Menopause
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Greater concurrent body mass index and waist circumference were significantly positively related to incident frequent vasomotor symptoms in the early menopause stage and negatively related in the late stage.

(continued)
Knowledge of clinical trials regarding hormone therapy and likelihood of prescribing hormone therapy
Hugh S. Taylor, MD, Risa Kagan, MD, Corrado J. Altomare, MD, FACOG, Susannah Cort, MD, Andrew G. Bushmakin, MS, and Lucy Abraham, MSc, CPsychol

Results of this survey showed that OB/GYNs and primary care physicians who are more knowledgeable about large, published trials of hormone therapy are more likely to prescribe hormone therapy for menopausal symptoms. Differences in trial knowledge and hormone therapy prescribing by physician specialty, gender, and years in practice are also described.

Ages at menarche and menopause and reproductive lifespan as predictors of exceptional longevity in women: the Women's Health Initiative
Aladdin H. Shadyab, PhD, Caroline A. Macera, PhD, Richard A. Shaffer, PhD, Sonia Jain, PhD, Linda C. Gallo, PhD, Margery L.S. Gass, MD, Molly E. Waring, PhD, Marcia L. Stefanick, PhD, and Andrea Z. LaCroix, PhD

In this prospective study among 16,251 postmenopausal women from the Women's Health Initiative, 8,892 (50%) women survived to age 90 years. The odds of survival to age 90 years were significantly elevated in women with later menarche, later menopause, and longer reproductive lifespan.

Long-term effects of exercise in postmenopausal women: 16-year results of the Erlangen Fitness and Osteoporosis Prevention Study (EFOPS)
Wolfgang Kemmler, PhD, Matthias Kohl, PhD, MD, and Simon von Stengel, PhD

The multi-purpose exercise program presented here favorably affected definite musculoskeletal and cardio-metabolic endpoints alike, two factors that widely differ with respect to their responsiveness. Thus, this study contributes further evidence that long-term exercise not only affects surrogate parameters, but also decreases fracture incidence and indices close to myocardial infarction/coronary death.

An investigation of life circumstances associated with the experience of hot flashes in Campeche, Mexico
Laura Huicochea-Gómez, PhD, Lynnette Leidy Sievert, PhD, Diana Cahuich-Campos, PhD, and Daniel E. Brown, PhD

Studying vasomotor symptoms in different cultures requires careful attention to language and the sociocultural context in which women live. Multiple factors are associated with the apparent variation in incidence of hot flashes in 4 southern Mexican communities.

Reproductive history and risk of type 2 diabetes mellitus in postmenopausal women: findings from the Women's Health Initiative
Erin S. LeBlanc, MD, MPH, Kristopher Kaphlahn, MS, Haley Hedlin, PhD, Manisha Desai, PhD, Nisha L. Parikh, MD, Simin Liu, MD, ScD, Donna R. Parker, ScD, Matthew Anderson, MD, Vanita Arodia, MD, Shannon Sullivan, MD, Nancy F. Woods, PhD, RN, FAAN, Molly E. Waring, PhD, Cora E. Lewis, MD, MSPH, FACP, FAHA, and Marcia Stefanick, PhD

Women with the shortest [from menarche to menopause (<30 years] and longest [45+ years]) reproductive periods had a greater risk of developing type 2 diabetes than women with medium-length reproductive periods (36-40 years).
Compliance to vaginal treatment—tablets versus cream: a retrospective 9 years study
Alina Weissmann-Brenner, MD, Tuvia Bayevsky, MD, and Israel Yoles, MD
The present study demonstrated that in a large study population the compliance of menopausal women and adherence to treatment were significantly higher with the administration of vaginal tablets than with cream for the treatment of menopausal symptoms.

Association between urinary incontinence and climacteric symptoms in postmenopausal women
Angelo Cagnacci, MD, PhD, Federica Palma, MD, Maria Maddalena Carbone, MD, Giovanni Grandi, MD, and Anjeza Xholli, MD
In postmenopausal women, climacteric disturbances are associated with higher odds of suffering from urinary incontinence. This association is present with any type of urinary incontinence.

Bone health assessment by quantitative ultrasound and dual-energy x-ray absorptiometry in postmenopausal women with breast cancer receiving aromatase inhibitors
Antonino Catalano, MD, PhD, Nunziata Morabito, MD, Rita Maria Agostino, MD, Giorgio Basile, MD, PhD, Agostino Gaudio, MD, PhD, Marco Atteritano, MD, PhD, Giuseppe Natale, MD, Anastasia Xourafa, MD, Elisabetta Morini, MD, Vincenzo Adamo, MD, and Antonino Lasco, MD
Bone loss is observed in women with breast cancer receiving aromatase inhibitors and phalangeal quantitative ultrasound may provide information on bone status.

Clinical investigation of RAD1901, a novel estrogen receptor ligand, for the treatment of postmenopausal vasomotor symptoms: a phase 2 randomized, placebo-controlled, double-blind, dose-ranging, proof-of-concept trial
Gary Hattersley, PhD, Alan G. Harris, MD, James A. Simon, MD, and Ginger D. Constantine, MD
This study investigated the effects of RAD1901, an oral estrogen receptor ligand, for the treatment of menopausal vasomotor symptoms. Daily treatment with 10 mg RAD1901 over 4 weeks significantly reduced the frequency of moderate to severe hot flashes compared with placebo, with an acceptable safety profile.

Frequent nocturia episodes, a suboptimal response to treatment, and small bladder capacity predict the need for persistent antimuscarinic therapy or re-treatment after discontinuation of antimuscarinics in female overactive bladder
Sheng-Mou Hsiao, MD, Ting-Chen Chang, MD, Chi-Hau Chen, MD, PhD, Wen-Yih Wu, MD, and Ho-Hsiung Lin, MD, PhD
Frequent nocturia episodes, a suboptimal response and small bladder capacity may predict persistent or re-treatment after antimuscarinics for overactive bladder syndrome.

To assess differential features of marrow adiposity between postmenopausal women with osteoarthritis and osteoporosis using water/fat MRI
Guanwu Li, MD, Zheng Xu, MS, Jingzheng Fan, PhD, Wei Yuan, MD, Lina Zhang, MS, Lingmi Hou, MD, Dongmei Wu, PhD, Shixin Chang, MD, Horea Calimente, PhD, and Jian Li, PhD
Postmenopausal osteoarthritis with osteoporosis have a phenotype with higher marrow adiposity.
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Association of estradiol with sleep apnea in depressed perimenopausal and postmenopausal women: a preliminary study
Thania Galvan, BA, Julia Camuso, BS, Kathryn Sullivan, BA, Semmie Kim, BS, David White, MD, Susan Redline, MD, and Hadine Joffe, MD, MSc
Lower serum estradiol levels may be associated with increased risk of obstructive sleep apnea in depressed women during the peri- and postmenopause, raising the possibility that estradiol withdrawal associated with menopause influences upper-airway patency in women.

Letters to the Editor

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