



# Menopause

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Rebecca C. Thurston, PhD, Emma Barinas-Mitchell, PhD, Roland von Känel, MD,

Yuefang Chang, PhD, Karestan C. Koenen, PhD, and Karen A. Matthews, PhD

*A greater number of traumatic exposures was associated with poorer endothelial function. Women with greater exposure to trauma over life may be at elevated cardiovascular disease risk.*

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**Increased cardiac and stroke death risk in the first year after discontinuation of postmenopausal hormone therapy**

Minttu Venetkoski, MD, Hanna Savolainen-Peltonen, MD, PhD,

Päivi Rahkola-Soisalo, MD, PhD, Fabian Hoti, MSc, Pia Vattulainen, MSc,

Mika Gissler, PhD, Olavi Ylikorkala, MD, PhD, and Tomi S. Mikkola, MD, PhD

*Discontinuation of postmenopausal hormone therapy is associated with increased risk of cardiac and stroke death during the first year after treatment, particularly in women younger than 60 years of age.*

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**The dynamics of stress and fatigue across menopause: attractors, coupling, and resilience**

Lisa Taylor-Swanson, PhD, MAcOM, EAMP, Alexander E. Wong, PhD, David Pincus, PhD, Jonathan E. Butner, PhD, Jennifer Hahn-Holbrook, PhD, Mary Koithan, PhD, CNS-BC, FAAN, Kathryn Wann, BA, and Nancy F. Woods, PhD, RN, FAAN

*This study provides new insights on stress and fatigue experienced by women during the menopausal transition.*

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**Association of vasomotor symptoms and sleep apnea risk in midlife women**

Catherine C. Gao, BA, Ekta Kapoor, MBBS, Melissa C. Lipford, MD, Virginia M. Miller, MBA, PhD, Darrell R. Schroeder, MSc, Kristin C. Mara, MS, and Stephanie S. Faubion, MD

*In this preliminary study from the Data Registry on Experiences of Aging, Menopause and Sexuality, self-reported severe/very severe vasomotor symptoms were significantly associated with intermediate/high risk for obstructive sleep apnea in midlife women, a finding that persisted in subgroup analysis of women with BMI <25 kg/m<sup>2</sup>.*

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**Age-related changes in luteal dynamics: preliminary associations with antral follicular dynamics and hormone production during the human menstrual cycle**

Angela Baerwald, PhD, MD, Heidi Vanden Brink, MSc, Caitlin Hunter, BSc, MD, Denae Beuker, BSc, Hyun Lim, PhD, Chel Hee Lee, PhD, and Donna Chizen, MD, FRCSC

*The development of luteal phase dominant follicles (LPDFs) as women age was associated with reduced luteal growth, increased estradiol, decreased progesterone, and decreased inhibin A. These findings provide preliminary evidence that variations in antral folliculogenesis contribute to luteal insufficiency during the menopausal transition.*

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**Menopause improves the predictive value of common cardiovascular risk scores in women with premature coronary artery disease**

Karolina Ewa Kryczka, MD, PhD, Mariusz Kruk, MD, PhD, Walerian Piotrowski, PhD, Ewa Księżycka, MD, PhD, Radosław Pracon, MD, PhD, Adam Witkowski, MD, PhD, Marcin Demkow, MD, PhD, and Barbara Lubiszewska, MD, PhD

*Adding the early menopausal period may significantly improve the predictive value of the 10-year Atherosclerotic Cardiovascular Disease Risk score and the Systematic Coronary Risk Evaluation score in women with premature coronary artery disease.*

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**Risk factors associated with intensity of climacteric symptoms in Brazilian middle-aged women: a population-based household survey**

Jeffrey Frederico Lui-Filho, MD, PhD, Adriana Orcesi Pedro, MD, PhD, Luiz Francisco Baccaro, MD, PhD, and Lucia Costa-Paiva, MD, PhD

*The severity of climacteric symptoms in the different Menopause Rating Scale domains was related to a broad set of factors. A better understanding of these factors may help to not only reduce the effect of climacteric symptoms on the quality of life of middle-aged women, but also identify groups of women who need multidisciplinary health care.*

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Chan Young Park, PhD, Joong-Yeon Lim, PhD, and Hyun-Young Park, MD, PhD

*This study found that the mean age at natural menopause (ANM) exhibited upward secular trends. Socioeconomic status and lifestyle factors were the principal independent factors affecting ANM.*

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**Vaginal health of postmenopausal women on nutraceutical containing equol**

Salvatore Caruso, MD, Stefano Cianci, MD, Valentina Fava, MD, Agnese M. C. Rapisarda, MD, Silvia Cutello, MD, and Antonio Cianci, MD

*Nutraceuticals containing equol could be effective in modulating vaginal symptoms of postmenopausal women.*

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**Associations of consuming specific fruit and vegetable subgroups with LDL-C status in early postmenopausal Chinese women**

Gary K.K. Chung, MPH, Ruby H.Y. Yu, PhD, Stella S.Y. Ho, PhD, Jean Woo, MD, and Suzanne C. Ho, PhD

*Daily consumption of four or more servings of vegetables might be beneficial for low-density lipoprotein cholesterol control in early Chinese postmenopausal women.*

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**Cross-cultural validation of the Modified Falls Efficacy Scale in Serbian community-dwelling women at risk for osteoporotic fracture**

Jelena Aleksic, MD, Jelena Zvekic-Svorcan, MD, Nada Vujasinovic Stupar, MD, PhD, Ivica Jeremic, MD, PhD, and Anita Grgurevic, MD, PhD

*The Serbian version of the Modified Falls Efficacy Scale is a reliable and valid instrument that can be used in both clinical practice and research to describe and measure self-perceived fear of falling in the elderly.*

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**Genetic variants associated with earlier age at menopause increase the risk of cardiovascular events in women**

Chloé Sarnowski, PhD, Maryam Kavousi, MD, PhD, Steve Isaacs, BS, MS, Ellen W. Demerath, PhD, Linda Broer, PhD, Taulant Muka, MD, PhD, Oscar H. Franco, MD, PhD, Mohammad Arfan Ikram, MD, PhD, André Uitterlinden, PhD, Nora Franceschini, MD, MPH, Kathryn L. Lunetta, PhD, and Joanne M. Murabito, MD, ScM

*Genetic variants associated with earlier age-at-natural menopause are associated with increased cardiovascular disease risk in women but not men.*

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**Negative correlation of high-density lipoprotein-cholesterol and bone mineral density in postmenopausal Iranian women with vitamin D deficiency**

Zhila Maghbooli, PhD, Leila Khorrani-nezhad, MSc, Elham Adabi, MSc, Majid Ramezani, MD, Effat Asadollahpour, MSc, Farideh Razi, PhD, and Mohamadtaher Rezanejad, MSc

*In postmenopausal Iranian women with vitamin D deficiency, serum levels of high-density lipoprotein have a negative correlation with bone status.*

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#### Meaningful weight loss in obese postmenopausal women: a pilot study of high-intensity interval training and wearable technology

Joan A. Grossman, PhD, RDN, Danielle Arigo, PhD, and Jessica L. Bachman, PhD, RDN

*The findings of this study support the potential effectiveness of high intensity interval training for weight loss and body composition changes in obese postmenopausal women.*

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