



# Menopause

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**Menopausal night sweats: more evidence for long-term repercussions of childhood abuse on women's health**

Nancy E. Reame, MSN, PhD, FAAN

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Jan L. Shifren, MD

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**An opportunity to enhance health and well-being in menopausal women: educate their male partners!**

Barbara L. Parry, MD

### Original Articles

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1093

**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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1100

**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.*

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1110

**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.*

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**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.*

1125

**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.*

1133

**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.*

1141

**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.*

1146

**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-Aleman, BSc, Laura Baena-García, 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.*

1154

**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.*

1160

**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.*

1166

**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.*

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**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, Xiaotong 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.*

1178

**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.*

1185

**Association of the *ESR1* 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-Čerňanová, 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 *ESR1* (*XbaI*) polymorphism is associated with UA levels only in the postmenopausal cohort.*

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**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.*

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1204

**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.*

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**Clinical Corner**

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**Invited Review**

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**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.*

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