



Menopause

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Don't give up on social support: a topic of inquiry important for a healthy society

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Original Articles

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Perceived social support and the risk of cardiovascular disease and all-cause mortality in the Women's Health Initiative Observational Study

Nancy Freeborne, PA-C, MPH, DrPH, Samuel J. Simmens, PhD, JoAnn E. Manson, MD, DrPH, Barbara V. Howard, PhD, Crystal W. Cené, MD, MPH, Matthew A. Allison, MD, MPH, Giselle Corbie-Smith, MD, MSc, Christina L. Bell, MD, Natalie L. Denburg, PhD, and Lisa Warsinger Martin, MD
After controlling for potential confounding variables, higher perceived social support is not associated with incident coronary heart disease or cardiovascular disease (CVD), yet, among women free of CVD at baseline, perceived social support is associated with a slightly lower risk of all-cause mortality.

(continued)

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Menopause symptoms and chronic pain in a national sample of midlife women veterans

Carolyn J. Gibson, PhD, MPH, Yongmei Li, PhD, Daniel Bertenthal, MPH,
Alison J. Huang, MD, MAS, and Karen H. Seal, MD, MPH

This study examined relationships between menopause symptoms and chronic pain among midlife women veterans using national Veterans Health Administration medical and pharmacy records. One in four women had diagnoses or medications indicating menopause symptoms, which were associated with nearly two-fold odds of chronic pain and multiple chronic pain diagnoses.

714

Topical estrogen prescribing patterns for urogenital atrophy among women with breast cancer: results of a national provider survey

Lee A. Richter, MD, Jim Han, MS, Sarah Bradley, MD, Filipa C. Lynce, MD,
Shawna C. Willey, MD, Eshetu Tefera, MS, and Craig E. Pollack, MD, MHS

This study evaluated the knowledge, attitudes, and practice patterns of physicians prescribing topical estrogen for women with urogenital atrophy and a history of breast cancer. There was heterogeneity both within and across specialties but overall about 2/3 of providers were willing to prescribe vaginal estrogen for women no longer on endocrine treatment.

OPEN

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Estradiol and progesterone bioavailability for moderate to severe vasomotor symptom treatment and endometrial protection with the continuous-combined regimen of TX-001HR (oral estradiol and progesterone capsules)

Rogério A. Lobo, MD, James Liu, MD, Frank Z. Stanczyk, PhD, Ginger D. Constantine, MD,
James H. Pickar, MD, Annette M. Shadiack, PhD, Brian Bernick, MD, and Sebastian Mirkin, MD

Progesterone levels observed with TX-001HR were similar in a phase 1 study and the phase 3 REPLENISH study, in which vasomotor symptoms significantly improved with TX-001HR versus placebo, without endometrial hyperplasia or cancer. Continuous oral dosing with 100 mg progesterone appears to be adequate to counteract the potential estrogenic effects of 0.5 mg or 1 mg 17 β -estradiol on the endometrium.

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Cardiovascular reactivity and psychological hyperarousal in hot flash-associated insomnia disorder

Suzanne M. Bertisch, MD, MPH, Aleta Wiley, MPH, Kathleen McCormick, BS,
Cristen Muresan, BA, Julie Camuso, BS, Kimberly Albert, PhD, Sybil L. Crawford, PhD,
Paul Newhouse, MD, J. Andrew Taylor, PhD, and Hadine Joffe, MD, MSc

This study examined whether women with hot flash-associated insomnia disorder demonstrate exaggerated cardiovascular responsiveness to acute stressors as well as a profile of psychological hyperarousal.

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Utilization pattern of hormone therapy in UK general practice between 1996 and 2015: a descriptive study

Theresa Burkard, MSc, Manon Moser, MSc, Marlene Rauch, PhD, Susan S. Jick, ScD, and
Christoph R. Meier, PhD, MSc

This study suggests that women, particularly those with pre-existing cardiovascular disease or breast cancer, were guided toward safer hormone therapy (HT) use with shorter durations, less systemic exposure (more vaginal formulations and lower doses of HT), and estrogen rather than estrogen plus progestogen therapy.

