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Nancy E. Reame, MSN, PhD, FAAN

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Original Articles

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Childhood abuse and vasomotor symptoms among midlife women
Mary Y. Carson, BS, and Rebecca C. Thurston, PhD
In this investigation, how childhood abuse and/or neglect relates to physiologically recorded and prospectively self-reported vasomotor symptoms (VMS) was tested. Among women reporting VMS, childhood physical or sexual abuse was associated with more frequent physiologically-assessed VMS during sleep, controlling for a range of covariates and confounders.

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Sexual functioning in 4,418 postmenopausal women participating in UKCTOCS: a qualitative free-text analysis
Helena Harder, PhD, Rachel M.L. Starkings, MSc, Lesley J. Fallowfield, DPhil, Usha Menon, MD, Ian J. Jacobs, MD, Valerie A. Jenkins, DPhil, on behalf of the UKCTOCS trialists
This qualitative analysis explored postmenopausal women’s perspective on their sexual functioning. Having an intimate partner and good physical health are key factors for continuation of sexual activity and satisfaction.
The MATE survey: men’s perceptions and attitudes towards menopause and their role in partners’ menopausal transition
Sharon J. Parish, MD, Stephanie S. Faubion, MD, Marc Weinberg, Brian Bernick, MD, and Sebastian Mirkin, MD

Overall, men are aware of their partner’s menopausal transition and may influence decisions relating to symptom management. Educational interventions would further benefit men’s awareness of menopause and available treatment options.

Personality traits and the risk of coronary heart disease or stroke in women with diabetes – an epidemiological study based on the Women’s Health Initiative
Junmei Miao Jonasson, MD, PhD, Michael Hendryx, PhD, JoAnn E. Manson, MD, DrPH, Paul Dinh, MPH, Lorena Garcia, MPH, DrPH, Simin Liu, PhD, and Juhua Luo, PhD

Hostility was associated with incidence of coronary heart disease among postmenopausal women with diabetes, especially among incident diabetes. These results provide a basis for targeted prevention programs for women with high level of hostility and diabetes.

Depressive symptoms and associated factors among Iranian women at midlife: a community-based, cross-sectional study
Marzieh Azizi, MSc, Ensieh Fooladi, PhD, Robin J. Bell, MBBS, PhD, MPH, FAFPHM, Forouzan Elyasi, MD, Maryam Masoumi, MSc, and Susan R. Davis, MBBS, FRACP, PhD

This study identified a number of associated factors for moderate-severe depressive symptoms in women at midlife in Iran. Further studies are needed to explore potential interventions for Iranian women with moderate-severe depressive symptoms, including marital therapy and menopause hormone therapy where appropriate.

Medication use and climacteric syndrome: a cross-sectional population-based study
Anna Valéria Gueldini de Moraes, MD, Lúcia Costa-Paiva, MD, PhD, Jeffrey Frederico Lui-Filho, MD, PhD, and Adriana Orcesi Pedro, MD, PhD

The prevalence of medication use among middle-aged women was high and was associated with the age of menopause onset, chronic diseases and obesity/overweight status.

Sleep quality and fatigue in women with premature ovarian insufficiency receiving hormone therapy: a comparative study
Cristina Laguna Benetti-Pinto, MD, PhD, Camila Menezes, Daniela Angerame Yela, MD, PhD, and Tania Moc Cardoso, MD, PhD

Women with premature ovarian insufficiency using hormone therapy present with poor sleep quality. They take longer to fall asleep, in addition to presenting with a greater fatigue index.

Doctor, ask your perimenopausal patient about her physical fitness; association of self-reported physical fitness with cardiometabolic and mental health in perimenopausal women: the FLAMENCO project
Virginia A. Aparicio, PhD, Nuria Marín-Jiménez, BSc, Irene Coll-Risco, PhD, Marta de la Flor-Alemany, BSc, Laura Baena-Garcia, BSc, Pedro Acosta-Manzano, BSc, and Pilar Aranda, PhD

Self-reported physical fitness was associated with better cardiometabolic and mental health in perimenopausal women. The International Fitness Scale might be proposed as a cheap, quick and easy tool in clinical settings.
Opinions and main sources of information about menopause among middle-aged Brazilian women
Isabel Cristina Gardenal de Arruda Amaral, PhD, Luiz Francisco Baccaro, MD, PhD, Jeffrey Frederico Lui-Filho, MD, PhD, Maria José Duarte Osis, PhD, Adriana Orcesi Pedro, MD, PhD, and Lúcia Costa-Paiva, MD, PhD
Most of the interviewees relate the term “menopause” to physiological events. There appears to be a demand for information on the various aspects of the menopausal transition among middle-aged Brazilian women.

