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Dietary Intake of Insoluble Fiber is Negatively Associated with Subjective Night Sweats
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Objective: This study was undertaken to investigate the nutritional factors positively or negatively associated with vasomotor symptoms in middle-aged women. Design: The baseline data collected in a previous study that examined the effects of a dietary supplement on a variety of health parameters in 88 Japanese women aged 40 to 60 years were analyzed cross-sectionally. Participants had been assessed for age, menopausal status, lifestyle factors, and body composition. Their vasomotor symptoms were rated as 0 (none) to 3 (severe) according to their responses to the items “hot flush” and “night sweats” on the Menopausal Health-Related Quality of Life (MHR-QOL) Questionnaire. Dietary habits were assessed using the Brief-type self-administered Diet History Questionnaire (B-DHQ), which provided information on the amounts of 97 nutritional factors consumed during the previous month. Results: The average age of the participants was 49.7±5.1 years (mean±standard deviation). The percentage of women who rated their hot flush and night sweats as mild to severe was 28.4% and 20.5%, respectively. None of the 97 nutritional factors were significantly associated (Pearson’s r ≥ 0.3, p < 0.05) with hot flush score, whereas insoluble and total dietary fibers were negatively associated with night sweats score (insoluble, r =−0.369, p < 0.01; total, r =−0.517, p < 0.001). The average dietary intake (g/1000 Kcal) of insoluble and total dietary fibers were significantly different between the women who were and were not bothered by night sweats (insoluble, 6.3±1 vs. 5.8±1, total, 6.1±1 vs. 8.2±2). Multiple logistic regression analysis revealed that dietary intake of insoluble fiber (g/1000 Kcal) was negatively associated with mild to severe night sweats after adjustment for age, menopausal status, body mass index, insomnia, exercise, smoking, alcohol consumption (adjusted odds ratio, 0.39, 95% confidence interval, 0.19 to 0.68). Conclusion: Dietary intake of insoluble fiber was negatively associated with subjective night sweats in middle-aged women. Consumption of fruits and vegetables rich in insoluble dietary fibers including cellolulose might alleviate night sweats.
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Efficacy of BedJet for Peri-Menopausal Night Sweat and Hot Flash Symptoms and Corresponding Impact on Sleep Quality
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Objective: Hot flashes are a major source of sleep disruption during menopause and peri-menopause in middle-aged and older women. Few non-hormonal effective interventions exist to control nocturnal hot flashes and improve sleep quality during the climacteric. This study evaluates a novel treatment: the BedJet® (a climate controlled air flow bed cover), in a group of women naïve to this treatment. The goal of the study was to assess the efficacy of the BedJet Climate System in relieving various symptoms; including poor sleep quality with night sweats and/or hot flashes; and other non-sleep related symptoms, in a group of perimenopausal and menopausal women.
Design: We evaluated the BedJet’s efficacy using four validated pre and post-treatment surveys: Sleep Quality Index (SQI), the Insomnia Severity Index (ISI), the Functional Outcome of Sleep Questionnaire (FOSQ), and the Greene Climacteric Scale. This was a prospective study consisting of 36 women with an average age of 49.8. We examined the data collected from the SQI, ISI and FOSQ for 36 of the subjects that completed the entire study; and the Greene Climacteric Scale for 34 of the 36 subjects. Subjects were shipped a BedJet unit that was used in their home for a period of at least 3 weeks. Answers to questionnaires were obtained before using the bedjet, and then again after using the BedJet for one to 2 weeks, after a one week acclimation period. Results: We performed a paired t-test analysis comparing the pre and post treatment scores from subject questionnaires. Results showed significant improvement in sleep quality and daytime function according to results of the SQI (n=36, t=5.965, p < 0.001), ISI (n=36, r=0.747, p < 0.001), FOSQ (n=36, r=0.126, p< 0.001), and improvement in symptoms from the Greene Climacteric Scale (r=0.34, t=6.336, p <0.001). Individual question analysis from the Greene Climacteric Scale indicates a statistical significance in reduction of anxiety or panic (p = 0.054), lack of energy (p < 0.001), irritability (p =0.017), muscle and joint pain (p =0.028), hot flashes (p < 0.001), and night sweats (p < 0.001). Individual question analysis of the ISI indicates significant improvement in; falling asleep (p = 0.048), staying asleep (p< 0.001), and waking up too early (p < 0.001). Individual question analysis of the FOSQ indicates improvement regarding the effect of sleepiness on relationships with family, friends, and work colleagues (p < 0.001) and improvement in subjects’ mood (p < 0.001). The effect size between the pre and post treatment scores on the SQI (r=0.38), ISI (r=0.597), and FOSQ (r=0.535), Greene Climacteric Scale (r=0.670) all indicated an overall improvement in sleep quality. The SQI results indicated improvement in sleep quality in 83% of the subjects. The ISI results indicated that 94% of subjects’ sleep quality improved. The FOSQ results indicated that 94% of subjects demonstrated an improvement in daily activities related to improved sleep and the Greene Climacteric Scale results improved in 85% of subjects.
