Contents

Editorials

713
Quality of life, menopause, and hormone therapy: an update and recommendations for future research
Nancy Fugate Woods, PhD, RN, FAAN, and Wulf Utian, MD, PhD, DSc(Med), FRCOG, FACOG, FICS

721
Stair climbing exercise as a novel health intervention for menopause: cardiovascular and skeletal muscle implications
Andrew P. Koutnik, MS

723
Hormone therapy for the treatment of postmenopausal osteoporosis: will it soon become a lost art in medicine?
Xuezhi (Daniel) Jiang, MD, PhD, NCMP

728
Symptoms of menopause or symptoms of HIV? Untangling the knot
Sara E. Looby, PhD, ANP-BC, FAAN

(continued)
Original Articles

731
The effects of stair climbing on arterial stiffness, blood pressure, and leg strength in postmenopausal women with stage 2 hypertension
Alexei Wong, PhD, Arturo Figueroa, MD, PhD, Won-Mok Son, PhD, Oksana Chernykh, PhD, and Song-Young Park, PhD
This study evaluated the effects of a 12-week stair climbing program on systemic arterial stiffness, blood pressure and leg muscle strength in postmenopausal women with stage-1 hypertension.

738
Patterns of menopausal hormone therapy use and hyperkyphosis in older women
Gina N. Woods, MD, Mei-Hua Huang, DrPH, Peggy M. Cawthon, PhD, MPH, Corinne McDaniels-Davidson, PhD, Howard A. Fink, MD, MPH, Deborah M. Kado, MD, MS, for the Study of Osteoporotic Fractures (SOF) Research Group
Women reporting continuous or remote past menopausal hormone therapy use had less pronounced kyphosis than never users by their mid-eighties.

744
In people living with HIV (PLWH), menopause (natural or surgical) contributes to the greater symptom burden in women: results from an online US survey
Rebecca Schnall, PhD, MPH, RN, Haomiao Jia, PhD, Susan Olender, MD, Melissa Gradilla, MPH, and Nancy Reame, PhD, MSN
Two of the most common symptoms in people living with HIV (PLWH) – fatigue and muscle aches/joint pains – invoke additional burden in women. Independent of aging, symptom burden may be exacerbated after menopause, supporting a shifting paradigm for HIV care management.

753
Effects of oral conjugated equine estrogens with or without medroxyprogesterone acetate on incident hypertension in the Women’s Health Initiative hormone therapy trials
Yael Swica, MD, MPH, MTS, Michelle P. Warren, MD, JoAnn E. Manson, MD, DrPH, Aaron K. Aragaki, MS, Shari S. Bassuk, ScD, Daichi Shimbo, MD, Andrew Kaunitz, MD, FACOG, NCMP, Jacques Rossouw, MD, Marcia L. Stefanick, PhD, and Catherine R. Womack, MD
This study found that conjugated equine estrogen (CEE) (0.625 mg/d) administered orally, with or without medroxyprogesterone acetate, is associated with an increased risk of hypertension in older postmenopausal women.
762
Vaginal pH: a simple assessment highly correlated with vaginal morphology and symptoms in postmenopausal women
Kelly M. Tucker, MD, Keshav Godha, BS, Sebastian Mirkin, MD, and David F. Archer, MD
Changes in vaginal pH significantly correlated with changes in superficial and parabasal counts, visual vaginal epithelial parameters, and dyspareunia and vaginal dryness, suggesting that measuring vaginal pH in the clinic may be helpful in assessing vaginal health and treatment response.

767
Effects of abaloparatide on bone mineral density and risk of fracture in postmenopausal women aged 80 years or older with osteoporosis
Michael R. McClung, MD, Nicholas C. Harvey, MD, PhD, Lorraine A. Fitzpatrick, MD, Paul D. Miller, MD, Gary Hattersley, PhD, Yamei Wang, MS, and Felicia Cosman, MD
Abaloparatide-subcutaneous was effective in increasing bone mineral density in a subgroup of very elderly women aged 80 or more years in the Abaloparatide Comparator Trial in Vertebral Endpoints (ACTIVE) phase 3 clinical trial. The safety profile of this subgroup was similar to that of the overall study population.

