

BIBLIOGRAPHY

Books

- ACSM's. (2008), **"Health-Related Physical Fitness Assessment Manual"**, 2nd Edition, Philadelphia: Lippincott Williams & Wilkins.
- Ann Louise Gittleman (1998) **Super Nutrition for Menopause**, Publisher; Avery, USA, Pg 6, 15, 16, 18, 19, 22.
- Berek and Novaks, (2007) **Gynecology**, Publisher: Wolters Kluwer India Pvt Ltd.
- Bernis, C., & Reher, D. S (2007) **Environmental aspects of menopause in Spain: Comparative results from recent research**. *Menopause*, 14.
- Edington J (1999), **Problems of Nutritional Assessment in the community**, Proc Nutrition Society; 58: 47-51.
- Fauci, Anthony S., et al. (2008), **Harrison's Principles of Internal Medicine**. 17th ed. United States: McGraw-Hill Professional.
- Frances Sienkiewicz Sizer, Elle Whitney, Leonard A Piche (2011), **Nutrition Concepts and Controversies** 2nd edition, Publisher; Nelson Education Ltd, Canada, Pg 66.
- Garrow, (1993) **Human Nutrition and Dietetics**, Publisher: Churchill Livingstone.
- Howkins and Bourne, (2004) **Shaws textbook of gynaecology**, 13^{ed} Published by Elsevier India Pvt. Limited New Delhi, p 59.
- Judi Lindsley Nath, (2005) **Using Medical Terminology: A Practical Approach**, Publisher: Lippincott Williams & Wilkins, USA, Pg-487.
- Julia Schlam Edelman, (2009) **Menopause Matters**, Publisher, Johns Hopkins University Press, USA, Pg113.
- Kulkarani G (1999), **Text book of Orthopaedics and Trauma**. Publisher Jaypee Brothers Medical publishers, New Delhi. Pg 103.
- Lauralee Sherwood (2011), **Fundamentals of Human Physiology**. Publisher: Cengage Learning, 4th Edition, pg 1
- Lilian U .Thompson, Wendy E.Vard (2007), **Optimizing Women's Health through Nutrition**, Publisher: CRC Press, USA, Pg 6,7
- Mary Ireland; Aurelia Nattiv (2003) **The Female Athlete** Publisher: Saunders, Philadelphia, Pg 25,115.

- Michael j.Gibney ,Ian A. Macdonald and Helen M.Roche (2007), **Nutrition and Metabolism**. Publisher. Blackwell Science, Oxford. Pg 126-127,135, 137,277.
- Michael Karasek., (2006) **Aging and Age-Related Diseases**, The Basics, Publisher: Nova Science Pub Inc, pg-6, 13
- Michael Zimmermann (2001) **Handbook of nutrition**, ISBN 978-93-80378-09-1.
- Michele Grodner ,Sara Long ; Bonnie C. Walkingshaw , (2007), **Foundations and Clinical Applications of Nutrition**, Publisher: Mosby Elsevier, USA. Pg 297,310, 317
- Michele Grodner et al, (2004) **Foundations and Clinical Applications of nutrition** pp23
- Paltiel, Freda L.1993), **Women's Mental Health: A Global Perspective in Marge koblinsky**, Judith Timyan, and Jill Gay, eds., Boulder, Colo: West view Press.
- Schindler AE. **Thyroid function and postmenopause**. *Gynecol Endocrinol*. 2003; 17:79-85.
- Shalini Rajaram, Sumita Mehta; Neerja, M.D. Goel (2008) **Advances in Obstetrics and Gynecology**, Jaypee Brothers Medical Pub. pg 381-382.
- Sheila John,Jasmine Jennifer .D, (2007) **Essentials of Nutrition and Dietetics for Nursing**. Publisher,B.I.Publications,New Delhi.pg 204.
- Soules MR, Sherman S, Parrott E, al. e. (2001) **Executive summary: stages of reproductive aging workshop (STRAW)** Park City, Utah, Menopause. 2001; 8:402-407
- Srilakshmi.B (2010) **Nutrition Science**. Publisher: New Age International Pvt. Ltd, pg381.
- Sue Rodwell Williams, (1993) **Nutrition and Diet Therapy**, Publisher: Mosby-Year Book, pg 464.
- Sweeney C, Blair CK, Anderson KE, et al. **Risk factors for breast cancer in elderly women**. *Am J Epidemiol*. 160(9):868-75, 2004.
- Villareal, D.T., C.M. Apovian, R.F.Kushner and S.klein (2005) **American Journal Clinical Nutrition**. 82 (5): 923-934.
- Wysolmerski JJ, Insogna KL. **The parathyroid glands, hypercalcemia, and hypocalcemia**. In: Goldman L, Schafer AI, eds. *Cecil Medicine*. 24th ed. Philadelphia, PA: Saunders Elsevier; 2011:chap 253.

