Editorials

935
Somatic, more than affective, anxiety increases the risk for menopausal hot flashes
Barbara L. Parry, MD

938
Are nappers unhealthy?
Quentin R. Regestein, MD

Original Articles

942
Anxiety as a risk factor for menopausal hot flashes: evidence from the Penn Ovarian Aging cohort
Ellen W. Freeman, PhD, and Mary D. Sammel, ScD
This study evaluated temporal associations of somatic and affective dimensions of anxiety with menopausal hot flashes, in annual assessments for 14 years in the Penn Ovarian Aging Study (POAS) cohort. Somatic anxiety strongly predicted the risk of hot flashes, suggesting that this factor may be a potential target in the clinical management of perimenopausal women.

950
Longtime napping is associated with cardiovascular risk estimation according to Framingham risk score in postmenopausal women
Feng Li, MD, Kan Sun, MD, PhD, Diaozhu Lin, MS, Yiqin Qi, MS, Yan Li, MD, PhD, Li Yan, MD, and Meng Ren, MD, PhD
In the present study, daytime napping more than 1 hour was associated with higher prevalence of estimated coronary heart disease (CHD) in postmenopausal Chinese women.
957  
Ospemifene’s effect on vasomotor symptoms: a post hoc analysis of phase 2 and 3 clinical data  
Ginger D. Constantine, MD, David F. Archer, MD, Ricki Pollycove, MD, MS,  
Wei Jiang, PhD, Corrado Altomare, MD, and JoAnn V. Pinkerton, MD  
The initial increase in hot flush frequency experienced with ospemifene 60 mg/day declined after 4 weeks of treatment and that discontinuation of hormone therapy within 6 months of initiating ospemifene therapy was associated with a greater likelihood of hot flashes.

965  
Effectiveness of a flamenco and sevillanas program to enhance mobility, balance, physical activity, blood pressure, body mass, and quality of life in postmenopausal women living in the community in Spain: a randomized clinical trial  
Maria Serrano-Guzmán, OT, PhD, María Encarnación Aguilar-Ferrándiz, PT, PhD,  
Carmen Marie Valenza, PT, PhD, Francisco Manuel Ocaña-Peinado, MS, PhD,  
Gerald Valenza-Demet, PhD, and Carmen Villaverde-Gutiérrez, MD, PhD  
A dance therapy program based in Sevillanas and Flamenco movements improves mobility and balance in postmenopausal women.

974  
Symptoms and effects of physical factors in Japanese middle-aged women  
Megumi Yokota, MD, Kazuya Makita, MD, PhD, Akira Hirasawa, MD, PhD,  
Takashi Iwata, MD, PhD, and Daisuke Aoki, MD, PhD  
The prevalence of shoulder stiffness is a characteristic symptom in Japanese middle aged women.

984  
Association between circulatory levels of adipokines and bone mineral density in postmenopausal women  
Carlo Cervellati, PhD, Gloria Bonaccorsi, MD, Carlo M. Bergamini, PhD, MD, Enrica Fila, MD,  
Pantaleo Greco, MD, Giuseppe Valacchi, PhD, Leo Massari, MD, Arianna Gonelli, PhD, and Veronica Tisato, PhD  
Abdominal fat accumulation may lead to decreased adipokine levels and might improve bone health. Adiponectin affects bone health only in a condition of low circulating IL-6 levels.

993  
Reproductive and gynecologic care of women with fragile X primary ovarian insufficiency (FXPOI)  
Heather S. Hipp, MD, Krista H. Charen, MPH, Jessica B. Spencer, MD, MSc,  
Emily G. Allen, PhD, and Stephanie L. Sherman, PhD  
Women with fragile X-associated primary ovarian insufficiency (POI) are at significant risk for delays in diagnosis of POI and undertreatment with hormone therapy. Although nearly 50% of the women had infertility at some point, those who were able to conceive had no elevated risk of adverse obstetric outcomes.

