

## Up to 14 Years Of Hot Flashes Found in Study

### Symptoms Start Early and Can Last Longer

By PAM BELLUCK

Conventional wisdom has it that hot flashes, which afflict up to 80 percent of middle-aged women, usually persist for just a few years. But hot flashes can continue for as long as 14 years, and the earlier they begin the longer a woman is likely to suffer, a study published on Monday in JAMA Internal Medicine found.

In a racially, ethnically and geographically diverse group of 1,449 women with frequent hot flashes or night sweats — the largest study to date — the median length of time women endured symptoms was 7.4 years. So while half of the women were affected for less than that time, half had symptoms longer — some for 14 years, researchers reported.

"It's miserable, I'll tell you what," said Sharon Brown, 57, of Winston-Salem, N.C., who has endured hot flashes for six years. At her job at a tax and accounting office, she has had to stop wearing silk.

"I keep one of the little fans with me at all times — one in my purse, a couple in my desk, some in just random places in the office," she said. "I'll be so glad when they stop — if they ever stop."

Over all, black and Hispanic women experienced hot flashes for significantly longer periods than white or Asian women. And in a particularly unfair hormonal twist, the researchers found that the earlier hot flashes started, the longer they were likely to continue.

Among women who got hot flashes before they stopped menstruating, the hot flashes were likely to continue for years after menopause, longer than for women whose symptoms began only when their periods had stopped.

"That having symptoms earlier in the transition bodes ill for your symptoms during menopause — that part is certainly new to me," said Dr. C. Neill Epperson, director of the University of Pennsylvania's Center for Women's Behavioral Wellness, who was not involved in the study. Perhaps, she and others suggested, early birds are more biologically sensitive to hormonal changes.

And many women fall into the early bird category. In this study, only a fifth of cases started after menopause. One in eight women began getting hot flashes while still having regular periods. For two-thirds of women, they began in perimenopause, when periods

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HASSAN AMMAR/ASSOCIATED PRESS

A man in a village south of Cairo mourned Egyptian Christians who were beheaded by a Libyan affiliate of the Islamic State.

## 2016 Ambitions Seen in Bid for Wisconsin Cuts

By JULIE BOSMAN

MADISON, Wis. — Atop a steep hill on the University of Wisconsin campus is a granite boulder affixed with a bronze plaque honoring the university system's lofty mission: to benefit the entire state by promoting public service and a search for truth.

Summed up in one phrase — "the boundaries of the university are the boundaries of the state" — the mission statement, known as the Wisconsin Idea, has been cherished by educators and graduates for a century. So when Gov.

Scott Walker, a second-term Republican, presented a budget this month proposing to delete some of its most soaring passages, as well as to sharply cut state aid to the system, he ignited a furious backlash that crossed party and regional lines.

"We were really upset about it," said Tony Sunmicht, the student body president at the University of Wisconsin, River Falls, a small college in the western part of the state, echoing a sentiment voiced by some Republican lawmakers. "The Wisconsin Idea is the philosophy that during our years in college we live and learn by."

Mr. Walker hastily backtracked, attributing the proposed changes — which included inserting a call "to meet the state's work-force needs" — to a "drafting error" by aides.

But to many Wisconsinites, it appeared that this was no mistake, and that the governor, who was re-elected in November, was intentionally sending a pugnacious message to an audience beyond the boundaries of his state: the conservative caucus voters of neighboring Iowa, the first stop in the presidential sweepstakes.

Mr. Walker, who gained the na-

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## U.S. Intensifies Effort to Blunt ISIS' Message

By ERIC SCHMITT

WASHINGTON — The Obama administration is revamping its effort to counter the Islamic State's propaganda machine, acknowledging that the terrorist group has been far more effective in attracting new recruits, financing and global notoriety than the United States and its allies have been in thwarting it.

At the heart of the plan is expanding a tiny State Department agency, the Center for Strategic Counterterrorism Communications, to harness all the existing attempts at countermessaging by much larger federal departments, including the Pentagon, Homeland Security and intelligence agencies.

The center would also coordinate and amplify similar messaging by foreign allies and nongovernment agencies, as well as by prominent Muslim academics, community leaders and religious scholars who oppose the Islamic State, also called ISIS or ISIL, and who may have more credibility with ISIS' target audience of young men and women than the American government.

