



Menopause

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CONTENTS

Editorials

121

Reflections on a life in menopause

Wulf H. Utian, MD, PhD, DSc

127

**Local estrogen benefits of postmenopausal women with dyspareunia:
data confirming what clinicians already know!**

Gloria Bachmann, MD, and Nancy Phillips, MD

129

The big, bad obesity pandemic

Quentin R. Regestein, MD

Original Articles

OPEN

133

**A randomized, multicenter, double-blind study to evaluate the safety and efficacy
of estradiol vaginal cream 0.003% in postmenopausal women with dyspareunia as
the most bothersome symptom**

Robin Kroll, MD, David F. Archer, MD, Yuhua Lin, MS, Vilma Sniukiene, MD,
and James H. Liu, MD

*Lower-dose estradiol vaginal cream (0.003%) given three times weekly is an
effective and well-tolerated treatment for vulvovaginal atrophy-related dyspareunia
in postmenopausal women.*

(continued)

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139

Association between obesity and sleep disorders in postmenopausal women

Maria Fernanda Naufel, MSc, Cristina Frange, MSc, Monica Levy Andersen, PhD,
Manoel João Batista Castelo Girão, MD, PhD, Sergio Tufik, MD, PhD,
Eliane Beraldi Ribeiro, PhD, and Helena Hachul, MD, PhD

In postmenopausal women, high body mass index and abdominal obesity are causes of sleep disturbances, decreasing deep sleep and sleep efficiency while increasing the risk of obstructive sleep apnea.

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145

Effects of oral versus transdermal menopausal hormone treatments on self-reported sleep domains and their association with vasomotor symptoms in recently menopausal women enrolled in the Kronos Early Estrogen Prevention Study (KEEPS)

Dahima Cintron, MS, Brian D. Lahr, MS, Kent R. Bailey, PhD, Nanette Santoro, MD,
Robin Lloyd, MD, JoAnn E. Manson, MD, DrPH, Genevieve Neal-Perry, MD, PhD,
Lubna Pal, MBBS, MS, FRCOG, Hugh S. Taylor, MD, Whitney Wharton, PhD,
Fredrick Naftolin, MD, S. Mitchell Harman, MD, PhD, and Virginia M. Miller, PhD

Poor sleep quality is related to severity of vasomotor symptoms in recently menopausal women. Both low dose transdermal 17 β estradiol and oral conjugated equine estrogen improve sleep quality by reducing sleep disturbances and improving specific domains of sleep duration and sleep satisfaction especially in women with mild to severe vasomotor symptoms.

154

Relative contribution of obesity and menopause to the association between serum adiponectin and incident metabolic syndrome

Song Vogue Ahn, MD, PhD, Dong-Hyuk Jung, MD, PhD, Dhananjay Yadav, PhD,
Jang-Young Kim, MD, PhD, and Sang-Baek Koh, MD, PhD

High serum adiponectin levels showed inverse association with metabolic syndrome in premenopausal women with obesity, but not in postmenopausal women with obesity. These findings suggest a need for closer management of metabolic risk in postmenopausal women.

160

Is outpatient hysteroscopy accurate for the diagnosis of endometrial pathology among perimenopausal and postmenopausal women?

Shikma Bar-On, MD, MHA, Alon Ben-David, MD, MPH, Gilad Rattan, MD,
and Dan Grisaru, MD, PhD

This retrospective analysis of 665 women found outpatient hysteroscopy to be an adequate and reliable tool for the evaluation of benign uterine pathology. The biopsies obtained during these procedures are accurate for detecting malignancy, but not for determining its grade.

165

Effects of menopause and high-intensity training on insulin sensitivity and muscle metabolism

Camilla M. Mandrup, MD, PhD, Jon Egelund, MD, Michael Nyberg, MSc, PhD, Lotte Hahn Enevoldsen, MD, PhD, Andreas Kjær, MD, PhD, DMSc, Andreas E. Clemmensen, MScEng, Anders Nymark Christensen, MScEng, PhD, Charlotte Suetta, MD, PhD, DMSc, Ruth Frikke-Schmidt, MD, PhD, DMSc, Dorte Enggaard Steenberg, MSc, Jørgen F.P. Wojtaszewski, MSc, PhD, Ylva Hellsten, MSc, DMSc, and Bente M. Stallknecht, MD, PhD, DMSc

The menopausal transition influences skeletal muscle glucose metabolism and tends to decrease peripheral insulin sensitivity in post- compared to premenopausal women matched by age and body composition. Improvements of both peripheral insulin sensitivity and skeletal muscle glucose metabolism were similar after high-intensity training in the two groups.

