



Menopause

The Journal of The North American Menopause Society

The following provides a brief description of the articles published in *Menopause*, the official peer-reviewed journal of The North American Menopause Society (NAMS). Studies published in *Menopause* do not necessarily reflect the policies or opinions of NAMS.

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Contents of the May-June 2007 Issue of *Menopause: The Journal of The North American Menopause Society*

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The Editors

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Breast density as a clinical entity: is it a marker for breast cancer?

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NAMS Continuing Medical Education Activity

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The North American Menopause Society provides its evidence-based recommendations.

NAMS CME Activity Self-Assessment Examination

NAMS Endowed Lecture

First NAMS-endowed lecture

Estrogen effects on arteries vary with stage of reproductive life and extent of subclinical atherosclerosis progression

Thomas B. Clarkson, DVM

Both experimental and clinical data indicate that estrogens inhibit the progression of atherosclerosis during the premenopausal, perimenopausal, and early postmenopausal years. To the contrary, however, estrogens administered in the later postmenopausal years can result in complicated atherosclerotic plaques becoming unstable.

Articles

Sex hormone ratio changes in men and postmenopausal women with coronary artery disease

Hong He, MD, Falin Yang, PhD, Xianxi Liu, PhD, Xianwei Zeng, MD, Qin Hu, PhD, Qing Zhu, MD, and Bing Tu, MS

An association between sex hormone ratios and coronary artery disease was found in both men and postmenopausal women. Compared to controls, the estradiol-to-progesterone ratio was lower in men with angiographically proven coronary artery disease, whereas both estradiol-to-progesterone and estradiol-to-testosterone ratios were lower in female study participants.

Effect of ultra-low-dose transdermal estradiol on breast density in postmenopausal women

Deborah Grady, MD, MPH, Eric Vittinghoff, PhD, Feng Lin, MS, Vladimir Hanes, MD, Kristine Ensrud, MD, MPH, Laurel A. Habel, PhD, Robert Wallace, MD, MSc, Judith Macer, Steven R. Cummings, MD, and John Shepherd, PhD

Women with higher mammographic breast density have higher risk for breast cancer, and change in mammographic breast density might be a surrogate marker for hormone therapy—associated changes in risk for breast cancer. This randomized, placebo controlled trial of unopposed ultra-low-dose estradiol showed no increase in breast density after two years of treatment.

Women's health during mid-life survey: the use of complementary and alternative medicine by symptomatic women transitioning through menopause in Sydney

Corinne Patching van der Sluijs, Dip Ed, BSc, BHlth Sc, Alan Bensoussan, PhD, Liwan Liyanage, PhD, and Smita Shah, MBChB, MCH

This Australian study provides insight into the continuing popularity of complementary and alternative medicine (CAM) use among women transitioning through menopause. A significant number of these women are using CAM in conjunction with pharmaceuticals; therefore, communication between doctors and CAM-consuming patients needs to be encouraged in order to minimize the potential for drug-herb interactions.

Menopause, but not age, is an independent risk factor for fasting plasma glucose levels in nondiabetic women

Michio Otsuki, MD, Soji Kasayama, MD, Shinya Morita, MD, Nobuyuki Asanuma, MD, Hiroshi Saito, MD, Mikio Mukai, MD, and Masafumi Koga, MD

Bone mineral density, menopause, and triglyceride levels are independent risk factors for elevated fasting plasma glucose levels in nondiabetic women.

Randomized, placebo-controlled trial of the effects of drospirenone-estradiol on blood pressure and potassium balance in hypertensive postmenopausal women receiving hydrochlorothiazide

Richard A. Preston, MD, MSPH, Paul M. Norris, MD, Alberto B. Alonso, MD, PA, Pingping Ni, PhD, Vladimir Hanes, MD, and Adel H. Karara, PhD, FCP

This study investigated the effects of 3 mg drospirenone/1 mg 17beta-estradiol versus placebo on blood pressure and potassium balance in hypertensive postmenopausal women receiving 25 mg hydrochlorothiazide daily. Adding drospirenone/17beta-estradiol substantially lowered both systolic and diastolic blood pressures and reduced potassium loss, suggesting a potassium-sparing effect that counteracts thiazide-induced hypokalemia.

Helping midlife women predict the onset of the final menses: SWAN, the Study of Women's Health Across the Nation

Nanette Santoro, MD, Sarah Brockwell, PhD, Janet Johnston, PhD, Sybil L. Crawford, PhD, Ellen B. Gold, PhD, Sioban D. Harlow, PhD, Karen A. Matthews, PhD, and Kim Sutton-Tyrrell, DrPH

With the use of readily available demographic, historical, and hormone information from SWAN, the Study of Women's Health Across the Nation, it is possible to predict the onset of the final menstrual period with reasonable accuracy.

