



# NAMS NEWS

## HT Advisory Panel Report

In light of the importance of the recently published scientific studies (HERS and WHI) about long-term postmenopausal hormone therapy (HT), NAMS convened an Advisory Panel that presented its report on October 3 at the Annual Meeting. Co-Chairs of the Panel were Margery L.S. Gass, MD, and Wulf H. Utian, MD, PhD. Other panelists were Bruce Ettinger, MD; J. Chris Gallagher, MD; David M. Herrington, MD, MHS; Marian C. Limacher, MD; Rogerio A. Lobo, MD; Meir J. Stampfer, MD, DrPH; Marcia L. Stefanick, PhD; and Nancy F. Woods, PhD, RN.

Discussion of the report at the meeting led to an amended and revised report, which is published in this issue. It is also posted on the NAMS Web site in both English and Spanish. Copies may be downloaded and photocopied for distribution.

NAMS was invited to present its amended report at the National Institutes of Health meeting that was convened in Washington, DC, on October 23-24. The NIH meeting provided the

opportunity for WHI investigators to explain in greater detail the findings and actions taken. It also allowed representative societies and individuals to inform NIH and the WHI investigators of reactions, perceived problems, and expectations for further analyses and subanalyses.

NAMS will update its recommendations as additional findings become available, including analyses of other outcomes and results from the other treatment arms of WHI.

## NAMS Exam Update

The new NAMS Menopause Practitioner competency examination for those who are licensed to prescribe was offered for the first time on October 2, and more than 90 healthcare providers from around the world participated. Those who passed the multiple-choice exam will be named credentialed NAMS Menopause Practitioners and will receive a certificate of added qualification, suitable for framing, that will display the 3-year period of the credential. The NAMS Board of Trustees is evaluating whether the Society should develop a second exam in 2004 for healthcare providers not licensed to prescribe.

This year, the NAMS exam will be offered on two dates:

**May 17**—Seattle, San Diego, Dallas, Boston, Baltimore, and Toronto

**Sept. 17**—Just prior to the NAMS Annual Meeting in Miami Beach

The Candidate Handbook for the 2003 exam is now available. For details and to register for the exam, contact Applied Measurement Professionals, Inc. (AMP), at 913/541-0400 or download the Handbook from their Web site ([www.goAMP.com](http://www.goAMP.com)) or the NAMS Web site ([www.menopause.org](http://www.menopause.org)).

## Award Winners Recognized

At the 13th Annual Meeting, the NAMS Awards Committee recognized winners of research

fellowships and awards. The Society congratulates these deserving recipients and thanks industry for its unrestricted grants that helped make the awards possible.

*2003 NAMS/Wyeth Women's Health Research Institute Clinical Research Fellowship Grant: Gwen Goodrow, MD, FRCSC, MSc, Burlington, Vermont* ("Effect of Estrogen on Cerebral Arteries During Stroke in Female Rats").

*2003 NAMS/Solvay Pharmaceuticals Inc. Clinical Research Fellowship Grant: Benjamin C. Wong, MD, FRCSC, Norfolk, Virginia* ("Effects of Tamoxifen and Raloxifene on Vascular Endothelial Growth Factors, Angiopoietin-4, Thrombospondin-1 and Thrombospondin-2 and p53 Protein in the MCF-7 Breast Cancer Cell Line").

*2002 NAMS/Pfizer Women's Health Diversity Award*—Acknowledges work that addresses the importance of women's diversity in achieving optimal health during perimenopause and beyond: **Margaret Lock, PhD, Montreal, Quebec, Canada.**

*2002 NAMS/GlaxoSmithKline Consumer Healthcare Education Excellence Award*—Recognizes a consumer educator among the NAMS membership who has contributed toward improving the quality of life of menopausal women: **Lorinda S. Hartwell, MPH, DrPH, Oakland, California.**

*2002 NAMS/DuPont Protein Technologies Soy Research Award*—Acknowledges work that contributes to increasing the understanding of the role of soy foods in women's health: **Claude Hughes, MD, PhD, Research Triangle Park, North Carolina.**

*2002 NAMS/Eli Lilly and Company Award for Innovations in Osteoporosis*—Recognizes work relating to the diagnosis, prevention, and/or treatment of post-

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menopausal osteoporosis: **Michael R. McClung, MD**, Portland, Oregon.