1000  
How does adjuvant chemotherapy affect menopausal symptoms, sexual function, and quality of life after breast cancer?  
Jennifer L. Marino, MPH, PhD, Christobel M. Saunders, MBBS Lond., FRCS, FRACS,  
Laura I. Emery, BSci, Helena Green, BSci, PostGrad-Sexology, CNS, Dorota A. Doherty, PhD, and Martha Hickey, MBChB, MD, FRANZCOG  
This study examines the association between adjuvant chemotherapy for breast cancer and menopausal symptoms, sexual function and quality of life of breast cancer patients presenting to a specialty menopause clinic.
1009
The miR-449b polymorphism, rs10061133 A>G, is associated with premature ovarian insufficiency
Hong Pan, MD, Beili Chen, MD, Jing Wang, PhD, Xi Wang, MD, Ping Hu, MD, Shinnan Wu, MD, Yunyun Liu, MD, Zuying Xu, MD, Wei Zhang, MD, Binbin Wang, PhD, and Yunxia Cao, PhD
Rs10061133 A>G is a highly conserved SNP locus in the mature area of miR-449b, this study provides the first evidence that the miR-449b rs10061133 AA genotype is associated with primary ovarian insufficiency risk.

1012
Association between erythrocyte levels of n-3 polyunsaturated fatty acids and depression in postmenopausal women using or not using hormone therapy
Youri Jin, PhD, Tae-Hee Kim, MD, PhD, and Yongsoon Park, PhD
Negative associations between erythrocyte levels of n-3 polyunsaturated fatty acids (PUFAs) and depression were found in Korean postmenopausal women using hormone therapy (HT) but not in those not using HT, suggesting a synergistic effect of HT and n-3 PUFAs on depression.

1019
Osteogenic actions of metoprolol in an ovariectomized rat model of menopause
Yuan Zang, MS, Quanchang Tan, MS, Xiangyu Ma, MD, Xiong Zhao, MD, and Wei Lei, MD, PhD
The study suggests that oral administration of metoprolol prevents estrogen deficiency-induced bone loss in rats, maintains bone biomechanical competence and ameliorates trabecular microarchitecture deterioration. These beneficial effects are likely attributed to increases in the number and function of osteoblasts due to elevated levels of osteoblast-specific gene expressions.

Clinical Corner

NAMS Practice Pearl

1026
Use of systemic hormone therapy in BRCA mutation carriers
Susan Domchek, MD, and Andrew M. Kaunitz, MD, FACOG, NCMP
Existing data indicate that risks of breast cancer are not increased with use of systemic hormone therapy by young BRCA1 and BRCA2 mutation carriers with or without intact breasts, and they should not defer risk-reducing bilateral salpingo-oophorectomy over concerns that subsequent use of hormone therapy will elevate risk.

Review Articles

1028
Hormone therapy and clinical and surrogate cardiovascular endpoints in women with chronic kidney disease: a systematic review and meta-analysis
Sharanya Ramesh, BScH, Michelle C. Mann, PhD, Jayna M. Holroyd-Leduc, MD, Stephen B. Wilton, MD, MSc, Matthew T. James, MD, PhD, Ellen W. Seely, MD, and Sofia B. Ahmed, MD, MMSc
Studies examining the effect of postmenopausal hormone therapy on cardiovascular outcomes in women with chronic kidney disease are lacking.
Use of the Menopause-Specific Quality of Life (MENQOL) questionnaire in research and clinical practice: a comprehensive scoping review
Beate C. Sydora, MSc, PhD, Hilary Fast, MA, Sandy Campbell, MLS, Nese Yuksel, PharmD, Jacqueline E. Lewis, MD, and Sue Ross, PhD

This analysis from 220 identified papers demonstrates a worldwide, steady increase in menopause-specific quality of life questionnaire (MENQOL) use, covering a variety of interventions for menopause symptoms as well as population studies.

Erratum

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