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Pregnancy history and cognitive aging among older women: the Rancho Bernardo Study

Sindana D. Ilango, MPH, Linda K. McEvoy, PhD, Gail A. Laughlin, PhD,

Jaclyn Bergstrom, MS, Elizabeth Barrett-Connor, MD, and Donna Kritiz-Silverstein, PhD

This study examined the association of pregnancy history with trajectories of cognitive function in a cohort of 1,025 older women. No clinically meaningful long-term influence of pregnancy history on age-related change in cognitive function was found.

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Relationships between menopausal symptoms, sense of coherence, coping strategies, and quality of life

Fei Wan Ngai, PhD, RM

The present study provides new insights into the importance of considering sense of coherence and coping strategies and their interactions with menopausal symptoms and quality of life in the situation of menopausal transition.

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Are obesity indices derived by dual-energy x-ray absorptiometry capable of identifying postmenopausal females with high risk for coronary heart disease?

George E. Manios, PhD, Kostas Perisinakis, PhD, Evangelos A. Zacharis, MD, PhD,

Emmanouel N. Simantirakis, MD, PhD, and John Damilakis, PhD

Dual Energy X-ray Absorptiometry-derived central fat indices were found to have the power to identify individuals with coronary heart disease (CHD) but the higher potential of these indices over the commonly used anthropometric indices (body mass index and waist circumference) in identifying postmenopausal females with CHD did not reach statistical significance.

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The effects of genetic variants related to insulin metabolism pathways and the interactions with lifestyles on colorectal cancer risk

Su Yon Jung, PhD, MPH, and Zuo-Feng Zhang, MD, PhD

These findings provide insight into gene–lifestyle interactions and will enable researchers to focus on individuals with risk genotypes to promote intervention strategies. The research suggests the careful use of data on potential genetic targets in clinical trials for cancer prevention to reduce the risk for colorectal cancer in postmenopausal women.

781

Higher serum levels of vitamin D are associated with lower blood glucose levels

Tânia Valladares, MSc, Maria Regina Cardoso, MSc, PhD, and Jose Mendes Aldrighi, PhD

Lower serum 25(OH)D concentrations appear to be associated with high bloodglucose levels.

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Hydrogen gas protects against ovariectomy-induced osteoporosis by inhibiting NF- κ B activation

Gang Wu, MD, Lei Pan, MD, Jing Sun, MD, Guimin Chen, MD, and Shaohai Wang, MD

Results from this study demonstrated that hydrogen gas could be an effective therapeutic agent of postmenopausal osteoporosis.

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Conservative management for postmenopausal women with tubo-ovarian abscess

Yael Yagur, MD, Omer Weitzner, MD, Gili Man-El, MD, Ron Schonman, MD, Zvi Klein, MD, Ami Fishman, MD, Mario Beiner, MD, and Yfat Kadan, MD

In postmenopausal women with tubo-ovarian abscess, the prevalence of concurrent pelvic malignancy was higher than in the general population, but lower than reported in the literature.

Clinical Corner

NAMS Practice Pearl

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Clinical care of women with intermediate breast cancer risk

Holly J. Pederson, MD, NCMP

Identification (often involving genetic counseling and testing) of women at intermediate and high risk of breast cancer allows for appropriate risk-management strategies, including enhanced surveillance and preventive medication. Consideration should be given to digital breast tomosynthesis, eligibility for screening breast magnetic resonance imaging, and judicious assessment to choose patients appropriate for risk-reducing medication.

Review Article



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Endometrial safety of low-dose vaginal estrogens in menopausal women: a systematic evidence review

Ginger D. Constantine, MD, Shelli Graham, PhD, Kate Lapane, PhD, Kathleen Ohleth, PhD, Brian Bernick, MD, James Liu, MD, and Sebastian Mirkin, MD

Unopposed low-dose vaginal estrogens in menopausal women were not found to be associated with an increased risk of endometrial hyperplasia or cancer in this systematic review.

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