

# Menopause

The Journal of The North American Menopause Society

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**Judy Cerne**, President & CEO  
McKinney Advertising and Public Relations  
Penton Media Building  
1300 East Ninth Street, Suite 1520  
Cleveland, OH 44114  
Phone: (216) 621-5133/ Fax: (216) 621-1181  
E-mail: [jcerne@mckinneyad.com](mailto:jcerne@mckinneyad.com)

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**Should testosterone be added to estrogen-progestin therapy for breast protection?**

Henry G. Burger, MD, FRACP

**Does estrogen use support cognition in postmenopausal women?**

Sarah L. Berga, MD

**Hot flashes: what are women's expectations from therapeutic options?**

Celine Bouchard, MD, FRCSC

### **NAMS Position Statement**

**Estrogen and progestogen use in peri- and postmenopausal women: March 2007 position statement of The North American Menopause Society**

## **Articles**

### **Testosterone inhibits estrogen/progestogen-induced breast cell proliferation in postmenopausal women**

Marie Hofling, MD, Angelica Linden Hirschberg, MD, PhD, Lambert Skoog, MD, PhD, Edneia Tani, MD, PhD, Torsten Hagerström, BMA, and Bo von Schoultz, MD, PhD

The addition of a transdermal testosterone releasing patch to a common continuous combined EPT regimen was found to inhibit estrogen/progestogen induced breast cell proliferation.

### **Hot flashes and estrogen therapy do not influence cognition in early menopausal women**

Erin S. LeBlanc, MD, MPH, Michelle B. Neiss, PhD, Phyllis E. Carello, BS, Mary H. Samuels, MD, and Jeri S. Janowsky, PhD

The severity of menopausal symptoms is not associated with cognitive performance in women in the late menopausal transition or early menopause. Menopausal estrogen therapy does not improve cognition in women in the late menopausal transition or early menopause even though it relieves symptoms and improves sleep.

### **Minimal decrease in hot flashes desired by postmenopausal women in family practice**

Debra A. Butt, MD, MSc, CCFP, Linda Y.R. Deng, MA, Jacqueline E. Lewis, MD, MSc, FCFP, and Michael Lock, MD, CCFP, FRCPC

The minimal important difference in hot flashes that postmenopausal women want from a nonhormonal agent is approximately 50%. This estimate can provide the basis to calculate sample size in clinical trials of anti-hot flash agents.

### **Mammographic densities during the menopausal transition: a longitudinal study of Australian-born women**

Janet R. Guthrie, PhD, Roger L. Milne, MSc, John L. Hopper, PhD, Jennifer Cawson, MD, Lorraine Dennerstein, PhD, and Henry G. Burger, MD

This longitudinal study of a population-based cohort of Australian-born women has shown that after controlling for age there was no apparent effect of menopausal change on the area of dense breast tissue. Aging and increasing BMI through the menopausal transition, were associated with increased non-dense breast tissue and explain a small but statistically significant portion of the variation in PMD tissue.

### **Changing use of hormone therapy among minority women since the Women's Health Initiative**

Ira M. Helenius, MD, MPH, Deborah Korenstein, MD, and Ethan A. Halm, MD, MPH

The impact of the Women's Health Initiative findings on the attitudes, knowledge and self-reported medication behaviors of a New York City minority population.

### **Efficacy of citalopram on climacteric symptoms**

Aysegül E. Kalay, MD, Berfu Demir, MD, Ali Haberal, MD, Mustafa Kalay, MD, and Omer Kandemir,

MD

Citalopram is an effective alternative treatment option for the alleviation of climacteric symptoms. Moreover, adjuvant citalopram treatment increases effectiveness of hormone therapy for the treatment of climacteric symptoms in women who had inadequately responded to hormone therapy.

### **Comparison of patient recall of hormone therapy with physician records**

Annlia Paganini-Hill, PhD and Linda J. Clark, PhD

A comparison of patient recall of menopausal hormone therapy by 1,174 women with what was recorded in the physicians' records found that interviews provide a moderately reliable measure for ever use of both estrogen and progestogen (84-85% agreement,  $k = 0.59$ ).

Recalled details are less reliable and may be affected by age, type of menopause, and recall interval.

### **Effects on asymmetric dimethylarginine of HMR 3339, a novel selective estrogen receptor modulator: a 12-week, randomized, placebo-controlled, double-blind, dose-ranging study in healthy postmenopausal women**

Marieke O. Verhoeven, MD, Tom Teerlink, PhD, Peter Kenemans, MD, PhD, Tatjana E. Vogelvang, MD, PhD, and Marius J. van der Mooren, MD, PhD, MSc for the HMR 3339 Research Group

In this multi-center, randomized, placebo-controlled, double-blind 12-week study in 94 healthy postmenopausal women, HMR 3339 induced a dose-dependent reduction in both asymmetric dimethylarginine, an emerging coronary heart disease risk marker that inhibits nitric oxide synthase, and its stereo-isomer symmetric dimethylarginine. Raloxifene had no effects on these two markers.

### **Pilot study of dietary influences on mammographic density in pre-and postmenopausal Hispanic and non-Hispanic white women**

Cynthia A. Thomson, PhD, RD, Leslie A. Arendell, MS, Roberta L. Bruhn, MS, Gertraud Maskarinec, PhD, Ana Maria Lopez, MD, MPH, Nicole C. Wright, BS, Carlos E. Moll, BS, Mikel Aickin, PhD, and Zhao Chen, PhD, MPH

This paper describes pilot data regarding the potential differential associations between diet and mammographic density among non-Hispanic white and Hispanic pre-and postmenopausal women. These data provide preliminary evidence suggesting calcium, vitamin D, and dairy are associated with reduced mammographic density in premenopausal Hispanic women, while vegetable intake is associated with reduced density and fruit/juice intake is associated with increased density in premenopausal non-Hispanic white women.

