

NEWS *Commentary*

The following news item is a review of an important scientific article with commentary that addresses clinical relevance. This material comes from the First to Know® program of The North American Menopause Society (NAMS), offered to its members via broadcast e-mail. You can receive the complete program by joining the Society (www.menopause.org). Please note that the opinions expressed in the commentaries are those of the authors and are not necessarily endorsed by NAMS.

Synthetic conjugated estrogens product effective, well-tolerated therapy for hot flashes

Utian WU, Lederman SA, Williams BM, et al. Relief of hot flushes with new plant-derived 10-component synthetic conjugated estrogens. *Obstet Gynecol* 2004;103:245-53.

A plant-derived, 10-component synthetic conjugated estrogens product effectively reduces the frequency and severity of vasomotor symptoms and is well tolerated, according to this randomized, double-blind, placebo-controlled trial. In the 12-week trial, 281 highly symptomatic postmenopausal women (mean age, 51.1 years; mean number of hot flashes, 87-104 per week) were randomly assigned to receive once-daily treatment with either placebo or the estrogen product (Enjuvia; review pending at the FDA) at doses of 0.3 mg, 0.625 mg or 1.25 mg. The primary end points were frequency and severity of hot flashes at 4, 8 and 12 weeks. Compared with placebo, statistically significant reductions were observed for all three doses at all three time points. At 12 weeks, declines in hot flashes were reported in 72%, 85% and 87% of women in the 0.3,

0.625 and 1.25 mg/day dose groups, respectively, compared with 47% in the placebo group. Significant reductions in severity were also noted. Adverse events were similar in both groups.

Comment. This study is the first to describe the effectiveness of this product for the relief of moderate to severe vasomotor symptoms in postmenopausal women. The trial was well-conducted, in that 281 women were enrolled and about 80% overall were retained for the 12-week study. The expected magnitude of improvement in vasomotor symptoms was dose-dependent and superimposable on the highly reproducible patterns observed with the conjugated equine estrogens product (Premarin), which has often been used as the "gold standard" comparator in vasomotor symptom trials. Side-effect profiles did not differ between the three hormone groups and placebo. The pharmacokinetic profile of circulating estrogens and the particular compounds found in conjugated equine estrogens have been argued to be unique and favorable. The new plant-derived, conjugated estrogens product described herein is an equivalent alternative to conjugated equine estrogens for the treatment of vasomotor symptoms.

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NAMS NEWS

Washington, DC: Exciting NAMS Meeting Venue

NAMS President, James A. Simon, MD, and the NAMS Scientific Committee, Chaired by Chris Gallagher, MD, invite you to attend the NAMS 15th Annual Meeting, held October 6-9, 2004, in Washington, DC.

With all the newly published research, attendees will want to learn the latest about contemporary menopause management—and the program promises the most-needed clinical suggestions. The venue also beckons. Packed with famous sites, historic neighborhoods, and countless museums that house one of the largest collections of art and history in the world, the Capital city inspires millions to visit each year.

"Registration materials are available," said Carolyn Develen, NAMS Administrative Director and meeting coordinator. "They will be posted on the NAMS Web site and also mailed to all NAMS

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members. You can register by mail, fax, or online. Note that hotel reservations must be made directly with the hotel and booking information will be enclosed with the materials.”

New Position Statement Addressing Treatment of Hot Flashes

In the Jan/Feb 2004 issue of *Menopause*, NAMS published its latest Position Statement. These Society recommendations provide comprehensive, evidence-based suggestions on how to treat menopause-associated vasomotor symptoms through lifestyle, non-Rx, and Rx options. Other information includes epidemiology and etiology, along with an extensive reference list. The Position Statement is also posted on the NAMS Web site.

Future NAMS Meetings

16th NAMS Annual Meeting

September 28–October 1, 2005
San Diego, CA

17th NAMS Annual Meeting

October 11–14, 2006
Nashville, TN

This Position Statement was developed by an editorial board composed of Nanette F. Santoro, MD (Chair); Thomas B. Clarkson, DVM; Robert R. Freedman, PhD; Adriane J. Fugh-Berman, MD; Charles L. Loprinzi, MD; and Nancy King Reame, MSN, PhD, FAAN, then reviewed and approved by the NAMS Board of Trustees. The paper also offers an opportunity to earn CME credits.

Extra Added Attractions During Meeting

Registrants will receive many extra benefits at this year’s meeting, over and above the scientific program and the opportunity to network with the world’s experts in the field. The registration fee provides free access to:

- Several Satellite Symposia offering additional information and the opportunity to earn CME credits.
- Posters of all the latest research.
- Awards ceremony, during which leaders in the field will be recognized for their outstanding contributions.
- Exhibit Hall access to new therapeutic and diagnostic advances.
- Complimentary food functions... breakfasts, lunches, refreshment breaks, and gala evening receptions.

Attend Pre-Con Course

Back by popular demand is the NAMS “Menopause Basics” pre-conference course, to be held on

Upcoming NAMS Events

All the events listed here will be held at the Marriott Wardman Park Hotel, Washington, DC

Menopause Basics Course

October 6 (8 AM-Noon)

Competency Exam

October 6 (2:30-4:30 PM)
(July 28 Application Deadline)

NAMS 2004 Annual Meeting

October 6 (5:30 PM) to
October 9 (2:30 PM)

Wednesday morning, October 6—just before the NAMS Annual Meeting begins that afternoon. This year’s half-day course provides a concise, yet comprehensive overview of the subject of menopause. Topics include appropriate health evaluation and risk assessment, as well as developing lifestyle and pharmacologic risk reduction and treatment strategies.

The faculty includes Margery L.S. Gass, MD; Bruce Kessel, MD; and Marilyn L. Rothert, PhD, RN, FAAN—all members of the NAMS Board of Trustees. Registrants have an opportunity to earn up to 3.5 hours in Category 1 credit toward the AMA Physician’s Recognition Award.

Registration fees are \$150 for NAMS members, \$160 for nonmembers and full-time students, residents, and fellows. To register, use the same form as for the NAMS Annual Meeting.

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