176

Functional capacity depends on lower limb muscle strength rather than on abdominal obesity in active postmenopausal women

Maude C. Dulac, PhD, Livia Pinheiro Carvalho, PhD, and Mylène Aubertin-Leheudre, PhD

These results demonstrate an association between abdominal obesity and functional capacity (FC) in active postmenopausal women. The strongest association and the best predictor of FC was lower limb muscle strength.

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182

Understanding the complex relationships underlying hot flashes: a Bayesian network approach

Rebecca L. Smith, DVM, MS, PhD, Lisa M. Gallicchio, PhD, and Jodi A. Flaws, PhD

A Bayesian network model was fit to a large data set including hot flash outcomes and possible risk factors. The relationships between risk factors and outcomes are complex and multifactorial.

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191

Pharmacokinetics and safety profile of single-dose administration of an estrogen receptor β -selective phytoestrogenic (phytoSERM) formulation in perimenopausal and postmenopausal women

Gerson Hernandez, MD, Liqin Zhao, PhD, Adrian A. Franke, PhD, Yu-Ling Chen, MS, Wendy J. Mack, PhD, Roberta D. Brinton, PhD, and Lon S. Schneider, MD, MS

This study provides an insight into the variety of symptom experience and complexity of care, and highlights the need for more rigorous research with the goal to help guide clinicians in managing menopause patients with a variety of complex medical concerns.

197

Associations among circulating colony-stimulating factor-1, estrogen, and bone mineral density in postmenopausal women: results from a randomized placebo-controlled trial

Andrea V. Haas, MD, Elaine Cong, MD, Christine A. Simpson, MS, Nitin Sukumar, MS, Yanhong Deng, MPH, and Karl L. Insogna, MD

This study investigated the relationship between colony-stimulating factor 1 (CSF-1) levels and rates of bone loss in post-menopausal women. No statistically significant association was detected.

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202

***Orthosiphon stamineus* (Misai Kucing) ameliorated postmenopausal osteoporosis in rat model**

Rubiatul Adawiyah Bokhari, MSc, Seng Fong Lau, DVM, PhD, and Suhaila Mohamed, PhD

***Orthosiphon stamineus** leaf extract significantly improved bone strength, flexibility, bone density and bone morphometry.*

Brief Report

211

Resistance training reduces inflammation and fatigue and improves physical function in older breast cancer survivors

Monica C. Serra, PhD, Alice S. Ryan, PhD, Heidi K. Ortmeyer, PhD, Odessa Addison, DPT, PhD, and Andrew P. Goldberg, MD

These preliminary results suggest that a progressive resistance therapy program effectively lowers plasma and tissue-specific inflammation. These changes are associated with reductions and improved physical and behavioral function in postmenopausal breast cancer survivors.

Clinical Corner

Invited Review

217

Clinical trials in menopause

Kathryn I. Marko, MD, NCMP, FACOG, and James A. Simon, MD, CCD, NCMP, IF, FACOG

The available literature suggests that hormone therapy is a viable option for the primary prevention of cardiovascular disease in postmenopausal women. If this is enough to change clinical practice, however, remains to be seen.

Review Article

231

Prevalence of sexual symptoms in relation to menopause in women in Asia: a systematic review

Rakibul M. Islam, MPH, PhD, Robin J. Bell, MBBS, PhD, and Susan R. Davis, MBBS, PhD

Diminished sexual desire appears to be highly prevalent amongst postmenopausal women in Asia. Vulvovaginal atrophy symptoms are common after menopause in some Asian countries, but is either less common, or under reported in other Asian countries.

Case Report

239

Postmenopausal choriocarcinoma: a rare case report and review of the literature

Na Guo, MD, Rutie Yin, MD, Qingli Li, MD, Liang Song, MD, and Danqing Wang, MD

The response to chemotherapy in postmenopausal women may not be as encouraging compared with those of reproductive age and that local injection chemotherapy may be helpful for treatment.

Letters to the Editor

242

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