Conclusion: The results of this study suggest that BedJet may be a new and useful non-hormonal treatment for the relief of menopausal sleep disturbances including; increasing overall sleep quality, improving daytime functioning, and decreasing other non sleep related symptoms of menopause.

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A proprietary maca blend (Maca-JDS) improves cognitive function in postmenopausal women
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Objective: Leupodium Meyenii, commonly known as maca, is a Peruvian root vegetable that has been used as a food and therapeutic ingredient for many centuries due to its high nutrient content and various biological effects. Numerous studies support the use of maca to enhance libido, fertility, energy, endurance, and mood. More recently, maca has been studied for its neuroprotective effects and has been shown to improve memory function. Postmenopausal women often report problems with cognitive performance including difficulty remembering, concentrating and thinking clearly. This may be due to a decline in estrogen levels. Although hormone replacement therapy (HRT) may improve cognitive function, the various health concerns associated with HRT point to the need for alternative approaches to treat cognitive impairment associated with menopause. Therefore, Maca-JDS, a proprietary blend of maca, was studied for its effect on cognitive function in postmenopausal women. Design: In a randomized, double-blind, placebo-controlled trial, 80 postmenopausal female subjects (35 to 60 years, BMI 18.0-34 9 kg/m2) were assigned to receive 4 capsules/day of Maca-JDS (2.6 g) or placebo. Subjects were dosed for 12 weeks. To assess cognitive function, Trail Making Test parts A and B (TMT-A and TMT-B) were completed by subjects at baseline and at weeks 4, 8, and 12. TMT measures mental acuity, focus, and processing speed, with an increase in time indicating a decline in cognitive function, and a decrease in time indicating an improvement in cognitive function. Subjects were timed while connecting an ascending sequence of 25 numbers for TMT-A and an alternating sequence of numbers and letters for TMT-B, the more complex measure of cognitive function and flexibility. TMT-B time significantly improved in the Maca-JDS group compared to the placebo group. TMT-B time decreased by 22 seconds in the Maca-JDS group and by 11 seconds in the placebo group (p < 0.05). At weeks 4 and 8, there was a significant decrease in TMT-B time in the Maca-JDS group compared to baseline (p < 0.05), while there was no significant change in the placebo group, though a practice effect was evident. There were no differences between groups in TMT-A time at any measured timepoint. There were no serious adverse events reported, and no differences were seen in side effects between the Maca-JDS and placebo group. Serum estrogen levels did not differ between groups. Conclusion: The results of this clinical study show that Maca-JDS, a proprietary maca blend, doubles the effect on cognitive function compared to placebo, as demonstrated by a significant reduction in TMT-B time after 12 weeks of supplementation. The reduction in TMT-B time indicates enhanced executive functioning, which is important for daily organization, memory, and flexible thinking. Therefore, Maca-JDS can provide postmenopausal women with a safe and effective treatment option to improve cognitive function and overall mental clarity in everyday life without affecting estrogen levels.
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