



NAMS NEWS

Attend 2005 Annual Meeting— Sit for Competency Examination

Plan now to attend the NAMS 16th Annual Meeting—often called the year's best scientific congress addressing women's health. The meeting convenes in San Diego, CA, at 5:30 p.m. on Wednesday, September 28—and extends through Saturday afternoon, October 1. Registration materials for the Annual Meeting will be available soon.

"After reviewing the previous meeting evaluations and the latest research trends, the Scientific Program Committee has identified pertinent topics for the 2005 annual meeting," said Margery Gass, MD, Committee Chair. "The program will reflect the broad scope of science addressing contemporary clinical management of menopause-related issues. With new scientific information and an unprecedented number of women reaching menopause, there is a pressing need to stay current in the field. The NAMS meeting serves as a trusted resource for state-of-the-art practice."

Attendees will also enjoy learning about new research through the abstract program, present-

2005 Annual Meeting Abstract Submission Deadline

April 15, 2005
www.menopause.org/meetings/abstracts.htm

ed both live and on posters. And networking with the world's experts from multiple disciplines always yields new ideas.

Arrive the morning of September 28 and sit for the NAMS Menopause Practitioner competency examination being held from 2:30 to 4:30 p.m. Demonstrate to your community that you have special competency in the field. All licensed healthcare providers are eligible to apply. A total of 630 physicians, nurse practitioners, and others from around the world have earned this prestigious credential.

To apply for the NAMS Menopause Practitioner competency examination, download a copy of the *2005 Candidate Handbook* from the NAMS Web site (www.menopause.org/compexam.html) and submit your application and fee soon. The application deadline is July 20; the late application deadline is August 4, requiring an additional fee. Only those who have tickets are admitted; no on-site registration is allowed.

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

18th NAMS Annual Meeting
October 3–6, 2007
Dallas, TX

19th NAMS Annual Meeting
September 24–27, 2008
Orlando, FL

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Join NAMS for Increased Benefits

The majority of readers of *Menopause Management* are not members of NAMS. Yet, all readers could be considered “menopause clinicians” because they have a large menopause practice.

“Although this publication provides excellent menopause-related content six times a year,” said Wulf H. Utian, MD, PhD, *Menopause Management* Editor-in-Chief, “so much more is available through Society membership. As Executive Director of NAMS, I encourage all readers to join this organization that has long been recognized as the definitive resource on menopause to healthcare professionals, researchers, health organizations, the media, and the general public. Let NAMS support you in your practice.”

Each NAMS member receives:

- Complimentary print and online subscription to *Menopause*, the Society’s acclaimed,

- bimonthly journal of peer-reviewed research
- Complimentary subscription to the popular First to Know® monthly e-newsletter filled with abstracts of the recently published scientific studies along with expert commentary as to why the studies are significant
- Complimentary subscription to the Society’s member newsletter, *Flashes*®
- Reduced registration fees when attending NAMS meetings and sitting for the Menopause Practitioner competency examination
- Discounts when purchasing NAMS educational materials
- And much, much more.

“Given the vast number of member benefits, dues are remarkably low,” said Dr. Utian, “only \$215 per calendar year. Full-time students pay only \$160, and anyone outside North America pays an additional \$20.”

SPOTLIGHT on Menopause Education

Women who experience menopause early, whether spontaneous or through medical means (ie, bilateral oophorectomy, chemotherapy, or pelvic radiation therapy), have special needs. The NAMS Consumer Education Committee has developed an educational resource that can be provided to these patients in your practice.

Called the *Early Menopause Guidebook*, this unique 64-page booklet offers not only accurate information about the consequences of early menopause, but also emotional support that is so often needed with premature loss of fertility. Women who have received a copy from their healthcare provider report that they appreciate having this comprehensive booklet to read at home, reinforcing their providers’ office counseling.

A preview copy is posted on the NAMS Web site. Thanks to an unrestricted educational grant from Solvay Pharmaceuticals, Inc., the purchase price is affordable in all practices. A supply can be ordered through the secure NAMS Web site or by downloading the Order Form and faxing it to the NAMS Central Office. Order through the NAMS Web Store (www.menopause.org) or contact the NAMS Central Office (440/442-7550).



Stat Check

OSTEOPOROSIS

Osteoporosis, a common condition in older women—as well as elderly men—can result fractures that diminish ALF residents' independence, functionality, and quality of life. This syndrome can contribute to hospitalizations or even death. Here are some important facts and statistics about osteoporosis.

44 million...

men and women in the U.S. have osteoporosis or low bone mass. This represents 55% of people aged 55 and older in this country.

(National Osteoporosis Foundation, 2004)

52 million...

Men and women are expected to be affected by osteoporosis by the year 2010. If the trend continues, this number will rise to over 61 million by 2020.

(National Osteoporosis Foundation, 2004)

30 million...

Women had osteoporosis or low bone mass in 2002. This number is expected to grow to 35 million in 2010 and 41 million in 2020.

(National Osteoporosis Foundation, 2004)

14 million...

Men were estimated to have osteoporosis or low bone mass in 2002. By 2010, this figure is expected to climb to over 17 million and to 20 million by 2020.

(National Osteoporosis Foundation, 2004)

1.5 million...

or more fractures are due to osteoporosis

Watch for these osteoporosis risk factors in your residents:

- Personal history of fracture after age 50
- Current low bone mass
- History of fracture in a first-degree relative
- Female gender
- Being thin or having a small frame
- Advanced age
- Family history of osteoporosis
- Estrogen deficiency as a result of menopause, especially early or induced
- Abnormal absence of menstrual periods
- Anorexia nervosa
- Low lifetime calcium intake
- Vitamin D deficiency
- Use of certain medications, such as corticosteroids and anticonvulsants
- Low testosterone levels in men
- Inactive lifestyle
- Current cigarette smoking
- Excessive alcohol use

each year. This includes over 300,000 hip fractures, about 700,000 vertebral fractures, 250,000 wrist fractures, and 300,000 fractures at other sites.

(National Institutes of Health Osteoporosis and Related Bone Diseases—National Resource Center, 2004)

\$17 million...

in national direct expenditures (hospitals and nursing homes) due to osteoporosis and related-fractures were estimated to have been spent in 2001. This breaks down to \$47 million each day.

(National Institutes of Health Osteoporosis and Related Bone Diseases—National Resource Center, 2004)

89%....

of women with osteoporosis who have suffered one fracture fear breaking other bones, 80% are afraid of losing their independence, and 68% worry that another fracture will result in having to enter a nursing facility. Nearly half (46%) think osteoporosis is an unavoidable part of aging.

(Gallup Poll, 2000)

to come