JOURNALS

- Abedzadeh Kalarhoudi M¹, Taebi M, Sadat Z, Saberi F (2011) "Assessment of quality of life in menopausal periods: a population study in kasha, Iran". *Iranian Red Crescent Medical Journal*. 13(11):811-7.
- Adams et al., (2005). The Effect of Six Weeks of Squat, Plyometric and Squat-Plyometric Training on Power Production. *Journal of Strength & Conditioning Research*. 6 25-27.
- Akahoshi M, Soda M, Nakashima E, Tominaga T, Ichimaru S, Seto S, Yano K (2002) "The effects of body mass index on age at menopause". *International Journal of Obesity and Related Metabolic Disorders*. ; 26(7):961-8.
- Baczyk G, Chuchracki M, Klejewski A (2012) "The relationship between selected biochemical parameters, clinical factors and bone mineral density in postmenopausal women with osteoporosis". *Ginekologia Polska*. 83(3):194-201.
- Bertoia ML, Triche EW, Michaud DS, Baylin A, Hogan JW, Neuhauser ML, Tinker LF, Van Horn L, Waring ME, Li W, Shikany JM, Eaton CB (2014) "Mediterranean and Dietary Approaches to Stop Hypertension dietary patterns and risk of sudden cardiac death in postmenopausal women". *The American Journal of Clinical Nutrition*. 99(2):344-51.
- Bhattarai T, Bhattacharya K, Chaudhuri P, Sengupta P (2014) "Correlation of common biochemical markers for bone turnover, serum calcium, and alkaline phosphatase in post-menopausal women". *The Malaysian Journal of Medical Sciences*. ; 21(1):58-6.
- Biela U (2002) "Determinants of the age at natural menopause" *Przegląd Lekarski*. 59(3):165-9.
- Bonaiuti D, Cranney A, Iovine R, Kemper HH, Negrini S, Robinson V, et al. *Effects of exercise programme on quality of life in osteoporotic and osteopenic postmenopausal women*. *Journal of mid-life Health*. 7(2):18-25
- Borker SA, Venugopalan PP and Bhat SN (2013) "Study of menopausal symptoms, and perceptions about menopause among women at a rural community in Kerala". *Journal of mid-life Health*. 2013 Jul; 4(3):182-7.
- Chang SJ, Chee W, Im EO (2014) "Effects of the body mass index on menopausal symptoms among asian american midlife women using two different classification systems". *Journal of Obstetric Gynaecologic and Neonatal Nursing*. 2014 Jan;43(1):84-96.