Endogenous estrogen is not associated with cognitive performance before, during, or after menopause

Agneta Herlitz, PhD, Petra Thilers, BA, and Reza Habib, PhD

Potential cognitive differences among premenopausal, menopausal, or postmenopausal groups of women were investigated. The results indicate that neither estrogen nor menopausal status affects cognitive performance in these groups of women.

Effect of weight reduction on quality of life and eating behaviors in obese women

Sophie Lemoine, PhD, Nadia Rossell, MSc, Vicky Drapeau, PhD, Magali Poulain, PhD, Sophie Garnier, PhD, Frederic Sanguinol, MD, and Pascale Mauriege, PhD

A short-term (3 weeks) weight-reducing program combining caloric restriction and aerobic

physical activity exerted a favorable impact on body composition, physical condition as assessed by the Six-Minute Walk Test, health-related quality of life, and eating behaviors estimated by the 36-item Short Form Questionnaire and the Three-Factor Eating Questionnaire of initially sedentary obese pre- and postmenopausal women.

Provider management of menopause after the findings of the Women's Health Initiative

Sharon J. Rolnick, PhD, MPH, Jody Jackson, RN, BSN, Richard Kopher, MD, and Terese A. Defor, MS
To gain a further understanding of the impact of the research findings related to menopause management on providers who deliver gynecologic care, a survey was conducted within a large, Midwestern integrated health system asking about current behaviors and concerns.

Longitudinal evaluation of serum leptin and bone mineral density in early postmenopausal women

Costantino Di Carlo, MD, Giovanni A. Tommaselli, MD, PhD, Attilio Di Spiezio Sardo, MD, Annalidia Sammartino, MD, Wanda Attianese, MD, Virginia Gargano, MD, Giuseppe Bifulco, MD, and Carmine Nappi, MD

This study confirms the previous evidence of a significant correlation between serum leptin and bone density in early postmenopausal women. Furthermore, this correlation is lost with time during the progression of the postmenopausal period, independently from the administration of estrogen plus progestin therapy.

High prevalence of vitamin D deficiency in Chilean healthy postmenopausal women with normal sun exposure: additional evidence for a worldwide concern

Gilberto Gonzalez, MD, Jose N. Alvarado, MD, Auristela Rojas, MSc, Carlos Navarrete, MS, Carmen G. Velasquez, MSc, and Eugenio Arteaga, MD

This study shows that vitamin D deficiency occurs in most healthy postmenopausal women with normal sun exposure but without vitamin D fortification in their diets.

Decline in use of hormone therapy among postmenopausal women in the United Kingdom

Usha Menon, MRCOG, Matthew Burnell, PhD, Aarti Sharma, MRCOG, Aleksandra Gentry-Maharaj, PhD, Lindsay Fraser, BSc, Andy Ryan, PhD, Mahesh Parmar, PhD, Myra Hunter, PhD, and Ian Jacobs, FRCOG, for the UKCTOCS Group

UK trends in hormone therapy use by postmenopausal women were examined between April 2001 and September 2005 by analyzing data collected in the United Kingdom Collaborative Trial of Ovarian Cancer Screening. A significant decrease in prevalence of hormone therapy use by women was evident, which may be explained by the publication of the results of the Women's Health Initiative in 2002 and the Million Women Study in 2003.

Isoflavone treatment for acute menopausal symptoms

Guojun Cheng, MD, PhD, Brigitte Wilczek, MD, PhD, Margaret Warner, PhD, Jan-Ake Gustafsson, MD, PhD, and Britth-Marie Landgren, MD, PhD

This short-term, double-blinded, prospective study indicated that administration of 60 mg isoflavones daily to postmenopausal women is effective in relieving the common menopausal symptoms of hot flashes and sweating, but has no obvious effects on breast, endometrium, lipoprotein lipids, and circulating levels of E2 and FSH.

7alpha-Methyl-ethinyl estradiol is not a metabolite of tibolone but a chemical stress artifact

Melloney J. Droge, PhD, Freddy Oostebing, Ep Oosting, MSc, Herman A.M. Verheul, PhD, and Helenius J. Kloosterboer, PhD

7alpha-MEE is not a metabolite of tibolone but is a chemical artifact generated during analytical procedures with derivatization. Using LC-MS/MS without derivatization, 7alpha-MEE cannot be demonstrated in plasma from postmenopausal women after single or multiple doses of tibolone.

Effects of soy protein isolate and moderate exercise on bone turnover and bone mineral density in postmenopausal women

Ellen M. Evans, PhD, Susan B. Racette, PhD, Rachael E. Van Pelt, PhD, Linda R. Peterson, MD, and Dennis T. Villareal, MD

Soy protein and exercise are two lifestyle strategies commonly used by postmenopausal women to preserve bone mineral density (BMD). Nine months of soy protein isolate consumption reduced bone turnover but did not affect BMD, whereas moderate exercise training did not favorably alter bone turnover or impact BMD. Combining the soy protein isolate and exercise therapies did not produce additive effects on bone turnover or BMD.