### **Aged rats lose vasoprotective and anti-inflammatory actions of estrogen in injured arteries**

Andrew P. Miller, MD, Dongqi Xing, MD, PhD, Wenguang Feng, MD, PhD, Marion Fintel, PhD, Yiu-Fai Chen, PhD, and Suzanne Oparil, MD

This study tested the hypothesis that injured arteries of aged rats lose the vasoprotective effects of estrogen previously observed in young animals. In aged rat arteries, estrogen

treatment stimulated neointima formation and did not affect early inflammatory responses.

### **Vasomotor symptoms among Japanese-American and European-American women living in Hilo, Hawaii**

Lynnette Leidy Sievert, PhD, Lynn Morrison, PhD, Daniel E. Brown, PhD, and Angela M. Reza, BA  
In Hilo, Hawaii, European-Americans reported significantly more hot flashes and night sweats compared with Japanese Americans. This difference could not be explained by differences in the consumption of soy.

### **The special extract ERr 731 of the roots of *Rheum raphaniticum* decreases anxiety and improves health state and general well-being in perimenopausal women**

Marietta Kaszkin-Bettag, PhD, Boris M. Ventskovskiy, MD, PhD, Andrei Kravchenko, MD, Reinhard Rettenberger, PhD, Andrew Richardson, PhD, Peter W. Heger, and Marianne Heger, MD  
This study demonstrated that a 12-week intake of the special extract ERr 731 from the roots of *Rheum raphaniticum* decreased anxiety and improved health state and general well-being in perimenopausal women with climacteric complaints. In particular, the reduction in the severity of anxiety correlated with the decrease in number and severity of hot flashes.

### **Searching for polycystic ovary syndrome in postmenopausal women: evidence of a dose-effect association with prevalent cardiovascular disease**

Andrew J. Krentz, MD, Denise von Muhlen, MD, PhD, and Elizabeth Barrett-Connor, MD  
This study sought to identify a putative PCOS phenotype in a well-characterized cohort of postmenopausal women using clinical and biochemical criteria. Among non-diabetic women with intact ovaries a dose-effect association was found between an increasing number of features of the phenotype and prevalent CVD. These results provide support for the thesis that PCOS increases the risk of CVD in older women.

### **Effect of isolated isoflavone supplementation on ABCA1-dependent cholesterol efflux potential in postmenopausal women**

Robert Badeau, MSc, Matti Jauhiainen, PhD, Jari Metso, MSc, Eini Nikander, MD, PhD, Matti J. Tikkanen, MD, PhD, Olavi Ylikorkala, MD, PhD, and Tomi S. Mikkola, MD, PhD  
In postmenopausal women, isolated isoflavone treatment does not affect adenosine triphosphate-binding cassette A1-dependent cholesterol efflux potential from macrophages but increases circulating pre-A HDL levels, which could provide beneficial vascular effects.

### **Complementary and alternative medicine use among midlife women for reasons including menopause in the United States: 2002**

Kate M. Brett, PhD and Nora L. Keenan, PhD  
In 2002, an investigation of a nationally representative sample found that 45% of women 45-57 years of age used CAM in the past 12 months. Only 3% mentioned using CAM specifically to treat menopause or menopausal symptoms.

## **Hot flashes are associated with increased ambulatory systolic blood pressure**

Linda M. Gerber, PhD, Lynnette Leidy Sievert, PhD, Katherine Warren, BA, Thomas G. Pickering, MD, DPhil, and Joseph E. Schwartz, PhD

The association between ambulatory blood pressure and hot flash experience was examined in a cross-sectional study including 154 women. Hot flashes were associated with increased awake and sleep systolic blood pressure, independent of menopause status.

## **Brief Report**

### **Human chorionic gonadotropin does not alter patterns of adrenal androgen secretion in primary human adrenal reticularis and fasciculata cell culture**

Peter R. Casson, MD, John E. Buster, MD, Peter M. Callas, PhD, and Peter J. Hornsby, PhD

Several lines of evidence imply that LH acts on the human adrenal cortex to augment adrenal androgen secretion. In this study, isolated primary human adrenocortical fasciculate and reticularis cells were exposed to varying levels of hCG, and no effect on adrenal steroidogenesis was seen, suggesting a limited or no role for LH in human adrenocortical androgen secretion.

## **Review Article**

### **Estrogen-progestin therapy in women after stem cell transplant: our experience and literature review**

Libuse Tauchmanova, MD, PhD, Carmine Selleri, MD, Gennaro De Rosa, MD, Annalidia Sammartino, MD, Costantino Di Carlo, MD, PhD, Tittania Musella, MD, Carmen Martorelli, MD, Gaetano Lombardi, MD, PhD, Bruno Rotoli, MD, Carmine Nappi, MD, PhD, and Annamaria Colao, MD, PhD

The cyclical combination of estradiol plus dydrogesterone produced a dramatic improvement of symptoms related to estrogen deficiency including vasomotor, urogenital and psychological, but did not prevent bone loss in the allogeneic setting. EPT absorption may be reduced in allo-transplanted patients who are affected by gastrointestinal or skin graft-vs-host disease.