Editorials

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Still another selective estrogen receptor modulator to enhance women’s health: this time in combination with conjugated equine estrogens
Steven R. Goldstein, MD

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Are acupuncture and Chinese herbal medicine effective options for hot flashes?
Gloria Richard-Davis, MD, FACOG

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To pick, choose, or single out
Goran Samsioe, MD, PhD

Original Articles

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Effects of bazedoxifene, conjugated equine estrogens, and a tissue-selective estrogen complex containing both bazedoxifene and conjugated equine estrogens on cerebral artery atherosclerosis in postmenopausal monkeys
Thomas B. Clarkson, DVM, Kelly F. Ethun, DVM, PhD, Nicholas M. Pajewski, PhD, Debbie Golden, BS, Edison Floyd, BS, and Susan E. Appt, DVM
In this long-term nonhuman primate trial, bazedoxifene acetate had no consistent adverse effect on cerebral artery atherosclerosis and did not attenuate the modest beneficial effect of conjugated equine estrogens on common carotid arteries.
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Effects of acupuncture and Chinese herbal medicine (Zhi Mu 14) on hot flushes and quality of life in postmenopausal women: results of a four-arm randomized controlled pilot trial
Marko Nedeljkovic, PhD, Li Tian, MD, Ping Ji, MD, Agnés Déglon-Fischer, MSc, Petra Stute, MD, Erika Ocon, MD, Martin Birkhäuser, MD, PhD, and Brigitte Ausfeld-Hafter, MD

In this study TCM acupuncture was found to be superior to sham acupuncture and to verum Chinese herbal medicine in reducing hot flush frequency, severity, and overall menopausal symptom severity in postmenopausal women.

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Influence of patient perceptions and preferences for osteoporosis medication on adherence behavior in the Denosumab Adherence Preference Satisfaction study
David L. Kendler, MD, FRCPC, David Macarios, BSc, MBA, Michael J. Lillestol, MD, Alfred Moffett, MD, Sacha Satram-Hoang, PhD, Joice Huang, PharmD, MBA, Primal Kaur, MD, MBA, En-Tzu Tang, PhD, Rachel B. Wagman, MD, and Rob Horne, PhD, MRPharmS

This study evaluated postmenopausal women’s perceptions of osteoporosis and their treatment while they were on either subcutaneous denosumab or oral alendronate. Women preferred denosumab to alendronate, had more positive perceptions of denosumab than alendronate, and this may have contributed to the observed greater adherence to denosumab.

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Decision aid reduces misperceptions about hormone therapy: a randomized controlled trial
Sorapop Kiatponsan, MD, Karen Carlson, MD, Sandra Feibelmann, MPH, and Karen Sepucha, PhD

This randomized controlled trial found that the decision aid arm had higher knowledge of menopausal symptoms and the benefits of hormone therapy compared to the control arm. The increase in knowledge was modest, and important gaps still remain in women’s understanding of the risks of hormone therapy.

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Urine melatonin levels are inversely associated with sarcopenia in postmenopausal women
Jee-Yon Lee, MD, Jung-Ha Kim, MD, and Duk-Chul Lee, MD, PhD

This study showed that the prevalence of sarcopenia increased significantly with increasing urine melatonin secretion in postmenopausal women.
Methods for the design of vasomotor symptom trials: the Menopausal Strategies: Finding Lasting Answers to Symptoms and Health network
Katherine M. Newton, PhD, Janet S. Carpenter, PhD, RN, FAAN, Katherine A. Guthrie, PhD, Garnet L. Anderson, PhD, Bette Caan, DrPH, Lee S. Cohen, MD, Kristine E. Ensrud, MD, MPH, Ellen W. Freeman, PhD, Hadine Joffe, MD, Barbara Sternfeld, PhD, Susan D. Reed, MD, MPH, Sheryl Sherman, PhD, Mary D. Sammel, ScD, Kurt Kroenke, PhD, Joseph C. Larson, MS, and Andrea Z. LaCroix, PhD
MsFLASH Investigators describe how they worked to outline common eligibility criteria, establish inclusive entry criteria, and use well tested questionnaires to measure study outcomes in order to increase opportunities for cross-study comparisons among studies of menopause symptoms.

Localized brain metabolite changes during visual sexual stimulation in postmenopausal women: a pilot study using functional magnetic resonance spectroscopy
Tae-Hoon Kim, PhD, Heoung-Keun Kang, MD, Kwangsung Park, MD, PhD, and Gwang-Woo Jeong, MPH, PhD
This study found differential brain metabolic changes during visual sexual arousal in non-postmenopausal women and postmenopausal women.

Association between polymorphisms in leptin, leptin receptor, and β-adrenergic receptor genes and bone mineral density in postmenopausal Korean women
Hee Jun Lee, MD, Hoon Kim, MD, PhD, Seung-Yup Ku, MD, PhD, Young Min Choi, MD, PhD, Jong Hak Kim, MD, PhD, and Jung Gu Kim, MD, PhD
LEPR c.1968G>C polymorphism may be one of the genetic factors affecting femoral neck bone mineral density in postmenopausal Korean women.

Collagen cross-links as a marker for subclinical atherosclerosis in postmenopausal women
Gamze Sinem Caglar, MD, Inci Kahyaoglu, MD, Elif Didem Ozdemir, MD, Rabia Seker, MD, and Selda Demirtas, MD
This study evaluated the clinical use of Pyd and Dpd cross-links for atherosclerosis in postmenopausal women with or without osteoporosis.
Antiandrogenic actions of medroxyprogesterone acetate on epithelial cells within normal human breast tissues cultured ex vivo
Aleksandra M. Ochnik, PhD, Nicole L. Moore, PhD, Tanja Jankovic-Karasoulos, PhD, Tina Bianco-Miotto, PhD, Natalie K. Ryan, BSc (Hons), Mervyn R. Thomas, PhD, Stephen N. Birrell, MD, PhD, Lisa M. Butler, PhD, Wayne D. Tilley, PhD, and Theresa E. Hickey, PhD

In a subset of postmenopausal women, medroxyprogesterone acetate (MPA) exerts an antiandrogenic effect on breast epithelial cells that is associated with increased proliferation and destabilization of androgen receptor protein which may contribute mechanistically to the increased risk of breast cancer in women taking MPA.

Effects of low-fat diet on serum lipids in premenopausal and postmenopausal women: a meta-analysis of randomized controlled trials
Liping Wu, MS, RN, Di Ma, MS, Benita Walton-Moss, DNS, and Zhong He, PhD, RN

This meta-analysis of eight randomized clinical trials evaluated the effects of a low fat diet in comparison with participants’ usual diet to improve serum lipids in premenopausal and postmenopausal women.

Clinical Corner

Clinical Article

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Time is of the essence: personalized prediction of reproductive time span to optimize life goals
Esther Eisenberg, MD, MPH

Patient Handout
e1
What You Should Know About Your Reproductive Time Span
NAMS Practice Pearls

When is the use of aspirin for CVD prevention in women appropriate?
JoAnn E. Manson, MD, DrPH, NCMP, and Shari S. Bassuk, ScD
Aspirin as primary preventive therapy of cardiovascular disease has been well established in clinical trials in men. Results of the Women's Health Study show that aspirin also could be considered for such therapy in three subsets of women, unless contraindicated.

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Calcium supplements: do they help or harm?
JoAnn E. Manson, MD, DrPH, NCMP, and Shari S. Bassuk, ScD
Risks for cardiovascular disease and kidney stones may be associated with calcium supplements. Women aged older than 50 years should aim to meet their calcium requirement of 1,200 mg per day primarily through a calcium-rich diet and take supplements only if needed.