



# Menopause

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**Validity, cut-points, and minimally important differences for two hot flash-related daily interference scales**

Janet S. Carpenter, PhD, RN, FAAN, Giorgos Bakoyannis, PhD, Julie L. Otte, PhD, RN OCN, Chen X. Chen, PhD, RN, Kevin L. Rand, PhD, Nancy Woods, PhD, RN, FAAN, Katherine Newton, PhD, Hadine Joffe, MD, MSc, JoAnn E. Manson, MD, DrPH, Ellen W. Freeman, PhD, and Katherine A. Guthrie, PhD  
*This paper describes how the 10-item Hot Flash Related Daily Interference Scale was condensed to create the psychometrically strong 3-item Hot Flash Interference scale to measure the impact of vasomotor symptoms on a woman's life. Cutpoints and minimally important differences for both scales are provided.*

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**Physiologically assessed hot flashes and endothelial function among midlife women**

Rebecca C. Thurston, PhD, Yuefang Chang, PhD, Emma Barinas-Mitchell, PhD, J. Richard Jennings, PhD, Roland von Känel, MD, Doug P. Landsittel, PhD, and Karen A. Matthews, PhD

*Among younger (40-53) but not older midlife women (54-60), frequent hot flashes were associated with poorer endothelial function controlling for cardiovascular disease risk factors and estradiol levels.*

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**894**

**Patient acceptability and satisfaction with a low-dose solubilized vaginal estradiol softgel capsule, TX-004HR**

Sheryl A. Kingsberg, PhD, Robin Kroll, MD, Irwin Goldstein, MD, Harvey Kushner, PhD, Brian Bernick, MD, Shelli Graham, PhD, Sebastian Mirkin, MD, and Ginger D. Constantine, MD

*A patient survey from the phase 3 REJOICE trial found that compared with placebo, more women were satisfied with TX-004HR, preferred it over their previous treatment, and would consider using it again. Thus, TX-004HR was highly acceptable, and may be a postmenopausal vulvar and vaginal atrophy treatment option with improved user experience.*

**900**

**Effects of ultralow topical estriol dose on vaginal health and quality of life in postmenopausal women who underwent surgical treatment for pelvic organ prolapse**

Salvatore Caruso, MD, Stefano Cianci, MD, Salvatore Giovanni Vitale, MD, Maria Grazia Matarazzo, MD, Francesca Flavia Amore, MD, and Antonio Cianci, MD

*Estriol vaginal gel administration significantly improved the vaginal health of natural postmenopausal women before and after vaginal surgery. Quality of life and sexuality improved in postmenopausal women with pelvic organ prolapse/cystocele as a consequence of surgery and vaginal estriol treatment.*

**908**

**Effects of a 6-month caloric restriction induced-weight loss program in obese postmenopausal women with and without the metabolic syndrome: a MONET study**

Ahmed Ghachem, MSc, Denis Prud'homme, MD, MSc, Rémi Rabasa-Lhoret, MD, PhD, and Martin Brochu, PhD

*Heterogeneous results were obtained in response to weight loss with some improving the metabolic syndrome while others displayed deteriorations.*

**916**

**Resveratrol supplementation reduces pain experience by postmenopausal women**

Rachel H.X. Wong, PhD, Hamish M. Evans, BioMed Sci, Hons, and Peter R.C. Howe, PhD

*Our preliminary findings indicate potential for regular resveratrol treatment to reduce chronic pain in age-related osteoarthritis and boost perceptions of well-being in postmenopausal women. These improvements were related to enhancement of vascular function; therefore, further investigation to elucidate underlying mechanisms is warranted.*

923

**Psychometric properties of the Finnish version of the Women's Health Questionnaire**

Riina E. Katainen, MD, Janne R. Engblom, DSc, MSc, Tero J. Vahlberg, MSc, and Päivi Polo-Kantola, MD, PhD

*The Women's Health Questionnaire (WHQ) is a valid instrument for measuring climacteric-related symptoms in Finnish middle-aged women. Because the psychometric properties of the revised 23-item WHQ were as good or even better than those of the original 36-item WHQ, we encourage use of the revised version.*

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**Quantitative analysis of placebo response and factors associated with menopausal hot flashes**

Lujin Li, PhD, Ling Xu, MD, Junyi Wu, PhD, Lidan Dong, PhD, Yinghua Lv, MS, and Qingshan Zheng, PhD

*This study analyzed the placebo response and associated factors of menopausal hot flashes. The results showed that placebo response of menopausal hot flashes was related to its active comparator.*

938

**Improvements in health-related quality of life, cardio-metabolic health, and fitness in postmenopausal women after a supervised, multicomponent, adapted exercise program in a suited health promotion intervention: a multigroup study**

Débora Godoy-Izquierdo, PhD, Nicolás Mendoza Ladrón de Guevara, PhD, Mercedes Vélez Toral, PhD, Carlos de Teresa Galván, PhD, Alberto Salamanca Ballesteros, PhD, and Juan F. Godoy García, PhD

*The combination of an adapted exercise program with health promotion is associated with an enhancement of quality of life in postmenopausal women. Regular exercise translates into several cardio-metabolic and fitness benefits, mainly flexibility.*

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**Inappropriate oophorectomy at time of benign premenopausal hysterectomy**

Amandeep S. Mahal, MD, Kim F. Rhoads, MD, Christopher S. Elliott, MD, and Eric R. Sokol, MD

*Trends in oophorectomy during benign premenopausal hysterectomy were evaluated in light of American College of Obstetricians and Gynecologists guideline changes in 2008.*

954

**Clinical use of ring with support pessary for advanced pelvic organ prolapse and predictors of its short-term successful use**

Mou Deng, PhD, Jing Ding, PhD, Fangfang Ai, PhD, and Lan Zhu, MD

*The ring with support pessary was evaluated for success and satisfaction.*

959

**Involvement of HSP70 and HO-1 in the protective effects of raloxifene on multiple organ dysfunction syndrome by endotoxemia in ovariectomized rats**

Hsin-Hsueh Shen, MS, Shieh-Yang Huang, MS, Pao-Yun Cheng, PhD, Yen-Ju Chu, MS, Shu-Ying Chen, PhD, Kwok-Keung Lam, MD, PhD, and Yen-Mei Lee, PhD

*Long-term treatment with raloxifene reduces the severity of sepsis in ovariectomized rats.*

## Clinical Corner

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### Invited Review

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#### Androgens in postmenopausal women: a review

Jan L. Shifren, MD and Susan R. Davis, MBBS, PhD, FRACP, FAHMS

*This review provides background on endogenous androgens in women, describes factors that affect circulating androgen concentrations, and examines the relationship between low levels of androgens and sexual problems. Clinical trials of androgen therapy for the treatment of hypoactive sexual desire disorder are reviewed and a practical approach to using androgens to treat low sexual desire with associated distress is presented, accompanied by an illustrative case.*

### Review Article

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#### Acupuncture for menopausal hot flashes: clinical evidence update and its relevance to decision making

Carolyn Ee, PhD, Simon D. French, PhD, Charlie C. Xue, PhD, Marie Pirotta, PhD, and Helena Teede, PhD

*Acupuncture is more effective than waitlist control or no treatment for menopausal hot flashes, but not more efficacious than sham. Clinicians play a vital role in conveying this evidence to women making decisions about potential hot flash treatments.*

### Letters to the Editor

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