2002 NAMS/Eli Lilly and Company SERM Research Award—Recognizes work relating to SERMs for any indication: **Steven R. Cummings, MD**, San Francisco, California.

2002 NAMS/Pfizer Perimenopause Research Award—Recognizes an individual whose body of research has advanced the understanding of perimenopause: **Lorraine Dennerstein, AO, MBBS, PhD, DPM**, Parkville, Australia.

2002 NAMS/Endeavor Pharmaceuticals Vasomotor Symptoms Research Award—Recognizes research that has made significant contributions toward increasing the understanding of menopause-related vasomotor symptoms: **Robert R. Freedman, PhD**, Detroit, Michigan.

2002 NAMS Media Award—Recognizes an individual whose body of work, through any consumer media outlet (print, TV, radio, Internet), has served to expand the knowledge and understanding of meno-

pause: **Toby Hanlon, EdD**, Emmaus, Pennsylvania.

A NAMS Award Panel selected the recipients of the NAMS/Wyeth Pharmaceuticals Nurse Practitioner Reporter Program award: **Priscilla Abercrombie, RN, NP, PhD; Gwendolyn Astudillo-Tee, MSN, FNP-C; Janie B. Daddario, MSN, RNC; Sharon A. George, PhD, RN, ANP; Leslee Kagan, NP; Anne A. Moore, RNC, MSN; Alisa Pascale, RN, NP; Jill Seymour, ARNP; Trudi Simon, MSN, ARNP; and Alice F. Wyatt, MSN, FNP-BC.**

The Abstract Review and Poster Judging Committee selected the four recipients of the *New Investigator Awards*, who were: **Sebastian Mirkin, MD**, Norfolk, Virginia (“Effect of Raloxifene on Thrombospondin-1 mRNA in Ishikawa Cells Cultured In Vitro”); **Miaw-Sheue Tsai, PhD**, Berkeley, California (“An Herbal Remedy, Black Cohosh, Does Not Contain Estrogen-Like Activity”); **Lynda Lisabeth, MPH**, Plymouth, Michigan (“Marker Events Identifying Early and Late Menopausal Transition Stages”); and **Ann Vincent, MD**, Rochester, Minnesota (“Isolated Soy Isoflavone Tablets May Be Beneficial for Memory and Cognition in Postmenopausal Women”).

The Poster Judging Committee selected the top two posters at the meeting. *Best Presentation of Basic Science*: **Frederick Naftolin, MD, DPhil**, New Haven, Connecticut (“Estradiol, Raloxifene, and Tamoxifen Cause Rapid and Profound Changes in Astrocytes in Living Human Brain Slices”); *Best Clinical Presentation*: **Ethel S. Siris, MD**, New York, New York (“Osteoporosis Therapy Recommendations and Fracture Prevention: Are We Missing Opportunities?”).

### Call for 2003 Abstracts

“The option of submitting abstracts online was very successful last year,” says NAMS

Operations Manager Elizabeth K. Slogar. “In fact, due to this success, only online submissions will be accepted for the 2003 Annual Meeting.” The abstract deadline is April 15, 2003. Submissions can be forwarded to NAMS through the NAMS Web site after January 6.

### NAMS Gallup Survey Results

**M**enopause-related symptoms such as hot flashes and night sweats are associated with poorer quality of life for women, according to a recent national survey from NAMS that was conducted by The Gallup Organization.

“This finding was anticipated,” says NAMS Executive Director Wulf H. Utian, MD, PhD, “but the good news is that the survey also revealed that women who use hormone therapy for their symptoms have quality of life at the level enjoyed by women without symptoms.”

Women who participated in the telephone survey reported improved quality of life in four areas: health, emotional, sexual, and occupational. The survey revealed that menopause symptoms also improved with hormone therapy, with about 40% of women reporting that hot-flash relief was the best effect of therapy.

The press release is posted on the NAMS Web site. The study was funded by an unrestricted educational grant from Wyeth Pharmaceuticals.

### Planning Ahead

14th NAMS Meeting  
September 17-20, 2003  
Miami Beach, Florida

15th NAMS Meeting  
October 6-9, 2004  
Washington, D.C.

16th NAMS Meeting  
September 28-October 2, 2005  
San Diego, California

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