



Menopause

The Journal of The North American Menopause Society

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Management of osteoporosis in postmenopausal women: 2010 position statement of The North American Menopause Society

In response to recent advances in the management and treatment of postmenopausal osteoporosis, The North American Menopause Society has made significant additions and modifications to its 2006 position statement.

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NAMS CME Activity Self-Assessment Examination

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Osteoporosis treatment and atrial fibrillation: alendronate versus raloxifene

Weng-Foung Huang, PhD, Yi-Wen Tsai, PhD, Yu-Wen Wen, PhD,
Fei-Yuan Hsiao, PhD, Ken N. Kuo, MD, and Chia-Rung Tsai, MS

No differences were found between alendronate and raloxifene on the risk of atrial fibrillation and flutter in women with osteoporosis. However, a significant association was found between long-term use of alendronate and increased risk of acute myocardial infarction in women with a history of cardiovascular events.

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Quality of life and psychosocial health in postmenopausal women achieving public health guidelines for physical activity

Jeff K. Vallance, PhD, Terra C. Murray, PhD, Steven T. Johnson, PhD,
and Steriani Elavsky, PhD

The present study found that 43% of postmenopausal women were achieving public health physical activity guidelines. Postmenopausal women who were physically active reported more optimal health-related quality of life and satisfaction with life and fewer symptoms of depression and anxiety when compared with postmenopausal women who were not physically active.

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A randomized controlled study of taper-down or abrupt discontinuation of hormone therapy in women treated for vasomotor symptoms

Lotta Lindh-Åstrand, RN, Marie Bixo, MD, PhD,
Angelica Lindén Hirschberg, MD, PhD, Inger Sundström-Poromaa, MD, PhD,
and Mats Hammar, MD, PhD

This study failed to show any difference in number or severity of hot flashes, quality of life, or resumption of hormone therapy (HT) regardless of type of discontinuation. Approximately every other woman had resumed HT within 1 year, and those who resumed HT reported more deteriorated quality of life and more severe hot flashes after discontinuation of therapy.

80

Burden associated with chronic sleep maintenance insomnia characterized by nighttime awakenings among women with menopausal symptoms

Susan C. Bolge, PhD, Rajesh Balkrishnan, PhD, Hema Kannan, MPH,
Brian Seal, PhD, MBA, and Christopher L. Drake, PhD

Chronic insomnia characterized by nighttime awakenings is associated with greater healthcare utilization, greater lost work productivity, and poorer health-related quality of life among women with menopausal symptoms.

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Daily vasomotor symptoms, sleep problems, and mood: using daily data to evaluate the domino hypothesis in middle-aged women

Mary H. Burseson, PhD, Michael Todd, PhD, and Wenda R. Trevathan, PhD

In a sample of 55 middle-aged women who made daily self-reports for 36 weeks, occurrence of vasomotor symptoms or sleep problems on a given day predicted higher negative mood and lower positive mood ratings on the following day. Sleep problems were a stronger predictor than vasomotor symptoms and accounted for only a small portion of the relationship between vasomotor symptoms and mood.

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Use of laparoscopy in older women undergoing gynecologic procedures: is it time to overcome initial concerns?

Fabio Ghezzi, MD, Antonella Cromi, PhD, Gabriele Siesto, MD,
Maurizio Serati, MD, Giorgio Bogani, MD, Davide Sturla, MS,
and Pierfrancesco Bolis, MD

Outcomes analysis of a single-institution cohort of older women who were candidates to undergo a major gynecologic abdominal procedure demonstrates short-term advantages of laparoscopy compared with traditional open surgery in terms of reduction in hospital stay and fewer postoperative complications. A clear shift in surgical strategy was observed over time, with a proportion of procedures accomplished laparoscopically peaking at 80% in the last years of the study.

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Accuracy of endometrial thickness in detecting benign endometrial pathology in postmenopausal women

Malgorzata E. Skaznik-Wikiel, MD, J. Eric Jelovsek, MD,
Brenda Andrews, BS, RDMS, and Linda D. Bradley, MD

An endometrial stripe cutoff of 5 mm overlooks a considerable amount of benign endometrial pathology in postmenopausal woman with vaginal bleeding.

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Is antral follicle count a genetic trait?

Mitchell P. Rosen, MD, Erica B. Johnstone, MD, Sara J. Gillham, BS, Aisha E. Modan, MBBS, Angela K.M. Lipshutz, MD, MPH, Renee Reijo-Pera, PhD, and Marcelle I. Cedars, MD

Maternal age at menopause contributes to a daughter's antral follicle count, indicating that antral follicle count is, in part, a genetic trait.

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Submaximal exercise coronary artery flow increases in postmenopausal women without coronary artery disease after estrogen and atorvastatin

Chirapa Puntawangkoon, MD, Tim M. Morgan, PhD, David M. Herrington, MD, MHS, Craig A. Hamilton, PhD, and W. Gregory Hundley, MD

Left anterior descending coronary artery blood flow is measured after submaximal exercise using cardiac magnetic resonance imaging in early postmenopausal women without coronary artery disease receiving placebo, hormone therapy (HT), high-dose atorvastatin (ATORV), or the combination of HT and ATORV. Compared with placebo, the combination of HT and ATORV significantly increased coronary artery blood flow during submaximal exercise.