With the Islamic State and its supporters producing as many as 90,000 tweets and other social media responses every day,

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## Putting Best Paw Forward

An Afghan competing in the 139th Westminster Kennel Club Dog Show, which began Monday at Madison Square Garden. The show features 192 breeds, most of which have never won Best in Show honors.

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SPENCER PLATT/GETTY IMAGES

## Storm Victims Say Damage Reports Were Altered

By DAVID W. CHEN

When Frank Johnston's insurance carrier rejected his claim that flooding from Hurricane Sandy had severely damaged the foundation of his Fire Island home, the company cited an engineering report that seemed to establish his problems were "unrelated" to the storm, and were caused instead by the "long-term deterioration" of wooden piers beneath his house.

In reality, the original had

reached the opposite conclusion. The engineering report, documents show, had been altered.

Mr. Johnston is part of a growing number of homeowners who suspect that their engineering reports were similarly rewritten as part of an effort to minimize insurance payments to flood victims in New York and New Jersey after the 2012 hurricane.

In November, allegations of altered reports prompted a federal judge overseeing more than 1,000 hurricane related lawsuits in the New York City area to order all

drafts of the engineering reports be turned over, saying he believed such revisions could be "widespread." Lawyers for homeowners in the suits began reviewing the documents, and say they have already identified more than 500 doctored reports.

That is how Mr. Johnston learned of the revisions on his report, and led a judicial panel for the Eastern District of New York to schedule a hearing this week to review the documents.

Attorney General Eric T.

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## After Taped Police Killing, Hispanic Voices Rise

By JULIE TURKEWITZ  
and RICHARD A. OPPEL Jr.

PASCO, Wash. — Members of the Zambrano family began arriving here three decades ago, picking apples in nearby orchards. Over time they have become part of the fabric of this harvesting town, growing to more than 50 and settling in tiny candy-colored homes, some ringed by white picket fences.

Then, last week, one of their own was killed by the police, his

death caught in a video that has sped around the Internet. Antonio Zambrano-Montes, 35, is shown running from three Pasco officers. He turns and swings his hands upward, before he is felled by a spray of bullets, his body slamming the concrete. He had been throwing rocks at cars and police officers.

It was the third killing by the Pasco police since July, and the video has brought international attention, with a flurry of online commenters criticizing the use of force against a man without a

gun or a knife, making comparisons to the killing of Michael Brown in Ferguson, Mo.

It has drawn condemnation from the president of Mexico and multiple investigations, including inquiries by a task force of local police agencies, by the county coroner and by the Federal Bureau of Investigation. An official from the United States attorney's office for the Eastern District of Washington has also called community leaders, assuring them

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INTERNATIONAL A4-11

### Vanishing Water in Brazil

São Paulo, Brazil's largest city, faces a severe water crisis, with its reservoirs near depletion, and officials are weighing drastic rationing.

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### Danish Gunman's Anger

For Omar Abdel Hamid El-Hussein, a short and angry life ended with a militant attack on Copenhagen.

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### Success Doomed Health Co-op

A Midwest insurance cooperative created under the health law proved to be too popular for its own good.

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#### An Ultimatum for Greece

Greece's meeting with international lenders ended in an uproar after its new leaders were told to accept the bailout terms or risk future funding.

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#### Cyberespionage Findings

A Russian firm says the U.S. has found a way to permanently embed spying and sabotage tools in computers.

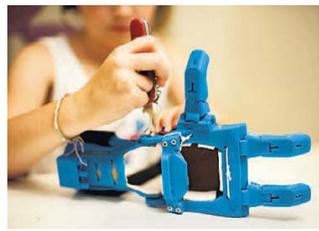
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#### Superhero Hands

Three-dimensional printers create inexpensive and striking prosthetics for children who are missing fingers.

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#### Lesley Gore Dies at 68

Before she turned 18, the singer recorded 1960s hits like "It's My Party" and "You Don't Own Me," which encapsulated the heartbreak of aggrieved teenage girls but ultimately became feminist touchstones.

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#### Armstrong Loses Ruling

An arbitration panel ruled that Lance Armstrong must pay \$10 million to a Dallas-based insurance company, SCA Promotions, because he lied under oath in a previous arbitration.

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#### David Brooks

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