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Stretch it and lose it: the potential benefits of a stretching intervention for the reduction of menopausal symptoms
Charlotte Seib, PhD, and Debra Anderson, PhD

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Quantification of vaginal atrophy: several decades of advances
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Within-day associations between sedentary behavior and affect in middle-aged women
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Original Articles

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Effects of stretching on menopausal and depressive symptoms in middle-aged women: a randomized controlled trial
Yuko Kai, PhD, Toshiya Nagamatsu, PhD, Yoshinori Kitabatake, MSc, and Hiroomi Sensui, PhD
Ten minutes of stretching before bedtime decreases menopausal and depressive symptoms in middle-aged Japanese women.

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Focal depth measurements of the vaginal wall: a new method to noninvasively quantify vaginal wall thickness in the diagnosis and treatment of vaginal atrophy
Maaike A. Weber, MD, Chantal M. Diedrich, MD, Can Ince, PhD, and Jan-Paul Roovers, MD, PhD
This manuscript presents the results of a first explorative study evaluating if the assessment of vaginal focal depth in patients with vaginal atrophy could generate a new non-invasive measurement of vaginal wall thickness.
Individualized predictions of time to menopause using multiple measurements of antimüllerian hormone
Mahmood Reza Gohari, PhD, Fahime Ramezani Tehrani, MD, PhD, Shojaeddin Chenouri, PhD, Masoud Solaymani-Dodaran, MD, PhD, and Fereidoun Azizi, MD
The ability of antimüllerian hormone (AMH) to predict age at menopause has been documented, and a decrease in AMH level has been found to increase the probability of menopause. The rate of decline varies among women, and there is also a variability of decline between women’s cycles. This study used the AMH trajectories of individual women to predict each one’s age at menopause.

Hot flashes: emerging cardiovascular risk factors in recent and late postmenopause and their association with higher blood pressure
Juliano S. Silveira, MSc, Ruth Clapauch, MD, PhD, Maria das Graças C. de Souza, PhD, and Eliete Bouskela, MD, PhD
Hot flashes may represent an early unconventional indicator of cardiovascular risk for women in menopause.

The usability of a WeChat-based electronic questionnaire for collecting participant-reported data in female pelvic floor disorders: a comparison with the traditional paper-administered format
Zhi-Jing Sun, MD, Lan Zhu, MD, Maolian Liang, MB, Tao Xu, PhD, and Jing-he Lang, MD
WeChat is a promising tool for capturing electronic data.

Influence of SULT1A1 genetic variation on age at menopause, estrogen levels, and response to hormone therapy in recently postmenopausal white women
Ann M. Moyer, MD, PhD, Mariza de Andrade, PhD, Richard M. Weinshilboum, MD, and Virginia M. Miller, PhD
Inter-individual variability in the onset of menopause and symptoms prior to initiation of hormone therapy is explained in part by genetic variation in SULT1A1, which encodes a highly expressed enzyme that participates in estrogen metabolism. This work may represent a step toward individualizing hormone treatment decisions.

Whole-body vibration improves neuromuscular parameters and functional capacity in osteopenic postmenopausal women
Milena C. Dutra, BS, Mônica L. de Oliveira, PhD, Rosangela V. Marin, MS, Hellen C.R. Kleine, BS, Orivaldo L. Silva, PhD, and Marise Lazaretti-Castro, PhD
One year of low intensity and high frequency vibration produced by special platforms improved muscle strength and functional capacity in postmenopausal women.

Randomized clinical trial: benefits of aerobic physical activity for 24 weeks in postmenopausal women with nonalcoholic fatty liver disease
Rosamar E.F. Rezende, MD, PhD, Sebastião M.B. Duarte, MSc, Jose T. Stefano, PhD, Hamilton Roschel, PhD, Bruno Gualano, PhD, Ana L. de Sá Pinto, MD, PhD, Denise C.P. Vezozzo, MD, PhD, Flair J. Carrilho, MD, PhD, and Claudia P. Oliveira, MD, PhD
In postmenopausal women with nonalcoholic fatty liver disease aerobic physical activity may improve the liver disease and decrease cardiovascular risk factors.
The prevalence of endometrial cancer in pre- and postmenopausal Chinese women
Yifei Gao, BS, Min Zhao, PhD, Xujing Dai, BS, Maney Tong, BS, Jia Wei, MD, and Qi Chen, PhD
The age at diagnosis did not differ between type 1 and type 2 endometrial cancers regardless of menopausal status.

