Contents

Editorials

839
Hot flashes and antidepressant agents: uneasy bedfellows
Deirdre R. Pachman, MD, Timothy I. Morgenthaler, MD, and Charles L. Loprinzi, MD

843
The bone-promoting actions of formononetin in established osteopenia
James K. Pru, PhD

845
Menopause and symptoms: are we too focused on hot flashes?
Michelle P. Warren, MD

Special Feature

846
A decade after the Women's Health Initiative—the experts do agree
Cynthia A. Stuenkel, MD, NCMP, Margery L.S. Gass, MD, NCMP, JoAnn E. Manson, MD, DrPH, NCMP, Rogerio A. Lobo, MD, Lubna Pal, MBBS, MRCOG, MSc, NCMP, Robert W. Rebar, MD, and Janet E. Hall, MD

Leading medical societies devoted to the care of postmenopausal women agree that treatment of menopause-related symptoms is an indication for hormone therapy.
Original Articles

848

Effect of escitalopram on insomnia symptoms and subjective sleep quality in healthy perimenopausal and postmenopausal women with hot flashes: a randomized controlled trial
Kristine E. Ensrud, MD, MPH, Hadine Joffe, MD, MSc, Katherine A. Guthrie, PhD, Joseph C. Larson, MS, Susan D. Reed, MD, MPH, Katherine M. Newton, PhD, Barbara Sternfeld, PhD, Andrea Z. LaCroix, PhD, Carol A. Landis, DNSc, RN, Nancy F. Woods, PhD, RN, and Ellen W. Freeman, PhD
In this 8-week randomized controlled trial in healthy postmenopausal women with hot flashes, treatment with escitalopram, compared with placebo, reduced insomnia symptoms and improved subjective sleep quality.

856

Formononetin reverses established osteopenia in adult ovariectomized rats
Abdul Malik Tyagi, MSc, Kamini Srivastava, MSc, Anuj Kumar Singh, MSc, Avinash Kumar, MSc, Bendangla Changkija, PhD, Rashmi Pandey, MSc, Shibani Lahiri, MSc, Geet K. Nagar, BSc, Dinesh Kumar Yadav, MSc, PhD, Rakesh Maurya, PhD, Ritu Trivedi, PhD, and Divya Singh, PhD
In this study, treatment with formononetin in adult ovariectomized rats reverses established osteopenia, raising the possibility of its use in the treatment of postmenopausal osteoporosis.

864

Symptom clusters during the late reproductive stage through the early postmenopause: observations from the Seattle Midlife Women's Health Study
Lori A. Cray, PhD, RN, Nancy Fugate Woods, RN, PhD, FAAN, Jerald R. Herting, PhD, and Ellen Sullivan Mitchell, PhD
This study examines for the first time latent classes or clusters of symptoms during a prolonged period from late reproductive stage through early postmenopause. The data contribute to our understanding of symptom experiences beyond early efforts to characterize the late menopausal transition stage.

870

Short- and long-term effects of continuous versus intermittent restrictive diet approaches on body composition and the metabolic profile in overweight and obese postmenopausal women: a pilot study
Hélène Arguin, MD, PhD, Isabelle J. Dionne, PhD, Martin Sénéchal, MSc, Danielle R. Bouchard, PhD, André C. Carpentier, MD, Jean-Luc Ardilouze, MD, PhD, Angelo Tremblay, PhD, Claude Leblanc, MSc, and Martin Brochu, PhD
In this study, similar changes in body composition and metabolic profile were observed in postmenopausal women on an intermittent diet and postmenopausal women on a continuous diet. Most metabolic improvements occurred during the first 5 weeks of treatment on both diets.
Association of sex hormones and sex hormone–binding globulin with depressive symptoms in postmenopausal women: the Multiethnic Study of Atherosclerosis
Laura A. Colangelo, MS, Lynette L. Craft, PhD, Pamela Ouyang, MBBS, Kiang Liu, PhD, Pamela J. Schreiner, PhD, Erin D. Michos, MD, and Susan M. Gapstur, PhD
In women who were within 10 years of menopause, bioavailable testosterone and sex hormone binding globulin were inversely associated whereas estradiol was positively associated—with incident depressive symptoms. These associations were not apparent in women who were more than 10 years postmenopause.

