



Menopause

The Journal of The North American Menopause Society

VOLUME 25, ISSUE 8 2018

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**Neurokinin 3 receptor antagonists for treatment of vasomotor symptoms:
a new panacea or just a flash in the pan?**

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**Neurokinin 3 receptor antagonism rapidly improves vasomotor symptoms with
sustained duration of action**

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Sophie Clarke, MBBS, Channa N. Jayasena, PhD, Pharis Mohideen, MD,
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Myra S. Hunter, PhD, Lorraine C. Webber, MBBS, and Waljit S. Dhillon, PhD
*Neurokinin 3 receptor antagonism rapidly relieves vasomotor symptoms without the
need for estrogen exposure.*

(continued)

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Menopausal hormone therapy and mild cognitive impairment: a randomized, placebo-controlled trial

Byung-Koo Yoon, MD, Juhee Chin, PhD, Jong-Won Kim, MD, Myung-Hee Shin, MD, Soohyun Ahn, PhD, Dong-Yun Lee, MD, Sang Won Seo, MD, and Duk L. Na, MD
Percutaneous estradiol gel and oral micronized progesterone might slow down cognitive decline in postmenopausal women with mild cognitive impairment.

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SLCO1B1 genetic variation and hormone therapy in menopausal women

Ann M. Moyer, MD, PhD, Mariza de Andrade, PhD, Stephanie S. Faubion, MD, Ekta Kapoor, MBBS, Tanda Dudenkov, Richard M. Weinshilboum, MD, and Virginia M. Miller, PhD
SLCO1B1 genotype c.521T>C is associated with estrogen levels in menopausal women using hormone treatments and was associated with decreases in night sweats. The relationship between genotype and E_2 concentration was stronger among postmenopausal women using transdermal E_2 .

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Risk factors for 5-year prospective height loss among postmenopausal women

Xiaodan Mai, PhD, Britt Marshall, MD, Kathleen M. Hovey, MS, Jill Sperrazza, MD, and Jean Wactawski-Wende, PhD
This study identified factors associated with height loss in postmenopausal women, which may help target older women at risk for height loss.

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Climacteric-related symptoms in menopause transition and beyond: a prospective 19-year follow-up study on previously hysterectomized women

Riina Katainen, MD, Janne R. Engblom, DSc, Msc, and Päivi Polo-Kantola, MD, PhD
The aim of this 19-year longitudinal study was to evaluate whether climacteric-related symptoms decrease or disappear as time elapses after menopause.

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Isolated vitamin D supplementation improves the immune-inflammatory biomarkers in younger postmenopausal women: a randomized, double-blind, placebo-controlled trial

Flavia Neves Bueloni-Dias, MD, Claudio Lera Orsatti, PhD, Luciana Mendes Cangussu, PhD, Priscila Ferreira Poloni, MD, Daniel Spadoto-Dias, MD, Jorge Nahas-Neto, MD, PhD, and Eliana A.P. Nahas, MD, PhD
In younger postmenopausal women, isolated supplementation of vitamin D3 was associated with a reduction in proinflammatory biomarkers.

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Association between waist-to-height ratio and anxiety in middle-aged women: a secondary analysis of a cross-sectional multicenter Latin American study

Karen J. Arroyo, MD, Gabriela Ramos-Torres, MD, Edward Mezones-Holguin, 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, MSc, PhD

In this study, waist-to-height ratio was associated with anxiety in mid-aged women.

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Older women do not have seasonal variations of vitamin D levels: a study from a southern country

María S. Vallejo, MD, Juan E. Blümel, MD, Pablo Lavín, MD, Claudio Torres, MT, Alejandro Araos, MD, and Carlos Sciaraffia, MD

Serum vitamin D deficiency is highly prevalent in women in Santiago, Chile, especially in women ≥ 60 years old.

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A randomized, double-blind, placebo-controlled trial of Chinese herbal medicine capsules for the treatment of premature ovarian insufficiency

Xiao-jing Cao, MD, PhD, Xuchun Huang, MD, Jian Liu, PhD, Fei Ma, PhD, Yuyan Zeng, PhD, Changqian Chen, PhD, Ji-ju Wang, PhD, Guangning Nie, PhD, and Xiao-yun Wang, MD

This study aimed to evaluate the effectiveness of Chinese herbal medicine capsules containing the Yangyin Shugan formula in the treatment of premature ovarian insufficiency.

Clinical Corner

NAMS Practice Pearl

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Evaluation and management of migraine in midlife women

Jelena M. Pavlović, MD, PhD

Few studies address the epidemiology or treatment of migraine in midlife women. Migraine appears to be connected with fluctuations in hormones (primarily estrogen), and comorbid conditions (anxiety, depression, sleep disturbances) that arise in perimenopause also may contribute to worsening of migraine. This Practice Pearl discusses the various types of migraine with respect to hormone fluctuations and details acute as well as preventive treatment.

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Hormone therapy in menopausal women with fibroids: is it safe?

Vedhapriya Srinivasan, MBBS, DGO, and Mark G. Martens, MD, FACOG

Although the effect of hormone therapy is variable in many cases, newer selective estrogen receptor modulators may be better alternatives for women with asymptomatic fibroids.

Review Article

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Perspectives on counseling patients about menopausal hormone therapy: strategies in a complex data environment

Sharon J. Parish, MD, Rossella E. Nappi, MD, PhD, and Sheryl Kingsberg, PhD

Women desire meaningful involvement, using medical evidence and shared decision-making when discussing menopause and hormone therapy (HT). When presenting complex evidence about HT, health care providers should tailor information to the patient's goals, concerns, and level of understanding; frame information in a positive manner; and put risks into perspective.

Letters to the Editor

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