ineffective therapies. The statement updates and expands information on nonhormonal management contained in the earlier NAMS position statement on the treatment of vasomotor symptoms.

Original Articles

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Associations between body mass index and sexual functioning in midlife women: the Study of Women’s Health Across the Nation
Lisa M. Nackers, PhD, MPH, Bradley M. Appelhans, PhD, Eisuke Segawa, PhD, Imke Janssen, PhD, Sheila A. Dugan, MD, and Howard M. Kravitz, DO, MPH

Results from the Study of Women’s Health Across the Nation suggest that longitudinal changes in BMI are not associated with overall changes in sexual functioning in midlife women; however, sexual desire and intercourse frequency reportedly decrease during years of greater-than-expected weight gain.
Cluster analysis of midlife women’s sleep-related symptoms: racial/ethnic differences
Eun-Ok Im, PhD, MPH, RN, CNS, FAAN, Young Ko, PhD, Eunice Chee, BS(c), and Wonshik Chee, PhD
This paper presents a cluster analysis study on sleep-related symptoms experienced by midlife women during their menopausal transition. Racial/ethnic differences were found only in the cluster of midlife women with low total symptoms.

Confirmatory factor analysis of the Pittsburgh Sleep Quality Index in women with hot flashes
Julie L. Otte, PhD, RN, Kevin L. Rand, PhD, Carol A. Landis, PhD, RN, FAAN, Misti L. Paudel, PhD, Katherine M. Newton, PhD, Nancy Woods, PhD, RN, FAAN, and Janet S. Carpenter, PhD, RN, FAAN
Having an accurate measure of poor sleep quality during menopause transition and postmenopause, especially in women with hot flashes, is important to the severity of this common problem. Based on a confirmatory factor analysis of the commonly used Pittsburgh Sleep Quality Index, a three-factor model of Sleep Efficiency, Perceived Sleep Quality, and Daily Disturbance was the best fit versus the traditional one-factor model.

One-year treatment persistence with local estrogen therapy in postmenopausal women diagnosed as having vaginal atrophy
David Portman, MD, Lee Shulman, MD, Jason Yeaw, MPH, Sha Zeng, MSc, Chioma Uzoigwe, MPH, Ricardo Maamari, MD, NCMP, and Neeraj N. Iyer, PhD
Low-dose local estrogen therapy tablets, compared with cream formulations, are associated with greater persistence in the treatment of vaginal atrophy.

Association between accelerometer-measured physical activity and muscle capacity in middle-aged postmenopausal women
Chad R. Straight, MS, Christie L. Ward-Ritacco, PhD, MS, and Ellen M. Evans, PhD, MS
Daily step count and duration of moderate to vigorous physical activity are both independent predictors of leg strength and power in middle-aged women.

Does purified Swedish pollen extract, a nonhormonal treatment for vasomotor symptoms, inhibit the CYP2D6 enzyme system?
Steven R. Goldstein, MD, Marc Espié, and René Druckmann
A purified Swedish pollen extract, a non-hormonal treatment for vasomotor symptoms, does not inhibit the CYP2D6 enzyme system and therefore does not diminish the effectiveness of tamoxifen, as other nonhormonal treatments do.

Effects of Nordic Walking and Pilates exercise programs on blood glucose and lipid profile in overweight and obese postmenopausal women in an experimental, nonrandomized, open-label, prospective controlled trial
Magdalena Hagner-Derengowska, PT, PhD, Krystian Kalużyński, Bartosz Kochoński, PT, Wójciesz Hagner, MD, PhD, Alina Borkowska, MD, PhD, Andrzej Czamara, PT, PhD, and Jacek Budzynski, MD, PhD
A Nordic Walking training program lasting 10 weeks showed a greater reduction in body weight, BMI, glucose and basic blood lipid levels than Pilates and dietary intervention alone.
Use of a blood test incorporating age, sex, and gene expression influences medical decision-making in the evaluation of women presenting with symptoms suggestive of obstructive coronary artery disease: summary results from two ambulatory care studies in primary care
Joseph A. Ladapo, MD, PhD, Lee Herman, MD, Bonnie H. Weiner, MD, MSEC, Brian Rhees, PhD, Lon Castle, MD, Mark Monane, MD, MS, and John A. McPherson, MD
A validated age/sex/gene expression blood test in this study of 320 women was incorporated into medical decision-making and helped primary care providers rule-out obstructive coronary artery disease and avoid unnecessary cardiac testing.

Prevalence of postmenopausal symptoms in North America and Europe
Mary Jane Minkin, MD, NCMP, Suzanne Reiter, RNC, NP, MM, MSN, and Ricardo Maamari, MD, NCMP
This study shows and compares the prevalence of postmenopausal symptoms in 4,100 women across North America and Europe and the impact of these symptoms in women and male partners.

Vasomotor symptoms and metabolic syndrome in Korean postmenopausal women
Ki-Jin Ryu, MD, Hyun-Tae Park, MD, PhD, Dae Hui Kwon, MD, Kyung-Sook Yang, PhD, Yong Jin Kim, MD, PhD, Kyong Wook Yi, MD, PhD, Jung Ho Shin, MD, PhD, Jun Young Hur, MD, PhD, and Tak Kim, MD, PhD
Vasomotor symptoms are associated with the risk of metabolic syndrome in Korean postmenopausal women.

Neoflavonoid dalbergiphenol from heartwood of Dalbergia sissoo acts as bone savior in an estrogen withdrawal model for osteoporosis
Jyoti Gautam, MSc, Padam Kumar, MSc, Priyanka Kushwaha, MSc, Vikram Khedgikar, PhD, Dharmendra Choudhary, MSc, Divya Singh, PhD, Rakesh Maurya, PhD, and Ritu Trivedi, PhD
This study examines the anti-osteoporotic effect of neoflavonoid dalbergiphenol in ovariectomized mice. Treatment with dalbergiphenol reverses established osteopenia without causing uterine estrogenicity, thus raising the possibility of its use in the treatment of postmenopausal osteoporosis.

Polymorphisms in neuropeptide genes and bone mineral density in Korean postmenopausal women
Eun Hee Chun, MD, Hoon Kim, MD, PhD, Chang Suk Suh, MD, PhD, Jong Hak Kim, MD, PhD, Dong Yeon Kim, MD, PhD, and Jung Gu Kim, MD, PhD
Some polymorphisms in neuropeptides genes are related to bone mineral density or risk of osteoporosis in postmenopausal Korean women.
Case Report

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A novel FOXL2 gene mutation and BMP15 variants in a woman with primary ovarian insufficiency and blepharophimosis–ptosis–epicanthus inversus syndrome

Nikolaos Settas, MSc, Margarita Anapliotou, MD, PhD, Emmanuel Kanavakis, MD, PhD, Helen Fryssira, MD, PhD, Christalena Sofocleous, PhD, Catherine Dacou-Voutetakis, MD, PhD, George P. Chrousos, MD, PhD, and Antonis Voutetakis, MD, PhD

Coexistence of a novel FOXL2 gene mutation (p.K150Rfs*121) with gene variants in BMP15 (c.-9C>G; p.N103S) is described in a patient with blepharophimosis–ptosis–epicanthus inversus syndrome (BPES) and primary ovarian insufficiency (POI). The concept of digenic inheritance is herein introduced for patients with POI.