



Menopause

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Inflamm-aging or inflamm-opause: is inflammation the cause or consequence of vasomotor symptoms?

Nancy King Reame, PhD, MSN, NCMP

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A new tool in the prediction of cardiovascular disease? Perhaps

Denise R. Black, MD, FRCSC

Original Studies

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The longitudinal relation of inflammation to incidence of vasomotor symptoms

Ellen B. Gold, PhD, Guibo Xing, PhD, Nancy E. Avis, PhD, Sioban Harlow, PhD, Hadine Joffe, MD, Karen Matthews, PhD, Jelena M. Pavlovic, MD, PhD, Rebecca C. Thurston, PhD, and Elaine Waetjen, MD

We used longitudinal data on incident vasomotor symptoms (VMS), high-sensitivity C-reactive protein (hs-CRP) and interleukin-6 (IL-6) from 13 follow-up visits in the Study of Women's Health Across the Nation to determine adjusted hazard ratios for the association of these pro-inflammatory markers with incident VMS in women without VMS at baseline. We found no significant associations with incident VMS of elevated hs-CRP or IL-6 or of continuous values of these pro-inflammatory markers.

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Uterine arcuate artery calcification as a potential marker of cardiovascular risk—a preliminary study

Rabia Akilli, MD, Umran Kucukgoz Gulec, MD, Ali Deniz, MD, Kairqueldy Aikimbaev, MD, Cigdem Akcabay, MD, and Gulsah Seydaoglu, MD

The presence of uterine myometrial arcuate artery calcification (UMC) has been identified as an independent predictive factor for atherosclerotic risk. Accordingly, considering UMC as an atherosclerotic cardiovascular risk factor may provide an opportunity to identify cardiovascular disease in asymptomatic postmenopausal women.

(continued)

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Lipoprotein subfractions and subclinical vascular health in middle aged women: does menopause status matter?

Meiyuzhen Qi, MPH, Xirun Chen, MPH, Ronald M. Krauss, MD, Karen Matthews, PhD, Imke Janssen, PhD, Maria M. Brooks, PhD, Dan McConnell, PhD, Sybil L. Crawford, PhD, and Samar R. El Khoudary, PhD, MPH, BPharm, FAHA
Carotid intimal medial thickening is positively and independently associated with small and medium sized low density lipoprotein particles after menopause. Monitoring levels of specific lipoprotein fractions may have value in identifying midlife women at risk for developing atherosclerotic vascular disease.

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Correlation between plasma sphingosine-1-phosphate and the occurrence and severity of coronary heart disease in postmenopausal women

Songbai Deng, PhD, Zehui Ao, MD, Bin Liu, PhD, Qiang She, PhD, Jianlin Du, PhD, Yajie Liu, PhD, and Xiaodong Jing, PhD
Plasma sphingosine-1-phosphate (S1P) is an independent risk factor of the occurrence and severity of coronary heart disease (CHD) in postmenopausal women. The occurrence and aggravation of CHD in postmenopausal women may be related to levels of S1P.

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Barriers to surgical menopause counseling in gynecologic cancers: a quantitative and qualitative study of patients and providers

Connor C. Wang, MD, Dandi S. Huang, MD, Anisa M. Carlson, BA, Zhanhai Li, PhD, Ahmed Al-Niaimi, MD, and Makeba Williams, MD, FACOG, NCMP
Surgically menopausal gynecologic oncology patients are at risk for diminished health and quality of life. Care of these patients may be improved by understanding factors associated with counseling and management of surgical menopause in this population.

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Association of dietary intake of n-3 polyunsaturated fatty acids with breast cancer risk in pre- and postmenopausal Chinese women

Zhuo-Lin Zhang, BS, Suzanne C. Ho, MPH, PhD, Kai-Yan Liu, BS, Xiong-Fei Mo, MS, Xiao-Li Feng, MS, Lei Li, BS, and Cai-Xia Zhang, MS, PhD
This case-control study aimed to evaluate the associations between breast cancer risk and intake of n-3 polyunsaturated fatty acids (PUFAs) and/or n-3 PUFA subclasses in Chinese women, and to determine whether these associations varied with menopausal status or clinical characteristics.