Oral micronized progesterone for vasomotor symptoms—a placebo-controlled randomized trial in healthy postmenopausal women
Christine L. Hitchcock, PhD and Jerilynn C. Prior, BA, MD
In this randomized, placebo-controlled, double-blind, 12-week clinical trial vasomotor symptoms of hot flashes and night sweats were improved clinically and significantly more with oral micronized progesterone than with placebo.

Dietary phytoestrogen intakes and cognitive function during the menopausal transition: results from the Study of Women’s Health Across the Nation Phytoestrogen Study
Gail A. Greendale, MD, Mei-Hua Huang, DrPH, Katherine Leung, MS, Sybil L. Crawford, PhD, Ellen B. Gold, PhD, Richard Wight, PhD, Elaine Waetjen, MD, and Arun S. Karlamangla, PhD, MD
In this study, the effects of phytoestrogens on cognition were small and class-specific and varied by menopause stage, cognitive domain, and ethnic/racial group.

Cross-cultural adaptation and validation of the Falls Efficacy Scale International in Spanish postmenopausal women
Rafael Lomas-Vega, PhD, Fidel Hita-Contreras, MD, Nicolás Mendoza, MD, and Antonio Martinez-Amat, PhD
In this study, transcultural adaptation of the Falls Efficacy Scale-International in Spanish postmenopausal women was performed. The Spanish version of Falls Efficacy Scale-International shows good reliability and validity.
Endpoints of drug discovery for menopausal vasomotor symptoms: interpretation of data from a proxy of disease
Katja Prelle, PhD, Bernd-Wolfgang Igl, PhD, Maik Obendorf, PhD, Dorothee Girbig, MS, Tanja Lehmann, BS, and Vladimir K. Patchev, MD, PhD

In experimental models of menopausal hot flashes, restoration of circadian skin temperature oscillations proved to be a dependable indicator of the efficacy of therapeutic drug candidates. Monitoring of short-term changes in thermoregulatory end points may indicate only transient symptom alleviation and thereby bias a realistic evaluation of therapeutic potential.

Breast cancer and menopause: partners’ perceptions and personal experiences—a pilot study
Padaphet Sayakhot, MHS, MCE, MBBS, Amanda Vincent, PhD, FRACP, MBBS, and Helena Teede, PhD, FRACP, MBBS

This pilot study highlights the lack of understanding of menopause and menopausal therapies, and provides insight into the personal experiences of having a female partner with breast cancer, and the partners’ attitudes and responses in this setting. Results suggest that partners should be encouraged to openly communicate about menopause after breast cancer and be included in consultations with physicians if they so choose.

Quality of life in a large cohort of mid-aged Colombian women assessed using the Cervantes Scale
Alvaro Monterrosa-Castro, MD, Ivette Romero-Pérez, MD, Martha Marrugo-Flórez, MD, Ana María Fernández-Alonso, MD, PhD, Peter Chedraui, MD, MSc, and Faustino R. Pérez-López, MD, PhD

This is the first study to report on quality of life assessment, using the Cervantes Scale, among middle-aged Latin American women, whose quality of life is influenced by age, menopausal status, body mass index, and other personal factors.

Risks and benefits of menopausal hormone therapy in postmenopausal Chinese women
Irene H. Su, MD, MSCE, Yu-Chun Chen, MD, PhD, Wei-Ting Hwang, PhD, Ziyue Liu, PhD, Tung-Ping Su, MD, Tzeng-Ji Chen, MD, Kurt T. Barnhart, MD, MSCE, and Yu-Xiao Yang, MD, MSCE

In this population, conjugated equine estrogen with and without medroxyprogesterone was not associated with increased incidence of coronary heart disease, but conjugated equine estrogen with medroxyprogesterone may be associated with higher incidence of breast cancer.
Estrogen deficiency accelerates aging of the optic nerve

Thasarat S. Vajaranant, MD and Louis R. Pasquale, MD

Glaucoma is the second leading cause of blindness worldwide. This review highlights the high burden of glaucoma among older women and summarizes evidence supporting the hypothesis that estrogen deficiency increases glaucoma and aging of the optic nerve.