

# Menopause

The Journal of The North American Menopause Society

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**Contents of the January-February 2007 Issue of  
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## **Editorials**

### **Nonvertebral Bosteoporotic fractures: a brain disease or bone disease?**

Stanley J. Birge, MD

### **Evidence and opinion: closing the gap**

Jeffrey L. Ecker, MD

### **Is reproductive senescence predictable? Getting closer to defining limits of the “reproductive hiatus” for an individual woman**

Lubna Pal, MBBS, MRCOG, MS and Nanette F. Santoro, MD

### **Looking for answers in all the wrong places**

Michael R. McClung, MD

## **Acupuncture for hot flashes**

Nancy E. Avis, PhD and May C.M. Pian-Smith, MD

### **Articles**

#### **Early postmenopausal hormone therapy improves postural balance**

Tord Naessen, MD, PhD, Birgitta Lindmark, PhD, Christel Lagerstrom, PhD, Hans-Christian Larsen, MD, PhD, and Ingemar Persson, MD, PhD

Initiation of HT soon after menopause rapidly improved postural balance to levels normally seen in young women. Improved postural balance may contribute to the protection against fractures associated with HT and explain the more substantial reduction in hip fracture risk after HT initiated sooner, compared to later, after menopause.

#### **Evolving practice patterns and attitudes toward hormone therapy of obstetrician-gynecologists**

Michael L. Power, PhD, Jay Schulkin, PhD, and Jacques E. Rossouw, MD

Many obstetrician-gynecologists continue to be skeptical about the results of the Women's Health Initiative hormone therapy trials, and to disagree with the decision to stop the trials.

#### **Monitoring reproductive aging in a 5-year prospective study: aggregate and individual changes in luteinizing hormone and follicle-stimulating hormone with age**

Rebecca J. Ferrell, PhD, Kathleen A. O'Connor, PhD, Darryl J. Holman, PhD, Eleanor Brindle, MA, Rebecca C. Miller, MA, German Rodriguez, PhD, James A. Simon, MD, Phyllis K. Mansfield, PhD, James W. Wood, PhD, and Maxine Weinstein, PhD

Daily luteinizing hormone (LH) and follicle-stimulating hormone (FSH) data demonstrated that FSH begins to increase well before perimenopause, while both LH and FSH increase during perimenopause. Both LH and FSH show low intraindividual variation compared with between-woman differences.

#### **Effects of estrogen-progestin therapy on serum levels of RANKL, osteoprotegerin, osteocalcin, leptin, and ghrelin in postmenopausal women**

Costantino Di Carlo, MD, Giovanni A. Tommaselli, MD, Virginia Gargano, MD, Annalidia Sammartino, MD, Giuseppe Bifulco, MD, Libuse Tauchmanova, MD, Annamaria Colao, MD, and Carmine Nappi, MD

Estrogen-progestin therapy may protect postmenopausal women from bone loss, as demonstrated by improvement of quantitative ultrasound bone densitometry parameters. This protective effect does not seem to be exerted through action on the receptor-activating nuclear factor  $\beta$ -receptor-activating nuclear factor  $\beta$  ligand-osteoprotegerin system. Similarly, there were no detected important correlations of leptin and ghrelin with bone metabolism and bone status in treated and untreated postmenopausal women.

#### **Acupuncture for hot flashes: randomized, sham-controlled clinical study**

Ann Vincent, MBBS, MD, Debra L. Barton, PhD, RN, Jayawant N. Mandrekar, PhD, Stephen S. Cha, MS, Teresa Zais, Dietlind L. Wahner-Roedler, MD, Marina A. Keppler, LAc, MA, DiplAc, Mary Jo Kreitzer, PhD, RN, and Charles Loprinzi, MD

This article reports the results of double-blind, sham-controlled trial of acupuncture for treatment of hot flashes. This trial failed to suggest any benefit for the tested acupuncture treatment arm.

### **Modeling women's health during the menopausal transition: a longitudinal analysis**

Lorraine Dennerstein, PhD, Philippe Lehert, PhD, Janet R. Guthrie, PhD, and Henry G. Burger, MD

This observational study provides conceptual data based framework for understanding changes in women's health during the menopausal transition. Statistical modeling was used to investigate the effects of declining estradiol during the menopausal transition on number of health outcomes. The most important factor affecting any health variable after the final menstrual period is prior health.

### **Drospirenone increases central and peripheral A-endorphin in ovariectomized female rats**

Andrea Riccardo Genazzani, MD, PhD, Nicola Pluchino, MD, Silvia Begliuomini, MD, Matteo Pieri, MD, Manolo Centofanti, MD, Letizia Freschi, MD, Elena Casarosa, PhD, and Michele Luisi, MD, PhD

Drospirenone, progestin molecule used for contraception and HT, increases central and circulating concentrations of  $\beta$ -endorphin without affecting allopregnanolone levels.

