



# NAMS NEWS

## Update: NAMS 2002 Annual Meeting

**T**he year's top meeting on women's health—the NAMS Annual Meeting—will be held in Chicago on October 3-5 at the Sheraton Chicago Hotel & Towers. A comprehensive array of topics covering important clinical and research issues will be addressed, including perimenopause, cardiovascular health, osteoporosis, osteoarthritis, abnormal uterine bleeding, sleep disorders, cancer, and complementary and alternative medicine (CAM), to name a few.

"The meeting offers an opportunity to earn a total of 24.5 continuing education credits," explains Carolyn Develen, NAMS administrative director and CME coordinator. "The meeting itself offers 12.5 credits. However, registrants can also attend the six satellite symposia, which offer another 8.5 credits, and the half-day 'Menopause Basics' course the morning of October 2 offers 3.5 credits."

"It's been a pleasure planning this program," comments Bruce Kessel, MD,

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NAMS board member and chair of the 2002 Scientific Committee. "The meeting's theme, Quality of Life at Menopause and Beyond, has been selected to meet the needs of NAMS members and past attendees. Participants can look forward to lectures and workshops that address the most often requested topics."

"Registration materials are now available," says Ms. Develen. "You can register by mail, fax or via the NAMS Web site. Hotel reservations must be made directly. Don't delay—space is limited!"

## Meeting Offers Many Extra Benefits

All registrants for the Annual Meeting will also receive access to:

- A record six satellite symposia, with NAMS control of topics and speakers, for extra information and more CME. Arrive before 5:30 on October 2 for the opening satellite.
- Simultaneous English-to-Spanish interpretation of plenary sessions and satellite symposia through headsets.
- Food functions—breakfasts, lunches, refreshment breaks, evening receptions.
- Plus entertainment—Chicago jazz and more!

...and for an additional fee:

- Attend the concise yet comprehensive "Menopause Basics" half-day review course the morning of October 2. Register for this separate event on the Annual Meeting Registration Form.
- Sit for the new NAMS Menopause Practitioner competency examination the afternoon of October 2 (details below).

## NAMS Competency Program Popular

**N**AMS is pleased to announce its own menopause competency program for those who are licensed to prescribe. The competency examination will first be offered the afternoon of October 2, prior to the

NAMS Annual Meeting in Chicago. Additional test dates and sites will be available in 2003.

Each person who passes the multiple-choice exam will be deemed a "NAMS Menopause Practitioner" and will receive a certificate of advanced competency, suitable for framing, that will display the 3-year period of the credential. NAMS members who pass the exam will be highlighted on the NAMS referral list of menopause clinicians.

As part of the registration fee (\$260 for NAMS members, \$500 for nonmembers), those sitting for the exam will receive a complimentary copy of the Society's leading professional resource, the 344-page *Menopause Core Curriculum Study Guide* (a \$100 value).

For a copy of the Candidate Handbook, including the application, call Applied Measurement Professionals, Inc., at 913/541-0400 and leave a request on the automated information request line; send an e-mail to [info@goAMP.com](mailto:info@goAMP.com); or download a copy at [www.goAMP.com](http://www.goAMP.com).

## First-to-Know Program Highly Valued

"One of the most highly valued benefits of NAMS membership," says NAMS Executive Director Wulf H. Utian, MD, PhD, "is our First-to-Know program. With this novel program, the most important scientific studies are abstracted, and then bylined commentary is added from the world's experts, clarifying why the studies are newsworthy. This material is sent via broadcast e-mail to NAMS members who have enrolled in the program."

Oversight is provided for this popular program by JoAnn V. Pinkerton, MD. It is coordinated in the NAMS Central Office by NAMS Medical Editor Philip K. Lammers.

"All readers of *Menopause Management* are urged to join NAMS for this—and other—benefits," invites Dr. Utian. "Nonmembers, however, can visit the NAMS Web site to read past First-to-Know messages; go to Scientific News."

## NAMS 2002 Suggested Reading List Available

The 2002 update of the NAMS Suggested Reading List is now available. "Healthcare providers and their patients look forward each year to the update of the NAMS Suggested Reading List," says NAMS Director of Education and Development Pamela Boggs. "Designed for those women who want to read more than the NAMS materials, this list includes the best books, booklets and newsletters selected from a long list of titles that are read and reviewed by a NAMS Project Team."

This year's Project Team consisted of Betsy McClung, RN, MN (Team Leader);

Diane Burr, RN, CNP; Monica Choi, PhD, CRNP; Chloe Gaines, PhD, RN, FNP; Kayt Havens, MD; Rebecca S. Kightlinger, DO; June LaValleur, MD; Jennifer L. Prouty, MSN, RNC (Chair of the NAMS Consumer Education Committee); Miriam Rosenthal, MD; and Marcie Richardson, MD. The project was coordinated by NAMS Communications Manager Sharon Somerville.

The NAMS Suggested Reading List is posted on the NAMS Web site and is available for a modest fee from NAMS. It is also provided in this issue of *Menopause Management*. It can be photocopied for distribution to patients, provided the use is not for commercial purposes. This consumer education program is supported by an unrestricted educational grant from Procter & Gamble Pharmaceuticals.

## Discussion Group "How-to" Booklet Updated

The program called *How to Develop a Menopause Discussion Group* has been updated. This is a unique and valued resource for those healthcare providers who wish to offer groups in their community.

The previous edition, published April 1997, was reviewed by Margery L.S. Gass, MD (chair of the NAMS Professional Education Committee) and Jennifer L. Prouty, MSN, RNC (chair of the NAMS Consumer Education Committee). "Both editorial content and design were revised for the new 36-page booklet," says NAMS Communications Manager Sharon Somerville, who coordinated the project along with NAMS Director of Education and Development Pamela Boggs.

This resource can be ordered from NAMS for a nominal fee, thanks to unrestricted educational grants from the E.L. Wiegand Foundation and the National Hormone Foundation, which helped defray production costs.



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day of fluoxetine, a selective serotonin-reuptake inhibitor (SSRI).

By the end of the first 4-week treatment period, the hot flash scores (based on both the frequency and average severity) decreased 50% in the fluoxetine arm compared with 36% in the placebo arm. The crossover analysis showed significantly greater hot flash score improvement with fluoxetine than with placebo.

**Comment.** This is another report of antidepressant use in reducing hot flashes in postmenopausal women being treated for breast cancer. Earlier reports suggested that venlafaxine HCl (Effexor), a combined serotonin, and norepinephrine-reuptake inhibitor, reduces the frequency and severity of hot flashes in postmenopausal women. Unlike previous studies, this current trial used a more rigorous design to assess the efficacy and tolerability of fluoxetine in the treatment of hot flashes.

The researchers' results are similar to others in hot flash frequency declines, and fluoxetine was well tolerated. Although promising, these results should be interpreted with caution, as no adjustments were made for major confounding influences (e.g., age, use of SERMs). If replicated in larger cohorts, fluoxetine could provide clinicians with an effective alternative for the treatment of hot flashes in women who have contraindications to ERT.

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