Editorials

597
Postmenopausal sleep disturbance and sexual dysfunction
Stephanie S. Faubion, MD

599
Pelvic ultrasound: a powerful tool in managing the patient with an adnexal mass
Bryann Bromley, MD

602
Another link between exercise and relief from postmenopausal decline
James K. Pru, PhD

Original Articles

604
Association of sleep disturbance and sexual function in postmenopausal women
Juliana M. Kling, MD, MPH, JoAnn E. Manson, MD, DrPH,
Michelle J. Naughton, PhD, MPH, M’hamed Temkit, PhD,
Shannon D. Sullivan, MD, PhD, Emily W. Gower, PhD, Lauren Hale, PhD,
Julie C. Weitlauf, PhD, Sara Nowakowski, PhD, and Carolyn J. Crandall, MD, MS
In this cross-sectional study of the Women’s Health Initiative Observational Study,
shorter sleep durations and higher insomnia scores were associated with decreased
sexual function, even after adjustment for potential confounders, suggesting the
importance of sufficient, high quality sleep for sexual function.

613
Malignancy risk of sonographically benign appearing purely solid adnexal
masses in asymptomatic postmenopausal women
Juan Luis Alcazar, MD, PhD, Maria Angela Pascual, MD, PhD, Reyes Marquez, MS,
Silvia Ajossa, MD, Leire Juez, MD, Betlem Graupera, MD, PhD, Alba Piras, MD,
Lourdes Hereter, MD, and Stefano Guerriero, MD, PhD
The risk of malignancy in sonographically benign appearing, purely solid, adnexal
masses seems to be low. Conservative management might be an option.

(continued)
617
Exercise training ameliorates glucosamine-induced insulin resistance in ovariectomized rats
Chung-Hwan Chen, MD, PhD, Tsang-Hai Huang, PhD, Tsung-Lin Cheng, PhD, Chi-Fen Chang, PhD, Chau-Zen Wang, PhD, Meng-Hsing Wu, MD, PhD, and Lin Kang, MD, PhD
Exercise training can improve insulin resistance in glucosamine treated ovariectomized rats.

624
Menopausal symptom clusters and their correlates in women with and without a history of breast cancer: a pooled data analysis from the Women’s Wellness Research Program
Charlotte Seib, PhD, Janine Porter-Steele, MNS, Amanda McGuire, PhD, Alexandra McCarthy, PhD, Sarah Balaam, BHS, and Debra J. Anderson, PhD
This pooled analysis of four Women’s Wellness Research Program (WWRP) studies examined climacteric symptoms clusters in 969 Australian women aged 40-63 years with and without breast cancer. This study also explores how socio-demographic, health, modifiable lifestyle factors, and cancer treatment predicted symptom clusters across groups.

635
Free androgen index as a determinant of arterial stiffness in menopause: a mediation analysis
Irene Lambrinoudaki, MD, Georgios A. Georgiopoulos, MD, Fani Athanasouli, MD, Elena Armeni, MD, Demetrios Rizos, MD, Areti Augoulea, MD, Sofia Chatzidou, MD, Evangelia Kouli, MD, Nikolaos Makris, MD, Ioannis Kanakakis, MD, and Kimon Stamatakopoulos, MD
In healthy postmenopausal women, by using structure equation modelling analysis, free androgen index is directly and indirectly, through increased blood pressure, associated with arterial stiffness. These findings suggest that endogenous androgens may be causally associated with arterial stiffening and vascular aging.

645
Association between anxiety and severe quality-of-life impairment in postmenopausal women: analysis of a multicenter Latin American cross-sectional study
Jorge L. Núñez-Pizarro, MD, Alejandro González-Luna, MD, Edward Mezones-Holguín, MD, MSc, Juan E. Blümel, MD, PhD, Germán Barón, MD, Ascanio Bencosme, MD, Zully Benítez, MD, Luz M. Bravo, MD, Andrés Calle, MD, Daniel Flores, MD, María T. Espinoza, MD, Gustavo Gómez, MD, José A. Hernández-Bueno, MD, Mabel Martino, MD, Selva Lima, MD, Alvaro Monterrosa, MD, Desiree Mostajo, MD, Eliana Ojeda, MD, William Onatra, MD, Hugo Sánchez, MD, Konstantinos Tserotas, MD, María S. Vallejo, MD, Silvina Witis, MD, María C. Zúñiga, MD, and Peter Chedraui, MD, PhD
There was an independent association between anxiety and severe impairment of quality of life in postmenopausal women from 11 Latin American countries. Therefore, screening for anxiety is highly relevant in clinical practice in this population.