### **Lifelong menstrual histories are typically erratic and trending: taxonomy**

Tristan Gorrindo, MD, Ying Lu, PhD, Steve Pincus, PhD, Ann Riley, PhD, James A. Simon, MD, Burton H. Singer, PhD, and Maxine Weinstein, PhD

Although clinicians have traditionally thought of "normal" menstrual histories as being regular and stable, an analysis of prospectively-recorded life-long menstrual cycle histories suggests that variable histories are most common. Clinically, these results may suggest the needed for paradigm shift in what gynecologists view as normal and abnormal menstrual cycle histories.

### **An isopropanolic extract of black cohosh does not increase mammographic breast density or breast cell proliferation in postmenopausal women**

Angelica Linden Hirschberg, MD, PhD, Mans Edlund, MD, PhD, Gunilla Svane, MD, PhD, Edward Azavedo, MD, PhD, Lambert Skoog, MD, PhD, and Bo von Schoultz, MD, PhD

An isopropanolic extract of black cohosh does not cause adverse effects on breast tissue.

### **Effects of lasofoxifene on bone in surgically postmenopausal cynomolgus monkeys**

Cynthia Lees, DVM, PhD, Victor Shen, PhD, and Robert Brommage, PhD

In cynomolgus monkeys, lasofoxifene treatment prevented ovariectomy-induced bone loss when compared to placebo treated animals.

### **Effect of soy protein-containing isoflavones on lipoproteins in postmenopausal women**

Jerilyn K. Allen, RN, ScD, FAAN, Diane M. Becker, ScD, MPH, Peter Kwiterovich, MD, Kathleen A. Lindenstruth, BA, and Carol Curtis, BS, CCRP

The purpose of this randomized, double-blind, controlled clinical trial was to determine the effects of soy protein containing isoflavones on lipoproteins and lipoprotein subclasses in 216 African-American and white postmenopausal women with borderline to moderate low-density lipoprotein cholesterol elevations. After six weeks, total cholesterol, low-density lipoprotein cholesterol and low-density lipoprotein particle number decreased significantly in the soy group compared to placebo.

### **The relationship between physical activity and lipoprotein subclasses in postmenopausal women: the influence of hormone therapy**

Kelley K. Pettee, PhD, Andrea M. Kriska, PhD, B. Delia Johnson, PhD, Molly B. Conroy, MD, Rachel H. Mackey, PhD, Trevor J. Orchard, MD, and Lewis H. Kuller, MD

Due to recent clinical trial findings, hormone therapy is no longer prescribed for lipid lowering and/or general CVD prevention. This creates a need for other strategies, such as increasing physical activity levels, to decrease CVD risk among postmenopausal women.

### **Menopause and determinants of quality of life in women at midlife and beyond: the Study of Health in Pomerania (SHIP)**

Sabine Schwarz, Henry Voizke, MD, PhD, Dietrich Alte, PhD, Christian Schwahn, PhD, Hans J. Grabe, MD, PhD, Wolfgang Hoffmann, MD, MPH, Ulrich John, PhD, and Martina Doren, MD, PhD

Menopausal status (pre-or postmenopausal) was not identified as determinant of quality of life in region of the former German Democratic Republic. Differences between pre-and postmenopausal women can be explained by sociodemographic, psychosocial, and lifestyle factors.

### **Time-related trends of age at menopause and reproductive period of women in Chuvashian rural population**

Leonid Kalichman, PhD, BPT, Ida Malkin, PhD, and Eugene Kobylansky, PhD

The present study shows an increasing trend of age at menopause and reproductive period in Chuvashian women born between 1920 and 1950. A negative association between age at menarche and age at menopause was also observed.

### **Effect of soy isoflavone protein and soy lecithin on endothelial function in healthy postmenopausal women**

Marian Evans, MD, Valentine Yanchou Njike, MD, MPH, Martha Hoxley, MS, Meghan Pearson, MD, and David L. Katz, MD, MPH

Sustained ingestion of isoflavones can result in improvements in lipid profile independent of vascular function in healthy postmenopausal women.

### **Urogenital symptoms of postmenopausal women in Turkey**

Nuray Bozkurt, MD, Secil Ozkan, MD, Umit Korucuoglu, MD, Anil Onan, MD, Nur Aksakal, MD, Mustafa Ilhan, MD, and Ozdemir Himmetoglu, MD

The aim of this study was to evaluate the prevalence and risk factors of urogenital symptoms in postmenopausal women in Turkey. Symptoms that appear during the postmenopausal

period may be related to several factors such as age, number of births, time elapsed since menopause, presence of diabetes mellitus and use of HT.