



Menopause

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Endometrial cancer in the elderly: does age influence surgical treatments, outcomes, and prognosis?

Meriem Koual, MD, Charlotte Ngo, MD, PhD, Aude Girault, MD, Fabrice Lécuru, MD, PhD, and Anne-Sophie Bats, MD, PhD

Advanced age is an independent risk factor for poor prognosis in women with endometrial cancer and there are no specific guidelines for the management of this category of patients. The development of optimal surgical staging and management guidelines is an important challenge in improving their prognosis.

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Negative beliefs about back pain are associated with persistent, high levels of low back disability in community-based women

Bothaina Alyousef, MPhysio, Flavia M. Cicuttini, MBBS, FRACP, PhD, Susan R. Davis, MBBS, FRACP, PhD, Robin Bell, MBBS, PhD, MPH, FAFPHM, Roslin Botlero, MBBS, MPH, PhD, and Donna M. Urquhart, PhD

This study found that pessimistic beliefs about back pain were associated with persistent high levels of low back disability, suggesting that strategies aimed at improving negative beliefs may reduce the chronicity associated with this condition.

(continued)

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Estrogen-alone therapy and invasive breast cancer incidence by dose, formulation, and route of delivery: findings from the WHI observational study

Chrisandra Shufelt, MD, MS, NCMP, C. Noel Bairey Merz, MD, Mary B. Pettinger, MS, Lydia Choi, MD, Rowan Chlebowski, MD, PhD, Carolyn J. Crandall, MD, MS, Simin Liu, MD, ScD, Dorothy Lane, MD, MPH, Ross Prentice, PhD, and JoAnn E. Manson, MD, DrPH, for the Women's Health Initiative Investigators
This study directly compared different estrogen doses, formulations, and route of delivery of estrogen-alone among women with a hysterectomy in relation to invasive breast cancer incidence.

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The effects of mindfulness and relaxation training for insomnia (MRTI) on postmenopausal women: a pilot study

Marcelo C. Garcia, PhD, Elisa H. Kozasa, PhD, Sergio Tufik, MD, PhD, Luiz Eugênio A. M. Mello, MD, PhD, and Helena Hachul, MD, PhD
Eight weeks of mindfulness meditation training improved the quality of sleep, overall quality of life, level of attention, and reduced vasomotor symptoms in postmenopausal women with insomnia.

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Cinta Gómez-Tomás, PhD, Iván Chulvi-Medrano, PhD, Juan José Carrasco, MSc, and Yasser Alakhdar, PhD
One year of progressive resistance training has beneficial effects on anti-inflammatory and anthropometric cardiovascular risk factors in menopausal women.

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Vascular dysfunction across the stages of the menopausal transition is associated with menopausal symptoms and quality of life

Kerry L. Hildreth, MD, Cemal Ozemek, PhD, Wendy M. Kohrt, PhD, Patrick J. Blatchford, PhD, and Kerrie L. Moreau, PhD
This cross-sectional study examined associations of markers of vascular aging with menopausal symptoms, quality of life and depression across the stages of the menopause transition in healthy women.

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Design and protocol of Estrogenic Regulation of Muscle Apoptosis (ERMA) study with 47 to 55-year-old women's cohort: novel results show menopause-related differences in blood count

Vuokko Kovanen, PhD, Pauliina Aukee, PhD, MD, Katja Kokko, PhD, Taija Finni, PhD, Ina M. Tarkka, PhD, Tuija Tammelin, PhD, Urho M. Kujala, PhD, MD, Sarianna Sipilä, PhD, and Eija K. Laakkonen, PhD
Menopause-associated changes in white blood cell count composition is potentially an early sign of low-grade inflammation that may develop later in life.

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Tissue selective estrogen complex (TSEC): a review

James H. Pickar, MD, Matthieu Boucher, PhD, and Diana Morgenstern, MD, FACP
Choice of selective estrogen receptor modulators, selection of doses, and clinical trial data evaluating safety and efficacy are key to ensuring safety and adequate therapeutic effect of tissue selective estrogen complexes for addressing menopausal symptoms.

Review Article

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Is ovarian reserve associated with body mass index and obesity in reproductive aged women? A meta-analysis

Nazanin Moslehi, MSc, Sakineh Shab-Bidar, PhD, Fahimeh Ramezani Tehrani, MD, Parvin Mirmiran, PhD, and Fereidoun Azizi, MD

Ovarian reserve markers of anti-mullerian hormone (AMH) and follicle stimulating hormone (FSH) are significantly lower in obese than in non-obese women, and BMI is negatively correlated with AMH in all study populations, and with FSH in fertile non-polycystic ovarian syndrome (PCOS) subgroups. PCOS and fertility status do not appear to affect the associations.

Letters to the Editor

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