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Vaginal symptoms in postmenopausal women: self-reported severity, natural history, and risk factors

Alison J. Huang, MD, MPhil, Elya E. Moore, PhD, Edward J. Boyko, MD, MPH, Delia Scholes, PhD, Feng Lin, MS, Eric Vittinghoff, PhD, and Stephan D. Fihn, MD, MPH

In this population-based, prospective study of postmenopausal women, more than half of women reported problems with vaginal dryness, itching, or painful intercourse, but up to half of women with problematic vaginal symptoms at baseline were asymptomatic after 24 months, even in the absence of estrogen therapy. Women who were diabetic or had lower body mass index were more likely to report problematic vaginal symptoms.

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Cardioprotective effects of long-term treatment with raloxifene, a selective estrogen receptor modulator, on myocardial ischemia/reperfusion injury in ovariectomized rats

Ming-Ting Chung, MD, Pao-Yun Cheng, PhD, Kwok-Keung Lam, MD, PhD, Shu-Ying Chen, PhD, Yi-Fan Ting, MS, Mao-Hsiung Yen, PhD, and Yen-Mei Lee, MS

Ovariectomy-induced estrogen deficiency augmented myocardial ischemia/reperfusion injury in female rats. Long-term treatment with raloxifene ameliorated this insult, which is likely mediated via suppression of neutrophil infiltration and attenuation of nuclear factor- κ B pathway activation.

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Search for hidden secondary causes in postmenopausal women with osteoporosis

Dacia Cerdá Gabaroi, MD, Pilar Peris, MD, PhD, Ana Monegal, MD, PhD, Carolina Albaladejo, MD, Ma Àngels Martínez, MD, Àfrica Muxí, MD, Ma Jesús Martínez de Osaba, MD, Xavier Surís, MD, and Núria Guañabens, MD, PhD

Secondary processes that contribute to low bone mass in postmenopausal women with osteoporosis are frequent. Most of these processes contribute to the severity of the disease.

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Effects of alendronate treatment on serum levels of osteoprotegerin and total receptor activator of nuclear factor κ B in women with postmenopausal osteoporosis

Rebeca Reyes-García, MD, Manuel Muñoz-Torres, MD, D. Fernández García, MD, Pedro Mezquita-Raya, MD, Jose Antonio García Salcedo, MD, and Juan de Dios Luna, MD

Serum osteoprotegerin (OPG) changes were not significant at 3 and 6 months, but at 12 months, there was a significant reduction of 6.5%. The apparent decrease of the serum levels of OPG might reflect an increase of the OPG binding to receptor activator of nuclear factor- κ B, which results in a beneficial effect on bone.

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Biochemical markers for cardiovascular disease in recently postmenopausal women with or without hot flashes

Pauliina Tuomikoski, MD, Tomi S. Mikkola, MD, PhD, Esa Hämäläinen, MD, PhD, Matti J. Tikkanen, MD, PhD, Ursula Turpeinen, PhD, and Olavi Ylikorkala, MD, PhD

Prospectively recorded hot flashes of different severities were not related to lipids, lipoproteins, apolipoproteins, sex hormone-binding globulin, or high-sensitivity C-reactive protein in recently postmenopausal women. This may imply that hot flash status per se cannot explain the conflict between observational studies and randomized hormone therapy trials.

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ALOX12 gene is associated with the onset of natural menopause in white women

Pengyuan Liu, PhD, Yan Lu, PhD, Robert R. Recker, MD, Hong-Wen Deng, PhD, and Volodymyr Dvornyk, PhD

Polymorphisms in the ALOX12 gene seem to be associated with the timing of natural menopause in white women.

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Hormone therapy and intraocular pressure in nonglaucomatous eyes

Naing L. Tint, MBChB, MRCOphth, Philip Alexander, MBBS, MRCOphth, Khin M. Tint, MBBS, FRCS, George T. Vasileiadis, MD, MSc,

Aaron M. Yeung, MBChB, MRCOphth, and Augusto Azuara-Blanco, MD, PhD, FRCS
Raised intraocular pressure is the most important risk factor for the development and progression of glaucoma. In a cross-sectional study of postmenopausal women with healthy eyes, those taking hormone therapy were found to have a significantly lower intraocular pressure compared with those not taking hormone therapy.

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Sex steroid and tropic hormone levels may be associated with postoperative prognosis of vitrectomy in Korean postmenopausal women: a pilot study

Hyeong Gon Yu, MD, PhD, Seung-Yup Ku, MD, PhD, Jin Choi, MD, Hoon Kim, MD, Chang Suk Suh, MD, PhD, Seok Hyun Kim, MD, PhD, Young Min Choi, MD, PhD, Jung Gu Kim, MD, PhD, and Shin Yong Moon, MD, PhD

This study evaluated the association between functional improvement and the levels of presumably related factors in postmenopausal women with retinal diseases. Sex steroid and tropic hormones may be associated with postoperative ophthalmologic outcomes in postmenopausal women undergoing vitrectomy.