Effects of soy isoflavone supplementation on cognitive function in Chinese postmenopausal women: a double-blind, randomized, controlled trial

Suzanne C. Ho, PhD, MSc, MPH, Agnes S. Y. Chan, PhD, Yee Ping Ho, PhD, Edwin K. F. So, BSc, Aprille Sham, MBA, Benny Zee, PhD, and Jean L. F. Woo, MD, FRCP

This 6-month, two-arm, double-blind, randomized, controlled trial of 80 mg soy-derived isoflavones versus placebo revealed no significant differences in standard neuropsychological tests of memory, executive function, attention, motor control, language, visual perception, and global cognitive function or quality of life measurements in generally healthy Chinese postmenopausal women.

Interaction of obesity and skeletal bone mineral density in tooth retention in Japanese postmenopausal women

Akira Taguchi, DDS, PhD, Mikio Tsuda, MD, PhD, Masahiko Ohtsuka, PhD, Takashi Nakamoto, DDS, PhD, Koji Inagaki, DDS, PhD, Toshihide Noguchi, DDS, PhD, Yoshiki Kudo, MD, PhD, Masao Yoshizumi, MD, PhD, Yukihito Higashi, MD, PhD, Yoshikazu Suei, DDS, PhD, and Keiji Tanimoto, DDS, PhD

Regardless of higher skeletal bone mineral density, Japanese postmenopausal women who are overweight may have an increased risk of tooth loss compared with those with normal body mass index. This risk may be similar to that for underweight postmenopausal women who have lower skeletal bone mineral density.

Oxybutynin for refractory hot flashes in cancer patients

Tracy Sexton, MD, PhD, Jawaid Younus, MD, Francisco Perera, MD, Lyn Kligman, MN, ACNP, and Michael Lock, MD

A retrospective chart review was performed on 52 cancer patients who received oxybutynin, an antimuscarinic agent for refractory hot flashes. Seventy percent of patients showed an excellent or partial response in terms of reduction in hot flash number and severity, and only 12% of patients stopped treatment due to oxybutynin-related side effects. A placebo-

controlled, randomized study is being developed to look more closely at the effectiveness of oxybutynin in reducing hot flashes.

The effects of combined raloxifene and oral estrogen on vasomotor symptoms and endometrial safety

Dale W. Stovall, MD, Wulf H. Utian, MD, PhD, Margery L.S. Gass, MD, Yongming Qu, PhD, David Muram, MD, Mayme Wong, PhD, and Leo Plouffe, Jr, MD

Women treated with raloxifene in combination with oral estradiol over 52 weeks demonstrated a reduction in vasomotor symptoms as compared to women treated with raloxifene alone. Further data regarding safety issues are needed before the combination of raloxifene and oral estradiol can be recommended.

Preferential prescribing of tibolone and combined estrogen plus progestogen therapy in postmenopausal women

Erica J.M. Velthuis-te Wierik, PhD, MSc, Paul T. Hendricks, MSc, and Carlos Martinez, MD

The findings of this study support the previous observation that tibolone is preferentially prescribed to women with an increased risk for breast and endometrial cancer compared to women being prescribed EPT products in the United Kingdom. The different background risk could introduce a bias in observational studies if adjustment for the different baseline risk is incomplete or not possible.

Relative effects of exercise training and alendronate treatment on skeletal muscle function of ovariectomized rats

Jeffrey J. Widrick, PhD, Robyn Fuchs, PhD, Gianni F. Maddalozzo, PhD, Kevin Marley, PhD, and Christine Snow, PhD

Endurance exercise training increased the mass and altered the functional properties of soleus and extensor digitorum longus muscles from ovariectomized rats. Alendronate, administered at a level shown to reduce bone loss, neither impaired nor augmented these training adaptations.

Brief Report

Lack of perceived sleep improvement after 4-month structured exercise programs

Steriani Elavsky, PhD and Edward McAuley, PhD

This study assessed the effects of 4-month moderate-intensity walking and low-intensity yoga interventions on perceived sleep quality in middle-aged women experiencing vasomotor symptoms. Although the walking group tended to experience small improvements in several sleep-quality domains, there were no statistically significant improvements in perceived sleep quality after either structured program.

Review Articles

Botanical and dietary supplements for mood and anxiety in menopausal women

Stacie E. Geller, PhD and Laura Studee, MPH

Depression and anxiety are significant complaints during the menopausal transition and many women are turning to botanicals and dietary supplements for relief. St. John's wort and black cohosh appear to be the most useful in alleviating mood and anxiety changes during menopause.

Levonorgestrel-releasing intrauterine system as an adjunct to estrogen for the treatment of menopausal symptoms—a review

Yoav Peled, MD, Tamar Perri, MD, Yosef Pardo, MD, and Boris Kaplan, MD

Endometrial protection was provided by the use of levonorgestrel-releasing intrauterine system (IUS) for localized, rather than systemic, progesterone administration in menopausal women receiving estrogen therapy.