Validation of noninvasive focal depth measurements to determine epithelial thickness of the vaginal wall
Arnoud W. Kastelein, MD, Chantal M. Diedrich, MD, Charlotte H.J.R. Jansen, MD, Sandra E. Zwolsman, PhD, Can Ince, PhD, and Jan-Paul W.R. Roovers, MD, PhD
Focal depth measured with incident dark field imaging is an accurate reflection of vaginal wall epithelial thickness. This measurement tool can be used to objectify vulvovaginal atrophy, and allows for non-invasive diagnosis, follow-up and evaluation of (newly developed) treatment modalities.

Trabecular bone score of postmenopausal women is positively correlated with bone mineral density and negatively correlated with age and body mass index
Şerife Ş. Torgutalp, MD, Naila Babayeva, MD, Ömer S. Kara, MD, Ömer Özkan, MD, Gürhan Dönmez, MD, and Feza Korkusuz, MD, PhD
Trabecular bone score values of postmenopausal women were negatively correlated with age and body mass index, and positively correlated with bone mineral density and bone mineral density to body mass index ratio.

The synergistic effects of vitamin D and estradiol deficiency on metabolic syndrome in Chinese postmenopausal women
Hui Huang, MD, Jing Guo, MD, PhD, Qingyu Chen, MD, PhD, Xiaoatong Chen, MD, Yabo Yang, MD, PhD, Wangjian Zhang, PhD, Yong Liu, MD, Xiaoli Chen, MD, PhD, and Dongzi Yang, MD, PhD
Serum 25-hydroxyvitamin-D was significantly associated with metabolic syndrome in Chinese postmenopausal women. Low estradiol increased the risk of metabolic syndrome in Vitamin D deficient postmenopausal women.

Sleep-related symptoms of midlife women with and without type 2 diabetes mellitus
Eun-Ok Im, PhD, MPH, FAAN, You Lee Yang, PhD, RN, Jianghong Liu, PhD, RN, FAAN, and Wonshik Chee, PhD
This secondary analysis supported significant associations of type 2 diabetes to sleep-related symptoms of midlife women from four major racial/ethnic groups in the U.S.

Association of the ESRI polymorphism with menopause and MLXIPL genetic variant influence serum uric acid levels in Slovak midlife women
Lenka Vorobel’ová, PhD, Zuzana Danková, PhD, Veronika Candráková-Čeriánová, PhD, Darina Falbová, PhD, Marta Cvičelová, CSc, Radoslav Beňuš, PhD, and Daniela Siváková, CSc
These findings suggest that MLXIPL (rs3812316) polymorphism is significantly associated with higher serum uric acid (UA) levels and that the ESRI (XbaI) polymorphism is associated with UA levels only in the postmenopausal cohort.
Effectiveness of Chinese herbal medicine granules and traditional Chinese medicine–based psychotherapy for perimenopausal depression in Chinese women: a randomized controlled trial

Xiao-jing Cao, MD, PhD, Xu-chun Huang, MD, and Xiaoyun Wang, MD

Treatment with Bushen Tiaogan formula plus traditional-Chinese-medicine-based therapy (TBP) was more effective than TBP alone for improving perimenopausal depression (PMD) symptoms, sexual hormone levels, and blood lipid conditions in women with mild PMD.

Genetic associations with age of menopause in familial longevity

Harold Bae, PhD, Kathryn L. Lunetta, PhD, Joanne M. Murabito, MD, Stacy L. Andersen, PhD, Nicole Schupf, PhD, Thomas Perls, MD, MPH, Paola Sebastiani, PhD, on behalf of the Long Life Family Study

This work indicates novel associations and replicates known associations between genetic variants and age of menopause. A number of these associations make sense for their roles in aging.

Clinical Corner

Invited Review

The menopause transition and women’s health at midlife: a progress report from the Study of Women’s Health Across the Nation (SWAN)

Samar R. El Khoudary, PhD, MPH, FAHA, Gail Greendale, MD, Sybil L. Crawford, PhD, Nancy E. Avis, PhD, Maria M. Brooks, PhD, Rebecca C. Thurston, PhD, Carrie Karvonen-Gutierrez, PhD, MPH, L. Elaine Waetjen, MD, and Karen Matthews, PhD

Over the past 23 years, The Study of Women’s Health Across the Nation (SWAN) has advanced our understanding of the impact of the menopause transition (MT) and midlife aging on health and well-being in women. SWAN will be instrumental to determine whether MT-related changes during midlife are related to unfavorable health and well-being in early old age.