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Please don’t give hormone therapy a D recommendation or state that “harms far outweigh benefits for prevention of chronic disease”
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Sheryl A. Kingsberg, PhD, Peter F. Schnatz, DO, FACOG, NCMP,
James H. Liu, MD, FACOG, NCMP, Andrew M. Kaunitz, MD, FACOG, NCMP,
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Robert D. Langer, MD, MPH, James A. Simon, MD, Amos Pines, MD,
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David F. Archer, MD, Philip M. Sarrel, MD, and
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The time has come for a safe, effective way to relieve menopausal symptoms
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Original Articles

1122
Transcranial direct current stimulation effects on menopausal vasomotor symptoms
Mônia Steigleder Bianchi, MSc, Charles Francisco Ferreira, PhD, Felipe Fregni, PhD, Pedro Schestatsky, PhD, Wolnei Caumo, PhD, and Maria Celeste Osório Wender, PhD
*Transcranial direct current stimulation (tDCS) showed small trends in reducing hot flashes in the first three weeks following intervention.*

1129
Promotion and marketing of bioidentical hormone therapy on the internet: a content analysis of websites
Nese Yuksel, BScPharm, PharmD, FCSHP, NCMP, Laetitia Treseng, BScPharm, PharmD, Bushra Malik, BScPharm, and Ubaka Ogbogu, LLB, BL, LLM, SJD
*This study evaluated the quality of information and claims made about bioidentical hormone therapy (BHT) on websites. The findings indicated that claims made about BHT on the internet are misleading and not consistent with recommendations from professional organizations.*

1136
Association between menopause and lumbar disc degeneration: an MRI study of 1,566 women and 1,382 men
Chao Lou, MD, Hongliang Chen, MD, PhD, Liangwei Mei, MD, Weiyang Yu, MD, Kejun Zhu, MD, Feijun Liu, MD, Zhenzhong Chen, MD, Guangheng Xiang, MD, Minjiang Chen, MD, Qiaoyou Weng, MD, and Dengwei He, MD
*After adjustment for confounding factors, disc degeneration showed a progressive severity that occurred in the first 15 years since menopause, suggesting estrogen deficiency might be a risk factor of disc degeneration of the lumbar spine.*

1145
Comparison of clinical outcomes among users of oral and transdermal estrogen therapy in the Women’s Health Initiative Observational Study
Carolyn J. Crandall, MD, MS, Kathleen M. Hovey, MS, Christopher Andrews, PhD, Jane A. Cauley, DrPH, Marcia Stefanick, PhD, Chrisandra Shufelt, MD, MS, Ross L. Prentice, PhD, Andrew M. Kaunitz, MD, Charles Eaton, MD, MS, Jean Wactawski-Wende, PhD, JoAnn E. Manson, MD, DrPH
*A summary index was used to examine health risks vs. benefits of estrogen preparations in participants of the Women’s Health Initiative Observational Study. The summary index of risks versus benefits was similar for conjugated equine estrogens, oral estradiol, and transdermal estradiol.*

1154
Topical, geospatial, and temporal diffusion of the 2015 North American Menopause Society position statement on nonhormonal management of vasomotor symptoms
Janet S. Carpenter, PhD, RN, FAAN, Tei Laine, PhD, Blake Harrison, MS, Meghan LePage, BA, Taran Pierce, MSPH, Nathan Hoteling, PhD, and Katy Börner, PhD
*This paper describes the nature of the content, geographic locations, and the timeframe taken to diffuse the 2015 North American Menopause Society (NAMS) position statement on the non-hormonal management of vasomotor symptoms.*
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Vaginal microbiota and genitourinary menopausal symptoms: a cross-sectional analysis
Caroline M. Mitchell, MD, MPH, Sujatha Srinivasan, PhD, Xiang Zhan, PhD,
Michael C. Wu, PhD, Susan D. Reed, MD, MPH, Katherine A. Guthrie, PhD,
Andrea Z. LaCroix, PhD, Tina Fiedler, BS, Matthew Munch, BS, Congzhou Liu, MS,
Noah G. Hoffman, MD, PhD, Ian A. Blair, PhD, Katherine Newton, PhD, Ellen W. Freeman, PhD,
Hadine Joffe, MD, MSc, Lee Cohen, MD, and David N. Fredricks, MD
A majority of menopausal women have Lactobacillus detected in the vaginal microbial community. Neither detection of nor dominance by Lactobacillus was associated with report of genitourinary symptoms of menopause.

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Ospemifene’s effects on lipids and coagulation factors: a post hoc analysis of phase 2 and 3 clinical trial data
David F. Archer, MD, Corrado Altomare, MD, Wei Jiang, PhD, and Susannah Cort, MD
Ospemifene 60 mg significantly increased high-density lipoprotein and decreased total cholesterol and low-density lipoprotein, but did not change triglycerides with up to 12 months of use. Fibrinogen and protein C antigen were also reduced, and all coagulation factors remained within the normal range throughout the studies.

1175
Long-term sertraline treatment and depression effects on carotid artery atherosclerosis in premenopausal female primates
Marnie G. Silverstein-Metzler, DVM, PhD, Jamie N. Justice, PhD, Susan E. Appt, DVM,
Leanne Groban, MD, Dalane W. Kitzman, MD, John Jeffrey Carr, MD, Thomas C. Register, PhD,
and Carol A. Shively, PhD
Selective serotonin reuptake inhibitor (SSRI) antidepressants, recently approved for hot flushes, have been associated with increased ischemic stroke risk in several observational studies. Using a non-human primate model of depression this study found that atherosclerosis extent in the right common carotid artery was, on average, 60% greater in SSRI-treated depressed monkeys compared to all other groups; suggesting that long-term SSRI treatment may be associated with the progression of carotid artery atherosclerosis, which may increase the risk for future vascular events, particularly in depressed women.

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Pelvic organ prolapse: does hormone therapy use matter?
Erika J. Wasenda, MD, Ixora Kamisan Atan, MD, Nishamini Subramaniam, MD,
and Hans Peter Dietz, MD, PhD
Hormone therapy is unlikely to significantly affect pelvic organ support.

1190
Depressive symptoms and weight in midlife women: the role of stress eating and menopause status
Dana R. Schreiber, MS, and Natalie D. Dautovich, PhD
Findings from this study indicate that stress eating mediated the association between depressive symptoms and weight and that the association is conditional upon menopausal status.
Prevalence, severity, and associated factors of menopausal symptoms in middle-aged Chinese women: a community-based cross-sectional study in southeast China
Yibing Lan, MD, Yizhou Huang, BS, Yang Song, MD, Linjuan Ma, MD, Peiqiong Chen, BS, Qian Ying, MS, Wei Li, BS, Yuqun Cai, BS, and Jianhong Zhou, MD, PhD

In Southeast China perimenopausal women are prone to the highest prevalence and severity of menopausal symptoms.

Review Article
A systematic review of the exercise effect on bone health: the importance of assessing mechanical loading in perimenopausal and postmenopausal women
Borja Sañudo, PhD, Moisés de Hoyo, PhD, Jesús del Pozo-Cruz, PhD, Luis Carrasco, PhD, Borja del Pozo-Cruz, PhD, Sergio Tejero, PhD, and Elwyn Firth, PhD

Impact and resistance exercise should be advocated for the prevention of osteoporosis.