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Self-assessed health and menopausal symptoms among 50-year-old Japanese women: cross-sectional surveys in Northern Kawasaki in 1998 and 2008

Machi Suka, MD, PhD, Asako Taniuchi, MD, Yoshiko Kudo, DPH, Setsuko Sato, DPH, Katsumi Yoshida, MD, PhD, and Bunpei Ishizuka, MD

Comparisons of data sets of questionnaire surveys conducted among 50-year-old community-dwelling Japanese women in 1998 and 2008 showed a significant improvement in self-assessed health in parallel with a significant downward secular trend in the prevalence of menopause awareness. Women who felt themselves affected by menopause tended to perceive their own health as poor.

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Leptin and adiponectin blood levels in women with premature ovarian failure and age- and weight-matched women with normal menstrual cycles

Cristina Laguna Benetti-Pinto, MD, PhD, Natália Castro, MD, Oswaldo da Rocha Grassiotto, MD, PhD, and Heraldo Mendes Garmes, MD, PhD

This study evaluated leptin and adiponectin blood levels in women with hypoestrogenism due to premature ovarian failure and in women with normal menstrual cycles. Results suggest that gonadal function loss may decrease leptin circulating levels, independently from age and body mass index, whereas adiponectin levels seem not to correlate to hormonal status.

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Curcumin delays development of medroxyprogesterone acetate-accelerated 7,12-dimethylbenz[a]anthracene-induced mammary tumors

Candace E. Carroll, BS, Indira Benakanakere, PhD, Cynthia Besch-Williford, DVM, PhD, Mark R. Ellersieck, PhD, and Salman M. Hyder, PhD

This article provides evidence that the dietary component of curcumin effectively delays medroxyprogesterone acetate-accelerated mammary tumor formation and tumor multiplicity in Sprague-Dawley rats. Curcumin also prevents morphological changes associated with cancer in the mammary gland of medroxyprogesterone acetate-treated animals. These observations suggest that curcumin has the potential to delay or inhibit progestin-dependent breast cancer in postmenopausal women.

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Association analyses suggest multiple interaction effects of the methylenetetrahydrofolate reductase polymorphisms on timing of menarche and natural menopause in white women

Pengyuan Liu, PhD, Yan Lu, PhD, Robert R. Recker, MD, Hong-Wen Deng, PhD, and Volodymyr Dvornyk, PhD

Gene-environment interactions between methylenetetrahydrofolate reductase polymorphisms and various lifestyle factors influence the timing of menarche and natural menopause in white women.

Brief Report

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“Persistence” improves the 60-day amenorrhea marker of entry to late-stage menopausal transition for women aged 40 to 44 years

John R. Taffe, PhD, Kevin C. Cain, PhD, Ellen S. Mitchell, PhD, RN, Nancy F. Woods, PhD, RN, FAAN, Sybil L. Crawford, PhD, and Siobán D. Harlow, PhD

Sixty-day amenorrhea first occurring to women aged 45 to 49 years predicts menopause within 5 years as well as does the traditional 90-day marker. Similar performance is associated with early recurrence of the 60-day marker for women to whom it first occurs in the age range 40 to 44 years.

Review Articles

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Efficacy and tolerability of local estrogen therapy for urogenital atrophy

David F. Archer, MD

Symptoms of urogenital atrophy are among the most common and most overlooked symptoms of postmenopausal estrogen deficiency. Numerous low-dose local vaginal estrogen therapies that effectively treat urogenital atrophy are available, but the optimal dose, duration, and mode of delivery may vary from woman to woman.

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Age-related pelvic floor modifications and prolapse risk factors in postmenopausal women

Andrea Tinelli, MD, Antonio Malvasi, MD, Siavash Rahimi, MD, Roberto Negro, MD, Daniele Vergara, MD, PhD, Roberta Martignago, PhD, Marcello Pellegrino, MD, and Carlo Cavallotti, Prof, MD, PhD

Genital prolapse is frequent in postmenopausal women, and its etiology is connected to aging risk factors, such as biomechanical abnormalities in connective composition, hormonal deficiency, and irregular tissue metabolism.

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Characterization of an animal model of postmenopausal cardiac hypertrophy and novel mechanisms responsible for cardiac decompensation using ovariectomized pressure-overloaded rats

Md. Shenuarin Bhuiyan, MSc and Kohji Fukunaga, PhD

There has been a lack of suitable animal models to define the mechanisms responsible for postmenopausal myocardial hypertrophy in hypertension and adverse cardiac remodeling. Represented in this study is a rat model of postmenopausal cardiac hypertrophy having similarities with postmenopausal women in respect to hemodynamic parameters as well as pathophysiological mechanisms.

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