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History and experience: the direction of Alzheimer’s disease
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This article covers the major discoveries on the pathogenesis of Alzheimer disease, the (limited) effectiveness of current pharmacological interventions, and the prevention of Alzheimer disease.
Original Articles

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Reconciling subjective memory complaints with objective memory performance in the menopausal transition
Miriam T. Weber, PhD, Mark Mapstone, PhD, Jennifer Staskiewicz, MA, and Pauline M. Maki, PhD
Subjective memory complaints are not associated with objective measures of verbal learning and verbal memory but are associated with decreased attention and working memory performance. Subjective memory complaints are also associated with increased symptoms of depression and anxiety, somatic complaints, and sleep disturbance.

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Are vasomotor symptoms associated with sleep characteristics among symptomatic midlife women? Comparisons of self-report and objective measures
Rebecca C. Thurston, PhD, Nanette Santoro, MD, and Karen A. Matthews, PhD
More vasomotor symptoms (VMS) recalled upon waking were associated with significantly lower actigraphic sleep efficiency, higher wakefulness after sleep onset, and somewhat longer sleep latency. Conversely, physiologically measured VMS and VMS reported during the night were largely unrelated to sleep characteristics.

749
Effectiveness of group and self-help cognitive behavior therapy in reducing problematic menopausal hot flushes and night sweats (MENOS 2): a randomized controlled trial
Beverley Ayers, DHealthPsych, Melanie Smith, DClinPsych, Jennifer Hellier, MSc, Eleanor Mann, DPhil, and Myra S. Hunter, PhD
In this study, both group and self-help cognitive behavioral therapy significantly reduced hot flush/night sweat problem rating and night sweat frequency. There were some improvements in mood and quality of life.

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The effect of the menopausal transition on body composition and cardiometabolic risk factors: a Montreal-Ottawa New Emerging Team group study
Joseph Abdulnour, MSc, Éric Doucet, PhD, Martin Brochu, PhD, Jean-Marc Lavoie, PhD, Irene Strychar, EdD, RD, Rémi Rabasa-Lhoret, MD, PhD, and Denis Prud’homme, MD, MSc
This 5-year observational study showed that changes in body composition and fat distribution can occur in nonobese premenopausal women. However, these changes were not associated with cardiometabolic deteriorations.
Effect of hormone therapy on postural balance in postmenopausal women
Ana Beatriz Cesar Rodrigues Barral, MSc, Eliana Aguiar Petri Nahas, MD, PhD,
Jorge Nahas-Neto, MD, PhD, Luciana Mendes Cangussu, MSc,
and Davi de Araujo Buttros, MD
In this cross-sectional study, postmenopausal women using hormone therapy
showed lower frequency of falls and a better performance in stabilometric
parameters than nonusers did.

Extracted or synthesized soybean isoflavones reduce menopausal hot flash
frequency and severity: systematic review and meta-analysis of randomized
controlled trials
Kyoko Taku, PhD, MD, Melissa K. Melby, PhD, Fredi Kronenberg, PhD,
Mindy S. Kurzer, PhD, and Mark Messina, PhD
The results of this systematic review and meta-analysis show that isoflavone
supplements consistently alleviate hot flash frequency and severity in postmenopausal
women. Additional research is needed to identify factors that may impact efficacy.

Soy germ isoflavones improve menopausal symptoms but have no effect on
blood lipids in early postmenopausal Chinese women: a randomized
placebo-controlled trial
Yan-bin Ye, MD, Zi-lian Wang, MD, Shu-yu Zhuo, MD, Wei Lu, MPH,
Hui-fang Liao, MPH, Marian A. Verbruggen, PhD, Shi Fang, MD,
Hai-yan Mai, MD, Yu-ming Chen, PhD, and Yi-xiang Su, MD
This 6-month randomized, placebo-controlled trial showed that a daily
supplementation of 84 and 126 mg of soy germ isoflavone extracts improved
menopausal symptoms but not serum lipids in postmenopausal Chinese women.

An empirically validated responder definition for the reduction of moderate to
severe hot flushes in postmenopausal women
Christoph Gerlinger, PhD, Kerstin Gude, MD, PhD, Florian Hiemeyer, MSc,
Thomas Schmelter, PhD, and Matthias Schäfers, MD, PhD
Changes in the weekly number of moderate to severe hot flushes were compared
with participants’ self-assessments of treatment satisfaction. A responder was defined
as having at least an improvement of 19.1 hot flushes per week at week 4 and an
improvement of 40.3 hot flushes per week at week 12.
Effects of long-term treatment with estrogen and medroxyprogesterone acetate on synapse number in the medial prefrontal cortex of aged female rats
Nioka C. Chisholm, MA and Janice M. Juraska, PhD

Middle-aged female rats received long-term treatment with several types of hormone therapy. The group that received estrogen with medroxyprogesterone had a greater number of synapses in the medial prefrontal cortex than did the group receiving no treatment.

Effects of rosiglitazone on the cardiovascular profile in postmenopausal women without diabetes mellitus: interplay of thiazolidinediones and hormone therapy
I-Chih Chen, MD, Wen-Huang Lee, MD, Ting-Hsing Chao, MD, Yi-Heng Li, MD, PhD, Wei-Chuan Tsai, MD, Hsien-An Pan, MD, PhD, Shih-Ya Tseng, MS, and Ju-Yi Chen, MD

Rosiglitazone treatment provided both protective and harmful cardiovascular effects in this clinical setting. Concurrent hormone therapy resulted in the maintenance of major beneficial effects while neutralizing the unfavorable effects of rosiglitazone.

Age at menopause and menopause-related symptoms in human immunodeficiency virus-infected Thai women
Pongrak Boonyanurak, MD, Torsak Bunupuradah, MD, Kittisak Wilawan, MD, Aksorn Lueanyod, BSc, Parawee Thongpaeng, MEd, Duangjai Chatvong, BBA, Jiratchaya Sophonphan, MS, Siriporn Saeloo, BNS, Jintanat Ananworanich, MD, PhD, and Surasith Chaithongwongwatthana, MD

In this study, age at menopause in HIV-infected Thai women was 47.3 years, which is significantly earlier than previously reported in Thai women without HIV. Postmenopausal HIV-infected women also had more vasomotor and sexual symptoms.

The pollen extract Femal—a nonestrogenic alternative to hormone therapy in women with menopausal symptoms
Ann-Cathrin Hellström, MD, PhD and Jonas Muntzing, PhD

The pollen extract Femal, effective in the treatment of menopausal symptoms, contains only traces of common phytoestrogens and has no uterotrophic effect in immature rats. The possibility of a serotonergic mode of action of Femal is discussed.
Review Article

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Estrogens plus raloxifene on endometrial safety and menopausal symptoms—semisystematic review
Andrea Lucia Bastos Carneiro, MD, PhD, Rita de Cassia de Maio Dardes, MD, PhD, and Mauro Abi Haidar, MD, PhD

This semisystematic review article summarizes the available clinical trials on women on raloxifene plus estrogen.

Letters to the Editor

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