653
Improving menopausal symptoms through promoting physical activity: a pilot Web-based intervention study among Asian Americans
Eun-Ok Im, PhD, MPH, RN, CNS, FAAN, Sangmi Kim, MPH, RN, Xiaopeng Ji, MSN, RN, Sooyoung Park, MSN, RN, Eunice Chee, BSE, Wonshik Chee, PhD, and Hsiu-Min Tsai, PhD, FAAN
This study supported the feasibility of a 3-month Web-based intervention for menopausal symptom management among Asian American midlife women and the preliminary efficacy of the program in increasing their physical activity.
Genetic variants of age at menopause are not related to timing of ovarian failure in breast cancer survivors

Michael V. Homer, MD, Lindsey M. Charo, MD, Loki Natarajan, PhD, Carolyn Haunschild, MD, Karine Chung, MD, MSCE, Jun J. Mao, MD, MSCE, Angela M. DeMichele, MD, MSCE, and H. Irene Su, MD, MSCE

In a prospective cohort study of menstrual pattern following breast cancer diagnosis in premenopausal women, we found no association between age at menopause single nucleotide polymorphisms and timing of ovarian failure after breast cancer.

Sexual activity and function assessment in middle-aged Chinese women using the female sexual function index

Caiyun Zhang, MD, Liping Cui, MD, Lizhi Zhang, MD, Chang Shi, MD, and Hong Zang, MD, PhD

Among middle-aged Chinese women, sexual desire is lower in 56 to 60-year-old women, compared to those aged 45 to 55 years, whereas vaginal dryness and dyspareunia become more prevalent with age.

Pharmacodynamic effects of the fetal estrogen estetrol in postmenopausal women: results from a multiple-rising-dose study

Herjan J.T. Coelingh Bennink, MD, PhD, Carole Verhoeven, PhD, Yvette Zimmerman, PhD, Monique Visser, PhD, Jean-Michel Foidart, MD, PhD, and Kristina Gemzell-Danielsson, MD, PhD

In this study, estetrol treatment showed dose dependent estrogenic effects on endocrine parameters, bone turnover markers and lipids and lipoproteins.

Dried and free flowing granules of Spinacia oleracea accelerate bone regeneration and alleviate postmenopausal osteoporosis

Sulekha Adhikary, MSc, Dharmendra Choudhary, MSc, Naseer Ahmad, MSc, Sudhir Kumar, MSc, Kapil Dev, MSc, Naresh Mittapelly, MPharm, Gitu Pandey, MPharm, Prabhat Ranjan Mishra, PhD, Rakesh Maurya, PhD, and Ritu Trivedi, PhD

Spinacea oleracea extract (SOE) has therapeutic potential in bone health.

NAMS Practice Pearl

Tailoring strategies for the management of depression in midlife years

Claudio N. Soares, MD, PhD, FRCPS, MBA

Women are more affected by depression than men, but the concept of a menopause-associated depression remains a complex and controversial topic. This Practice Pearl outlines the principles that can more accurately guide a clinician toward the diagnosis and treatment of depression in midlife women, whether they are experiencing menopause symptoms or not.

Review Article

Science of intracrinology in postmenopausal women

Fernand Labrie, MD, PhD, Alain Bélanger, PhD, Georges Pelletier, MD, PhD, Céline Martel, PhD, David F. Archer, MD, PhD, and Wulf H. Utian, MD, PhD, DSc

Estradiol and testosterone made from dehydroepiandrosterone by the intracrine mechanisms are inactivated locally, thus avoiding systemic exposure.