772
Effects of dietary and exercise intervention on weight loss and body composition in obese postmenopausal women: a systematic review and meta-analysis
Chao-Chun Cheng, MS, Ching-Yun Hsu, MD, PhD, and Jen-Fang Liu, MD, PhD
Dietary interventions reduced body weight and body composition profile parameters in peri- and postmenopausal women more than exercise alone. The addition of exercise reinforced the effect of dietary interventions on changing body weight and composition.

783
Balance ability and posture in postmenopausal women with chronic pelvic pain
Pedro Fuentes-Márquez, MD, Janet R. Rodríguez-Torres, MD, Marie C. Valenza, PhD, Araceli Ortiz-Rubio, PhD, María J. Ariza-Mateos, MD, and Irene Cabrera-Martos, PhD
Women with chronic pelvic pain presented with poor balance including anticipatory, reactive postural control, sensory orientation, dynamic gait, and dual task related conditions.

789
Efficacy of misoprostol before diagnostic hysteroscopy in postmenopausal women: a randomized clinical trial
Fabiana Y. Nakano, MD, Daniela A. Yela, MD, PhD, Joao P.L. Pinto, MD, Talita Riegas, MD, Cristina L. Benetti-Pinto, MD, PhD, Adriana Orcesi Pedro, MD, PhD, and Lucia Helena Costa Paiva, MD, PhD
Misoprostol does not reduce pain intensity, the duration of the procedure, or need for additional cervical dilation, and causes more adverse effects when used in postmenopausal women before diagnostic hysteroscopy.
Perspectives and decision-making about menopausal therapies in women who had bilateral oophorectomy
Tasneem Siyam, BScPharm, MSc, Sue Ross, PhD, MBA,
Tami Shandro, MD, CCFP, FCFP, NCMP, Shelly Hagen, RD, NCMP,
Lori Battochio, RN, NCMP, and Nesé Yuksel, BScPharm, PharmD, FCSHP, NCMP
This study highlights the complexities that surgically menopausal women face as they make therapy decisions.

Factors associated with knowledge about menopause and hormone therapy in middle-aged Brazilian women: a population-based household survey
Isabel C.G. de Arruda Amaral, MSc, Luiz F. Baccaro, MD, PhD, Jeffrey F. Lui-Filho, MD, PhD,
Maria J.D. Osis, PhD, Adriana O. Pedro, MD, PhD, and Lúcia Costa-Paiva, MD, PhD
This study evaluated knowledge about menopause and hormone therapy among middle-aged Brazilian women.

25-Hydroxyvitamin D (25(OH)D) and biomarkers of ovarian reserve
Anne Marie Z. Jukic, PhD, Donna D. Baird, PhD, Allen J. Wilcox, MD, PhD,
Clarice R. Weinberg, PhD, and Anne Z. Steiner, MD
25(OH)D was not associated with ovarian reserve biomarkers in a group of women trying to become pregnant.

Invited Review
Contraception for midlife women: a review
Taniqua A. Miller, MD, Rebecca H. Allen, MD, MPH, Andrew M. Kaunitz, MD, and Carrie A. Cwiak, MD, MPH
Evidence-based guidelines state that contraception can be used by midlife women without medical contraindications until the age of menopause, at which time they may consider transition to systemic hormone therapy.

Brief Report
Vaginal estrogen and mammogram results: case series and review of literature on treatment of genitourinary syndrome of menopause (GSM) in breast cancer survivors
Stephanie Wang Zuo, MD, Harold Wu, MD, and Wen Shen, MD, MPH
This is a case series of mammogram results on a small group of patients using vaginal estrogens for genitourinary syndrome of menopause (GSM), and a review of treatment options for GSM, especially for breast cancer survivors.
Diagnosis of GSM and treatment with various androgen therapies are discussed.

This is an evidence-based, consensus review examining the contributory role of androgens in maintaining genitourinary tissue health and the potential consequences of declining androgens with advancing age in the development of the genitourinary syndrome of menopause (GSM).