Contents

Editorials

473
Self-reported height in postmenopausal women: precise is nice, and sometimes necessary
Raja A. Sayegh, MD, FACOG

475
Beneficial effects of aging on mood in healthy postmenopausal women
Barbara L. Parry, MD

478
Late maternal age at last childbirth and telomere homeostasis
James K. Pru, PhD

480
Should postmenopausal women eat more protein? Or do the elite just exercise and eat better?
John A. Shepherd, PhD, and Jessica Shepherd, BS

482
Precision menopausal medicine
Hugh S. Taylor, MD

Original Articles

484
Inaccurate self-report of height and its impact on misclassification of body mass index in postmenopausal women
Xiaodan Mai, PhD, MBBS, Jill N. Sperrazza, BS, Britt A. Marshall, MD,
Kathleen M. Hovey, MS, and Jean Wactawski-Wende, PhD
Height misreporting was common in older women and significantly influenced body mass index calculations and classification. Obtaining objective data is thus important for studies investigating obesity-disease associations in this population.
Impact of menopausal status on negative mood and depressive symptoms in a longitudinal sample spanning 20 years
Katherine E. Campbell, BA(Hons), MAPS, Lorraine Dennerstein, PhD, MBBS, Sue Finch, PhD, and Cassandra E. Szoeke, PhD, MBBS

Negative mood and depressive symptoms were examined by assessing longitudinal data across a twenty year period in community dwelling women. While scores were lowest in the late postmenopause, age was found to be a stronger factor than menopausal status.

Telomere length is longer in women with late maternal age
Erin Fagan, MPH, Fangui Sun, PhD, Harold Bae, PhD, Irma Elo, PhD, Stacy L. Andersen, PhD, Joseph Lee, PhD, Kaare Christensen, MD, PhD, DRMSC, Bharat Thyagarajan, MD, PhD, MPH, Paola Sebastiani, PhD, Thomas Perls, MD, MPH, Lawrence S. Honig, MD, PhD, and Nicole Schupf, PhD, DrPH, for the Long Life Family Study

This study shows an association between later maternal age at birth of last child and longer telomere length, suggesting that extended maternal age at last childbirth may be a marker for longevity.

Skeletal muscle mass is associated with higher dietary protein intake and lower body fat in postmenopausal women: a cross-sectional study
Thaís R. Silva, MSc, and Poli M. Spritzer, MD, PhD

The association between muscle mass and dietary protein intake, habitual physical activity, and body composition was investigated in postmenopausal women. Skeletal muscle mass was positively associated with protein intake, and negatively associated with percentage of body fat.

TX-004HR vaginal estradiol has negligible to very low systemic absorption of estradiol
David F. Archer, MD, Ginger D. Constantine, MD, James A. Simon, MD, Harvey Kushner, PhD, Philip Mayer, PhD, Brian Bernick, MD, Shelli Graham, PhD, and Sebastian Mirkin, MD, on behalf of the REJOICE Study Group

Pharmacokinetic evaluation of vaginal softgel capsules containing 4, 10, or 25 µg of estradiol (TX-004HR) found no statistically significant differences in the AUC and C_{avg} for estradiol, estrone and estrone conjugates on day 14 of administration with 4 µg and 10 µg. Only minor increases in serum estradiol were found with 25 µg, compared with placebo.

Comparative effectiveness of electro-acupuncture versus gabapentin for sleep disturbances in breast cancer survivors with hot flashes: a randomized trial
Sheila N. Garland, PhD, Sharon X. Xie, PhD, Qing Li, MSc, Christina Seluzicki, MA, Coby Basal, BSc, and Jun J. Mao, MD, MSCE

This study evaluated the effects of electro-acupuncture versus gabapentin, a currently recommended pharmacological intervention, for sleep disturbances among 58 breast cancer survivors experiencing daily hot flashes. Electro-acupuncture produced comparable, if not better, improvements in sleep quality, latency, and efficiency than gabapentin and these effects were associated with a reduction in hot flash activity.
Association between expression of inflammatory markers in normal breast tissue and mammographic density among premenopausal and postmenopausal women
Mirette Hanna, MD, PhD, Isabelle Dumas, MSc, Michèle Orain, MLT, Simon Jacob, MD, Bernard Têtu, MD, François Sanschagrin, PhD, Alexandre Bureau, PhD, Brigitte Poirier, MD, and Caroline Diorio, PhD

In this study, higher expression levels of several pro-inflammatory markers such as IL-6 and lower expression of levels of the anti-inflammatory marker TGF-β in normal breast tissue were associated with higher percent mammographic density (PMD). This association-based study provides some support to the concept that inflammatory markers may influence breast carcinogenesis through their effects on the PMD.