- Chen Z, Thomson CA, Aickin M, Nicholas JS, Van Wyck D, Lewis CE, Cauley JA, Bassford T; (2010) "Short list of Women's Health Initiative Investigators the relationship between incidence of fractures and anemia in older multiethnic women". *Journal of the American Geriatrics Society*. 58(12):2337-44.
- Chiu JF, Lan SJ, Yang CY, Wang PW, Yao WJ, Su LH, Hsieh CC. (1997) "Long-term vegetarian diet and bone mineral density in postmenopausal Taiwanese women".
- Chiu YW, Moore RW, Hsu CE, Huang CT, Liu HW, Chuang HY (2008) "Factors influencing women's quality of life in the later half of life". *Climacteric: Climacteric: the journal of international menopause society*. 11(3):201-11.
- Cui R, Iso H, Toyoshima H, Date C, Yamamoto A, Kikuchi S, Kondo T, Watanabe Y, Koizumi A, Inaba Y, Tamakoshi A; JACC Study Group. (2006) "Relationships of age at menarche and menopause, and reproductive year with mortality from cardiovascular disease in Japanese postmenopausal women: **The JACC Study**". *Journal of Epidemiology*. 16(5):177-84.
- Deveci SE, Aık Y, Dag DG, Tokdemir M, Gndođdu C (2010) "The frequency of depression and menopause-related symptoms in postmenopausal women living in a province in Eastern Turkey, and the factors that affect depressive status". *International journal of experimental and clinical research*. 16(4):PH40-47.
- Figuroa A, Arjmandi BH, Wong A, Sanchez-Gonzalez MA, Simonavice E, Daggy B (2013) "Effects of hypocaloric diet, low-intensity resistance exercise with slow movement, or both on aortic hemodynamics and muscle mass in obese postmenopausal women". *Menopause*. 20(9):967-72.
- Franz R, Maturana MA, Magalhães JA, Moraes RS, Spritzer PM (2013) "Central adiposity and decreased heart rate variability in postmenopause: a cross-sectional study". *Climacteric the journal of the international menopause society*. 16(5):576-83.
- Fu CH, Yang CC, Lin CL, Kuo TB (2006) "Effects of long-term vegetarian diets on cardiovascular autonomic functions in healthy postmenopausal women. Author information". *The American Journal of Cardiology*. 1; 97(3):380-3.
- Gelecek N, Ilin N, Subaşı SS, Acar S, Demir N, Ormen M (2012) "The effects of resistance training on cardiovascular disease risk factors in postmenopausal women: a randomized-controlled trial". *Health Care for Women International*. 33(12):1072-85.

- Gudmundsdottir SL, Flanders WD, Augestad LB (2013) "Physical activity and cardiovascular risk factors at menopause: the Nord-Trondelag health study". *Climacteric: the international journal*; 16(4):438-46.
- Korkmaz U, Korkmaz N, Yazici S, Erkan M, Baki AE, Yazici M, Ozhan H, Ataoğlu S (2012) "Anemia as a risk factor for low bone mineral density in postmenopausal Turkish women". *European Journal of Internal Medicine*. 23(2):154-8.
- Lee MS, Kim JH, Park MS, Yang J, Ko YH, Ko SD, Joe SH (2010) "Factors influencing the severity of menopause symptoms in Korean postmenopausal women". *Journal of Korean Medical Science*. 25(5):758-65.
- Li L, Wu J, Jiang XQ, Pu DH, Zhao Y (2013) "Survey on epidemiologic factors associated with the age of natural menopause and menopausal symptoms in Jiangsu women". *Zhonghua Fu Chan Ke Za Zhi*. 48(10):728-33.
- Liang H, Chen X, Chen Q, Wang Y, Wu X, Li Y, Pan B, Liu H, Li M (2013) "The metabolic syndrome among postmenopausal women in rural Canton: prevalence, associated factors, and the optimal obesity and atherogenic indices". *PLoS One*. 9; 8(9):e74121.
- Liu K, He L, Tang X, Wang J, Li N, Wu Y, Marshall R, Li J, Zhang Z, Liu J, Xu H, Yu L, Hu Y (2014) "Relationship between menopause and health-related quality of life in middle-aged Chinese women: a cross-sectional study". *BMC Women's Health*. 10; 14:7.
- Mahon AK, Flynn MG, Stewart LK, McFarlin BK, Iglay HB, Mattes RD, Lyle RM, Considine RV, Campbell WW. (2007) "Protein intake during energy restriction: effects on body composition and markers of metabolic and cardiovascular health in postmenopausal women". *Journal of the American College Nutrition*. ; 26(2):182-9.
- Malacara, J. M., Canto de Cetina, T., Bassol, S., González, N., Cacique, L., Vera-Ramírez, M. L., et al. (2002), Symptoms at pre- and postmenopause in rural and urban women from three States of Mexico. *Maturitas*, 43, 11–19.
- Melinda Johnson, MS, RD, spokeswoman (2009) "American Dietetic Association. Ruth Frechman, MA, RD, spokeswoman, American Dietetic Association. Shojania, A. *Canadian Medical Association Journal*, 45, 30-42.
- Mouridsen MR, Bendtsen NT, Astrup A, Haugaard SB, Binici Z, Sajadieh A. (2013) "Modest weight loss in moderately overweight postmenopausal women improves heart rate variability". *European Journal of Preventive Cardiology*. 20(4):671-7.