Relationship between sociodemographic, reproductive, and lifestyle factors and the severity of menopausal symptoms among Egyptian women in Alexandria
Suzan Abou-Raya, MD, PhD, Sameh Sadek, MD, PhD, Mohammed AbelBaqy, MM, Omneya ElSharkawy, MM, Lobna Bakr, BA, Karim Ismail, MBBCH, and Anna Abou-Raya, MD, PhD
The frequency and determinants of severity of menopausal symptoms was studied and the results showed that the symptoms, of which the most frequently reported were joint and muscular discomfort, were associated with the working status of participants, number of children and body mass index.

Estrogen and DPP4 inhibitor, but not metformin, exert cardioprotection via attenuating cardiac mitochondrial dysfunction in obese insulin-resistant and estrogen-deprived female rats
Sivaporn Sivasinprasasn, PhD, Piangkwan Sa-nguanmoo, MSc, Wanpitak Pongkan, DVM, Wasana Pratchayasakul, PhD, Siriporn C. Chattipakorn, DDS, PhD, and Nipon Chattipakorn, MD, PhD
The results show that only estrogen and vildagliptin (but not metformin) provided better efficacy in the inhibition of oxidative stress, apoptosis and cardiac mitochondrial dysfunction, thus leading to preserved cardiac contractile performance in this model.

Do BRCA1/2 mutation carriers have an earlier onset of natural menopause?
Theodora C. van Tilborg, MD, Frank J. Broekmans, MD, PhD, Anouk Pijpe, PhD, Lieske H. Schrijver, MSc, Theo M. Mooij, MSc, Jan C. Oosterwijk, MD, PhD, Sennno Verhoef, MD, PhD, Encarna B. Gómez Garcia, MD, PhD, Wendy A. van Zelst-Stams, MD, PhD, Muriel A. Adank, MD, PhD, Christi J. van Asperen, MD, PhD, Helena C. van Doorn, MD, PhD, Theo A. van Os, MD, Anna M. Bos, MD, PhD, Matti A. Rookus, PhD, and Margreet G. Ausems, MD, PhD
A cross-sectional assessment from an ongoing nationwide cohort study among 3,419 members of BRCA1/2 mutated families showed no overall association between BRCA mutation status and age at natural menopause (ANM), but selection biases, not recognized so far, cannot be excluded. These potential biases hamper the comparison of ANM between BRCA1/2 mutation carriers and non-carriers, genetically tested in the clinic.

The relationship between phytoestrogens and speed of processing
Jessie Alwerdt, MS, Elise G. Valdés, MS, Marianne Chanti-Ketterl, MD, PhD, Brent J. Small, PhD, and Jerri D. Edwards, PhD
A regression analysis was conducted to examine urinary phytoestrogens and speed of processing among older females from The National Health and Nutrition Examination Survey data. Results indicated that different levels, particularly moderate levels of isoflavones, may be optimal for better cognitive performance while higher amounts were associated with worse speed of processing.
Brief Report

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Concurrent and lagged relations between momentary affect and sedentary behavior in middle-aged women
Stertiani Elavsky, PhD, Moë Kishida, MS, and Jacqueline A. Mogle, PhD
This intensive longitudinal study demonstrates that sedentary behavior negatively influences positive affect in middle-aged women, both concurrently as well as over the course of 3-6 hours. Interventions interrupting sedentary behavior are needed to lessen the detrimental effects on positive affect.

Clinical Corner

Invited Review

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Media and education of the consumer
Marla Shapiro, CM, MDCM, CCFP, MHSc, FRCPC, FCFL, NCMP
The highly complex information in medicine and science separates health journalism from other forms of journalism. In this article the question of the role of media in educating consumers is examined.

Review Article

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Effects of walking on body composition in perimenopausal and postmenopausal women: a systematic review and meta-analysis
Hong-Lian Gao, MD, Hai-Xia Gao, PhD, Feng Mei Sun, BS, and Lei Zhang, MD, PhD
This meta-analysis confirmed that regular walking could improve body composition in perimenopausal and postmenopausal women.