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Low-dose hormone therapy and menopausal symptoms: the ongoing quest for relief
Rebecca C. Thurston, PhD

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Work stress and menopausal symptoms
Lila E. Nachtigall, MD

Original Articles

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Longitudinal changes in menopausal symptoms comparing women randomized to low-dose oral conjugated estrogens or transdermal estradiol plus micronized progesterone versus placebo: the Kronos Early Estrogen Prevention Study
Nanette Santoro, MD, Amanda Allshouse, MS, Genevieve Neal-Perry, MD, PhD, Lubna Pal, MD, Rogerio A. Lobo, MD, Frederick Naftolin, MD, PhD, Dennis M. Black, PhD, Eliot A. Brinton, MD, Matthew J. Budoff, MD, Marcelle I. Cedars, MD, N. Maritza Dowling, PhD, Mary Dunn, RN, Carey E. Gleason, PhD, Howard N. Hodis, MD, Barbara Isaac, RN, Maureen Magnani, RN, JoAnn E. Manson, MD, DrPH, Virginia M. Miller, PhD, MSc, Hugh S. Taylor, MD, PhD, Whitney Wharton, PhD, Erin Wolff, MD, MSc, Viola Zepeda, RN, and S. Mitchell Harman, MD, PhD
Both oral conjugated estrogen and transdermal estradiol regimens were effective in reducing hot flashes and night sweats, intermittently effective in reducing insomnia, and ineffective in reducing irritability associated with menopause.

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Employment conditions and work-related stressors are associated with menopausal symptom reporting among perimenopausal and postmenopausal women
Emily Bariola, BA(Hons), Gavin Jack, PhD, Marian Pitts, PhD, Kathleen Riach, PhD, and Philip Sarrel, MD
Due to population aging and greater female labor force participation, large numbers of women are undergoing menopause transition while they are in paid employment. This is the first study to establish that work-related stressors can exacerbate women’s experience of the menopause. These findings have wide-reaching occupational health implications.
Association of genetic variation in the tachykinin receptor 3 locus with hot flashes and night sweats in the Women's Health Initiative Study
Carolyn J. Crandall, MD, MS, JoAnn E. Manson, MD, DrPH, Chancellor Hohensee, MS, Steve Horvath, PhD, ScD, Jean Wactawski-Wende, PhD, Erin S. LeBlanc, MD, MPH, Mara Z. Vitolins, DrPH, Rami Nassir, PhD, and Janet S. Sinsheimer, PhD
In this observational study, data was accessed from three genome-wide association studies of European American, African American, and Hispanic American postmenopausal women aged 50-79 years at baseline. In the meta-analysis, 14 single-nucleotide polymorphisms, all located on chromosome 4 in the tachykinin receptor 3 (TACR3) locus, had p-values of <5x10-8, suggesting that genetic variation in TACR3 may contribute to the risk of vasomotor symptoms.

Combined exercise reduces arterial stiffness, blood pressure, and blood markers for cardiovascular risk in postmenopausal women with hypertension
Won-Mok Son, PhD, Ki-Dong Sung, PhD, Jae-Min Cho, MS, and Song-Young Park, PhD
Twelve weeks of combined aerobic and resistance exercise training is a useful exercise modality for improving arterial compliance, blood pressure, muscular strength, and functional capacity in postmenopausal women with stage 1 hypertension.

Effects of aerobic exercise training on ACE and ADRB2 gene expression, plasma angiotensin II level, and flow-mediated dilation: a study on obese postmenopausal women with prehypertension
Noushin Azadpour, PhD, Bakhtyar Tartibian, PhD, and Sukran Nazan Kocar, PhD
Ten weeks of moderate intensity exercise training in obese postmenopausal women with prehypertension reduced systolic and diastolic BPs (4.6% and 2.4%, respectively), decreased plasma Ang II level by 20%, increased flow mediated dilation by 86%. In addition, exercise training resulted in a 3-fold increase in ADRB2 and a 4-fold decrease in ACE gene expressions in leukocytes.

Altered nocturnal blood pressure profiles in women with insomnia disorder in the menopausal transition
Massimiliano de Zambotti, PhD, John Trinder, PhD, Harold Javitz, PhD, Ian M. Colrain, PhD, and Fiona C. Baker, PhD
Women with insomnia showed a different nocturnal blood pressure profile compared to controls, with a rise in systolic and diastolic blood pressure in the second part of the night, suggesting altered regulatory control of blood pressure during sleep in menopausal insomnia.

Bioavailable insulin-like growth factor-I as mediator of racial disparity in obesity-relevant breast and colorectal cancer risk among postmenopausal women
Su Yon Jung, PhD, MPH, Wendy E. Barrington, PhD, Dorothy S. Lane, MD, Chu Chen, PhD, Rowan Chlebowski, PhD, Giselle Corbie-Smith, MD, Lifang Hou, PhD, Zuo-Feng Zhang, PhD, Min-So Paek, PhD, and Carolyn J. Crandall, MD
Bioavailable insulin-like growth factor (IGF)-I is potentially important in racial disparities in obesity-related breast and colorectal cancer risk between postmenopausal African American and white women.
Effect of Gua sha therapy on perimenopausal syndrome: a randomized controlled trial
Fang Meng, RN, MSN, Pei-bei Duan, RN, Junya Zhu, PhD, Qing-qing Lou, RN, MSN, Zhao-hui Fang, MD, Hong-li An, RN, Lan-ying Liu, MD, Yue Hu, RN, MSN, and Qian Hu, RN, MSN
This original study evaluated the effectiveness and safety of Gua sha in treating perimenopausal syndrome by comparing symptoms, quality of life, and serum hormone levels between the intervention and control group.

Cultural issues in menopause: an exploratory qualitative study of Macedonian women in Australia
Anita Strezova, PhD, Sheila O’Neill, MD, PhD, Cathy O’Callaghan, PhD, Astrid Perry, PhD, Jinzhu Liu, MPH, and John Eden, MD
This article reports on a pilot project designed to assess the value and efficacy of the non-directive group discussion technique as a means of exploring the attitudes of a specific cultural group. In this case, the content of the discussion related to the attitudes, prejudices and beliefs of Macedonian women regarding menopause.

Vaginal erbium laser as second-generation thermotherapy for the genitourinary syndrome of menopause: a pilot study in breast cancer survivors
Marco Gambacciani, MD, and Marco Levancini, MD
In postmenopausal breast cancer survivors, vaginal erbium laser induced a significant improvement of both objective signs and subjective symptoms, suggesting that this therapy is effective and safe for the treatment of genitourinary syndrome of menopause in women presenting with contraindications to postmenopausal hormone use.

Is there a SERM in your menopause toolkit?
James H. Liu, MD, NCMP
Selective estrogen receptor modulators (SERMs) are compounds that block the estrogen receptor in some tissues and stimulate the estrogen receptor in others. A variety of SERMs are available that can help clinicians to manage menopause symptoms as well as treat menopausal patients for breast cancer and osteoporosis, among other chronic diseases.
Aging ovary and the role for advanced glycation end products
Magdalena Pertynska-Marczewska, MD, PhD, and Evanthia Diamanti-Kandarakis, MD, PhD
Further investigation of the role for the AGE-RAGE system in the ovarian follicular environment is needed and human granulosa cells obtained from in vitro fertilization patients could provide a model for investigating age-related dysfunction in the ovarian microenvironment.

Letters to the Editor

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