Prevalence and correlates of vaginal estrogenization in postmenopausal women in the United States
Stacy Tessler Lindau, MD, MAPP, Annie Dude, MD, PhD, Natalia Gavrilova, PhD, Joscelyn N. Hoffmann, AB, L. Philip Schumm, MA, and Martha K. McClintock, PhD

Compared to 1960s clinical data, current population estimates using a US national probability sample of postmenopausal women revealed higher vaginal estrogenization across all age groups and no decline with age. The strongest independent correlates of vaginal estrogenization in this population were current hormone therapy use, obesity, and African American race.

Psychometric properties of the Chinese version of the Menopause-Specific Quality-of-Life questionnaire
Guangning Nie, MD, PhD, Hongyan Yang, MD, Jian Liu, MD, ChunMei Zhao, MD PhD, and Xiaoyun Wang, MD

The results showed that except for item 21 (increased facial hair), the Chinese version of the Menopause-Specific Quality-of-Life questionnaire possesses reliability and validity, and would be reliable for measuring the health-related quality of life of Chinese postmenopausal women.

BH4 improves postprandial endothelial function after a high-fat meal in men and postmenopausal women
Yashesh Shah, MD, Leon Bass, MD, Gareth W. Davison, PhD, Nichole Seigler, BA, Jennifer S. Pollock, PhD, Jeff Thomas, BS, and Ryan A. Harris, PhD, CEP, FACSM

This study sought to determine if menopausal transition has any impact on the postprandial endothelial function response and evaluate the effect of tetrahydrobiopterin (BH4) on postprandial endothelial function in postmenopausal women and men. Co-ingestion of BH4 with a high-fat meal not only alters the sex-steroid hormone ratio, it improves postprandial flow mediated dilation regardless of postmenopausal status or sex.

Natural mineral-rich water ingestion by ovariectomized fructose-fed Sprague-Dawley rats: effects on sirtuin 1 and glucocorticoid signaling pathways
Jugal Kishore Das, MSc, Milton Severo, PhD, Cidália Dionísio Pereira, PhD, Emília Patricio, MD, José Magalhães, PhD, Rosário Monteiro, PhD, Delminda Neves, PhD, and Maria João Martins, PhD

Mineral-rich water ingestion may have a role in the activation of Sirt1 signaling and the modulation of glucocorticoid signaling in ovariectomized rats.
CONTENTS (continued)

574
Enhancing memory self-efficacy during menopause through a group memory strategies program
Anne E. Unkenstein, PhD, Bei Bei, DPsych, PhD, and Christina A. Bryant, PhD
Attendance at a 4 week group memory strategies program was associated with improved memory self-efficacy for a sample of peri- and postmenopausal women, with women reporting fewer everyday memory lapses, and an increased sense of contentment in memory. Furthermore, this improvement was maintained at 3-month follow-up.

Review Article

582
Treating schizophrenia during menopause
Amnon Brzezinski, MD, Noa A. Brzezinski-Sinai, BMSc, and Mary V. Seeman, OC, MD, DSc, FRCPG
Individuals with schizophrenia are now living longer than in the past, bringing the menopausal transition and the postmenopausal years into more urgent focus as targets for effective intervention. Both hormone therapy and changes in antipsychotic management should be considered for women with schizophrenia at menopause.

Personal Perspective

589
Use of cardiovascular age for assessing risks and benefits of menopausal hormone therapy
Richard J. Santen, MD
Personal perspective that use of cardiovascular age is preferable to chronologic age in evaluating the risks and benefits of menopausal hormone therapy. The underlying pathophysiology characterizing cardiovascular age is described and the methods of calculating are outlined.