Menopause

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Estetrol 15 mg is considered to be the minimum effective daily oral dose for treatment of vasomotor symptoms.

(continued)

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Treatment for vaginal atrophy using microablative fractional CO_2 laser: a randomized double-blinded sham-controlled trial
Purim Ruanphoo, MD, and Suvit Bunyavejchevin, MD, MHS
This study demonstrated that the application of microablative fractional CO_2 laser was effective in treating vaginal atrophy. It could be a promising alternative treatment for postmenopausal women with vaginal atrophy.

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Incidence of venous thromboembolism among postmenopausal women prescribed ospemifene, selective estrogen receptor modulators for noncancer indications, or untreated vulvar and vaginal atrophy
Beth L. Nordstrom, PhD, MPH, Bin Cai, MD, PhD, Fabio De Gregorio, MD, PhD, Nafeesa Dhalwani, PhD, Kathy H. Fraeman, SM, Yuki Yoshida, MS, and Trevor Gibbs, MD
This interim analysis of an ongoing study suggests a favorable safety profile for ospemifene with respect to venous thromboembolism.

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Associations of pituitary-ovarian hormones and white matter hyperintensities in recently menopausal women using hormone therapy
Juliana M. Kling, MD, MPH, Virginia M. Miller, PhD, Nirubol Tosakulwong, BSc, Timothy Lesnick, MS, and Kejal Kantarci, MD, MS
Circulating levels of pituitary-ovarian hormones associate with changes in white matter hyperintensities volume in recently menopausal women using hormone therapy. Whether these relationships would be influenced by different doses of tE2 or oCEE remains to be determined.

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Dairy intake is not associated with improvements in bone mineral density or risk of fractures across the menopause transition: data from the Study of Women's Health Across the Nation
Taylor C. Wallace, PhD, CFS, FACN, Shinyoung Jun, MPH, Peishan Zou, MSc, George P. McCabe, PhD, Bruce A. Craig, PhD, Jane A. Cauley, DrPH, Connie M. Weaver, PhD, and Regan L. Bailey, PhD, MPH, RD
The relationship between dairy consumption and bone health across the menopause transition remains largely unknown. Among US women who participated in the Study of Women's Health Across the Nation, dairy food intake was not associated with femoral and spine bone mineral density loss nor the risk of fractures.

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Association between osteoporosis and menopause in relation to SOX6 rs297325 variant in Taiwanese women
Tzu-Liang Hsu, MD, Disline Manli Tantoh, PhD, Ying-Hsiang Chou, MD, Shu-Yi Hsu, MSc, Chien-Chang Ho, PhD, Chia-Chi Lung, PhD, Cheng-Feng Jan, MEd, Lee Wang, PhD, and Yung-Po Liaw, PhD
SOX6 rs297325 was not significantly associated with osteoporosis but might have modulated the association between menopause and osteoporosis. The risk of osteoporosis was higher in menopausal women with the TC+CC genotype but lower in premenopausal women with the TC+CC genotype.

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Factors associated with counseling and postoperative hormone therapy use in surgically menopausal women
Lauren Verrilli, MD, Heidi Brown, MD, MAS, and Makeba Williams, MD
Surgically menopausal women are inadequately counseled about postoperative symptoms and treatment options. Caregivers have an opportunity to improve anticipatory guidance and informed consent for women undergoing surgical menopause.

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The effects of a new, improved Chinese medicine, Gengnianchun formula granules, on hot flushes, depression, anxiety, and sleep in Chinese peri- and postmenopausal women: a randomized placebo-controlled trial
Yang Zhang, MD, PhD, Yuankui Cao, MD, PhD, and Li Wang, MD, PhD
This study found that I-GNC formula can alleviate the symptoms of menopausal syndrome and improve quality of life among peri- and postmenopausal women and has no notable adverse effects.

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Retinol-binding protein 4 is associated with arterial stiffness in early postmenopausal women
Asimina Chondrou, MD, Meletios P. Nigdelis, MD, Eleni Armeni, MD, PhD, Areti Augoulea, MD, PhD, Dimitrios Rizos, PhD, George Kaparos, PhD, Andreas Alexandrou, MD, PhD, Dimitrios G. Goulis, MD, PhD, Raphael Patras, MD, PhD, Evmorfia Aivalioti, MD, PhD, Kimon Stamatelopoulos, MD, PhD, and Irene V. Lambrinoudaki, MD, PhD
Serum levels of retinol binding protein 4 (RBP4) are cross-sectionally associated with indices of arterial stiffness, in this sample of healthy postmenopausal women. If this association is proven to be causative, serum RBP4 levels could serve as a marker of arterial stiffness.

Brief Report

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Genetic predictors to acupuncture response for hot flashes: an exploratory study of breast cancer survivors
Sally A.D. Romero, PhD, MPH, Qing Susan Li, MS, Irene Orlow, PhD, Mithat Gonen, PhD, Hui-Chun Irene Su, MD, MSCE, and Jun J. Mao, MD, MSCE
This exploratory study identified six genotypes related to neuro-transmission, thermo-regulation, and inflammation pathways that may predict response to acupuncture for the treatment of hot flashes.

Clinical Corner

Review - Invited

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The Women's Health Initiative trials of menopausal hormone therapy: lessons learned
JoAnn E. Manson, MD, DrPH, NCMP, Shari S. Bassuk, ScD, Andrew M. Kaunitz, MD, NCMP, and JoAnn V. Pinkerton, MD, NCMP
The Women's Health Initiative, which assessed oral conjugated equine estrogens taken with or without medroxyprogesterone acetate for prevention of chronic disease in postmenopausal women aged 50-79 years, found that the timing of initiation of hormone therapy (HT) influenced its overall benefit-risk balance. The effects of HT were generally more favorable in younger women (age<60 years) or recently menopausal (within 10 years) than in women who were in older age groups or further past the menopausal transition.

Review Articles

SDC **929**
The effect of hormone therapy on the ocular surface and intraocular pressure for postmenopausal women: a systematic review and meta-analysis of randomized controlled trials
Yuan Hao, MD, Jiang Xiaodan, MD, Yang Jiarui, MD, and Li Xuemin, MD
This study revealed that hormone therapy (HT) could improve ocular surface function in postmenopausal women effectively and safely, especially for those who were under 55 years old, and estrogen only showed more improvements than estrogen plus progestogen. In addition, HT did not lead to a significant reduction of intraocular pressure.

SDC **941**
Role of sex steroid hormones in pelvic organ prolapse
Ravali A. Reddy, BA, Victoria Cortessis, PhD, Christina Dancz, MD, John Klutke, MD, and Frank Z. Stanczyk, PhD
This review examines the current understanding of the role of sex steroid hormones (estrogens, androgens, and progesterone) in pelvic organ prolapse in premenopausal, perimenopausal, and postmenopausal women.

SDC **952**
Can walking exercise programs improve health for women in menopause transition and postmenopausal? Findings from a scoping review
Beate C. Sydora, MSc, PhD, Cailey Turner, BSc, Alexandra Malley, BSc, Margie Davenport, PhD, Nese Yuksel, BScPharm, PharmD, FCSHP, NCMP, Tami Shandro, MD, and Sue Ross, PhD
This scoping review highlights the growing interest in walking programs as therapies for menopause and -related symptoms and provides evidence of their possible benefit as a wellness option for women in menopause and beyond.

Letters to the Editor

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