- Nair SK et al: *DHEA in elderly women and DHEA or testosterone in elderly men*, ***The New England Journal of Medicine***, 355(16):1647-59.
- Ogwumike OO, Kaka B, Adegbemigun O, Abiona T (2012) "Health-related and socio-demographic correlates of physical activity level amongst urban menopausal women in Nigeria". 73(4):349-53.
- OlaOlorun F and Lawoyin T (2009) "Age at menopause and factors associated with attainment of menopause in an urban community in Ibadan, Nigeria". ***Climacteric: The journal of international menopause society***. 12(4):352-63.
- Orsatti FL, Nahas EA, Nahas-Neto J, Maesta N, Orsatti CL, Vespoli Hde L, Traiman P "Association between anthropometric indicators of body fat and metabolic risk markers in post-menopausal women". ***Gynecology Endocrinology the official journal of the international society of Gynaecological Endocrinology***.26(1):16-22.
- Peppas M, Koliaki C, Boutati E, Garoflos E, Papaefstathiou A, Siafakas N, Katsilambros N, Raptis SA, Hadjidakis DI, Dimitriadis GD (2014) "Association of lean body mass with cardiometabolic risk factors in healthy postmenopausal women". ***Obesity (Silver Spring)***. 22(3):828-35.
- Saiepour N, Mohammad K, Abhari R, Zera(ati H, Noorbala AA. (2008) "Mental disorder assessed by General Health Questionnaire and back pain among postmenopausal Iranian women". ***Pakistan journal of Biological Sciences***. 1; 11(5):809-12.
- Samanta BB. (1998) "Serum cholesterol in healthy postmenopausal women" ***Indian Journal of Medical Sciences***, 52(5):191-5.
- Silva TR, Alves BC, Maturana MA, Spritzer PMSilva TR (2013) "Healthier dietary pattern and lower risk of metabolic syndrome in physically active postmenopausal women". ***Journal of the American College of Nutrition***. 32(5):287-95.
- Srilakshmi (2011) ***Human Nutrition***, New Age International Publishers,p286
- Stewart .EA et al: *Clinical outcomes of focused ultrasound energy for the treatment of uterine fibroids: Fertility and Sterility_ Vol. 85.*
- Sultan N, Nawaz M, Sultan A, Fayaz M, Baseer A (2003) "Effect of menopause on serum HDL-cholesterol level". ***Journal of Ayub Medical College Abbottabad.*** ;15(3):24-6.
- Swift DL, Earnest CP, Katzmarzyk PT, Rankinen T, Blair SN, Church TS (2012) "The effect of different doses of aerobic exercise training on exercise blood pressure in overweight and obese postmenopausal women". ***Menopause.***; 19(5):503-9.

- Thomson CA, Stanaway JD, Neuhouser ML, Snetselaar LG, Stefanick ML, Arendell L, Chen Z (2011) "Nutrient intake and anemia risk in the women's health initiative observational study". *Journal of the American Dietetic Association*. 111(4):532-41.
- Watters DA, Haffejee AA, Angorn IB, Duffy KJ (1985) "Nutritional parameters in urban and rural Zulus" *South African Medical Journal*. 12; 68(8):582-4.
- Wee J, Sng BY, Shen L, Lim CT, Singh G, Das De S (2013) "The relationship between body mass index and physical activity levels in relation to bone mineral density in premenopausal and postmenopausal women". *Archives of Osteoporosis*. 8(1-2):162.
- Weisman, CS. Changing, 1997) *Definitions of Women's Health: Implications for Health Care and Policy*. *Maternal and Child Health Journal*. 1(3) 179-189).
- Zanchetti, Alberto; Facchetti, Rita; Cesana, Gian Carlo; Modena, Maria Grazia; Pirrelli, Anna; Sega, Roberto: "Menopause-related blood pressure increase and its relationship to age and body mass index: the SIMONA epidemiological study". *Journal of the American Geriatrics Society*. 78(1):24337-44.
- Zhao B, Wang K, Zhao J, Luo Y (2013) "Serum calcium concentration as an indicator of intervertebral disk degeneration prognosis". *Biological Trace Element Research* .154(3):333-7.

WEBSITE

<http://www.pubmed.com>

<http://www.who.org.com>

<http://www.nasca-lift.org>.

<http://www.livestrong.com>

<http://www.sportsmedicine.about.com>.

<http://www.thesportjournal.org>.

<http://www.ehow.com>

<http://www.brianmac.co.uk/fat.htm>

www.medicinenet.com