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Serum total bilirubin and new-onset hypertension in perimenopausal women: a cross-sectional study

Zhen He, MSc, Shengchao Zhang, MSc, Chris Thio, PhD, Yue Wang, MSc, Min Li, BS, Yan Wu, BS, Rongqing Lin, MSc, Zhixi Liu, MSc, Harold Snieder, PhD, and Qingying Zhang, PhD
In this cross-sectional study of 196 perimenopausal women higher levels of serum total bilirubin were associated with lower 24-hour diastolic blood pressure and with lower odds of new-onset hypertension diagnosed by 24-hour ambulatory blood pressure monitoring.

952

Clinicopathological features of endometrial lesions in asymptomatic postmenopausal women with thickened endometrium

Fangfang Ai, PhD, Yifan Wang, MM, Yiling Wang, MM, Jiayi Wang, MM, Liane Zhou, MM, and Shijun Wang, MD

For postmenopausal women with asymptomatic endometrial thickening (ET), the prevalence of endometrial malignancy is significantly higher when ET is ≥ 10 mm. If ET is ≥ 10 mm, further histopathological testing should be recommended to exclude endometrial malignancy.

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Prasterone in the treatment of mild to moderate urge incontinence: an observational study

Claudia Collà Ruvolo, MD, Olimpia Gabrielli, MD, Carmen Formisano, MD, Gianluigi Califano, MD, Paolo Manna, MD, Roberta Venturella, MD, and Costantino Di Carlo, MD

This observational study supports the hypothesis that prasterone might improve the severity of urinary urge incontinence in this set of women. However, these results need to be confirmed in further studies with a controlled design and a larger population.

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Impact of the CBT-Meno protocol on menopause-specific beliefs, dysfunctional attitudes, and coping behaviors

Eleanor Donegan, PhD, Benicio N. Frey, MD, PhD, Randi E. McCabe, PhD, David L. Streiner, PhD, Donna M. Fedorkow, MD, Melissa Furtado, MSc, and Sheryl M. Green, PhD

The CBT-Meno protocol is effective in improving menopause-related symptoms and a broader range of outcomes, including problematic beliefs about menopause, dysfunctional attitudes related to depression, and menopause-specific behaviors.

Brief Reports

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Results of a pilot study of a cooling mattress pad to reduce vasomotor symptoms and improve sleep

Nancy E. Avis, PhD, Beverly J. Levine, PhD, and Remy Coeytaux, MD, PhD

This single-arm pilot study of a cooling mattress pad system to be used at night among women experiencing menopausal vasomotor symptoms (VMS) found that participants experienced significant and clinically meaningful reductions in VMS frequency, sleep disturbance, and hot flash interference with daily activities over an 8-week period. These results provide preliminary evidence suggesting that a cooling mattress pad used while sleeping can provide a non-pharmacological option to reduce VMS and sleep disturbance for women experiencing menopausal hot flashes.

Clinical Corner

NAMS Practice Pearl

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Lifestyle for breast cancer risk reduction

Dawn Mussallem, DO, DipABLM

Healthcare professionals are key stakeholders in empowering women to adopt a healthy lifestyle for primary prevention of breast cancer. Expert reports estimate that at least 30% of breast cancer cases could be prevented by lifestyle modification, and if such changes were implemented early in life, this number may be as high as 50% to 70%.

Review Article

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Exercise training and vascular function in postmenopausal individuals: a systematic review and meta-analysis

Áine Brislane, PhD, Nicholas F. Sculthorpe, PhD, Margie H. Davenport, PhD, and Alexander Beaumont, PhD

This systematic review with meta-analysis has shown that flow-mediated dilation is increased with aerobic exercise training in post-menopausal individuals and that this benefit might be more prevalent for women with a higher resting blood pressure and the greatest improvement in aerobic fitness.

Case Report

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Postmenopausal giant ovarian tumor: a rare case report and literature review

Linyang Fu, BA, Fang Ren, PhD, Xiaoxin Ma, PhD, Xiaoxuan Xu, BA, Tifang Wang, BA, Meijun Li, BA, and Zhiqiang Guo, PhD

We report a case of postmenopausal giant ovarian tumor weighing 62 kg and containing 51 L cyst fluid. The occurrence of serious complications may be related to age and the amount of fluid in the tumor, but not to tumor volume and weight.

Letters to the Editor

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