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In this cross-sectional study of high parous Amish women, parity was found to be associated with body mass index in both pre- and post-menopausal women, but more so in younger/pre-menopausal women. Parity was not associated with other indices of cardiometabolic risk.

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Carolyn J. Gibson, PhD, MPH, Aki Shiozawa, DrPH, MBA, Andrew J. Epstein, PhD, Wei Han, PhD, and Shayna Mancuso, DO, FACOG  
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Stephanie Cowan, PhD, Aimee Dordevic, PhD, Andrew J. Sinclair, PhD, Helen Truby, PhD, Surbhi Sood, MDiet, and Simone Gibson, PhD  
This mixed-methods pilot study in postmenopausal women found that weight-neutral dietary interventions targeting inflammation may help to mitigate cardiovascular disease risk. These interventions can also provide a vehicle for more innovative dietary messaging to better engage postmenopausal women in lifestyle change.
Vasomotor and other menopause symptoms and the prevalence of ideal cardiovascular health metrics among premenopausal stage women
Hye Rin Choi, MPH, PhD, Yoosoo Chung, MD, PhD, Yejin Kim, MPH, Yoosun Cho, MD, PhD, Min-Jung Kwon, MD, PhD, Jeonggyu Kang, MD, Ria Kwon, MPH, PhD, Ga-Young Lim, PhD, Kye-Hyun Kim, MD, PhD, Hoon Kim, MD, PhD, NCMP, Yun Soo Hong, MD, PhD, Jiwhan Park, MHS, Di Zhao, PhD, Juhee Cho, PhD, Eliseo Guallar, MD, DrPH, Hyun-Young Park, MD, PhD, and Seungho Ryu, MD, PhD
Premenopausal stage women with either vasomotor or non-vasomotor menopausal symptoms have significantly higher prevalence of poor cardiovascular health metrics, compared to those without any menopausal symptoms.

Impact of vitamin D supplementation on modulating heat-shock proteins in postmenopausal women: a randomized, double-blind, placebo-controlled study
Claudio Lera Orsatti, PhD, Fábio Lera Orsatti, PhD, João Pedro Esteves Alves de Souza, BSc, and Eliana Aguiar Petri Nahas, MD, PhD
This study suggests that vitamin D supplementation may increase levels of HSP27 in postmenopausal women, indicating a possible immunomodulatory effect.

Black cohosh extracts in women with menopausal symptoms: an updated pairwise meta-analysis
Ryoichi Sadahiro, MD, Lillian Nohara Matsuoka, Bing-Syuan Zeng, MD, Keng-Hsu Chen, MD, Bing-Yan Zeng, MD, Hung-Yu Wang, MD, Che-Sheng Chu, MD, Brendon Stubbs, PhD, Kuan-Pin Su, MD, PhD, Yu-Kang Tu, DDS, PhD, Yi-Cheng Wu, MD, Pao-Yen Lin, MD, PhD, Tien-Yu Chen, MD, PhD, Yen-Wen Chen, MD, Mein-Woei Suen, PhD, Malcolm Hopwood, MB, BS, MPM, MD, FRANZCP, Wei-Cheng Yang, MD, Cheuk-Kwan Sun, MD, PhD, Yu-Shian Cheng, MD, PhD, Yow-Ling Shiue, PhD, Chao-Ming Hung, MD, PhD, Yutaka J. Matsuoka, MD, PhD, and Ping-Tao Tseng, MD, PhD
Black cohosh extracts improved overall menopausal symptoms, hot flashes, vaginal atrophy, and somatic symptoms compared to placebo. Combined black cohosh and other herbal medicine did not provide superior benefits.

The prevalence of osteoporosis in postmenopausal women in urban Tianjin, China and its related factors
Jie Liu, MD, Rong-Lin Xia, MD, Chen Li, MD, Qian Song, MD, Xiuli Cui, MD, and Ai-Jun Chao, MD
The findings of this study were indicative of the low detection, diagnosis, and treatment rates as well as the high prevalence of osteoporosis, and the resulting imbalance presented a challenge to osteoporosis therapy on both the medical and societal levels.
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Testosterone use for hypoactive sexual desire disorder in postmenopausal women
Sharon J. Parish, MD, NCMP, and Juliana M. Kling, MD, MPH, FACOG, NCMP

Clinical practice guidelines based on the most comprehensive meta-analysis of benefits and risks of testosterone therapy to date state that the sole evidence-based indication for testosterone therapy is hypoactive sexual desire disorder (HSDD) in postmenopausal women. Transdermal therapy provides the most physiologic form of replacement, thus, transdermal testosterone is recommended for postmenopausal women with HSDD.