

NAMS

News



Updated NAMS Position on HT Released

Clinical recommendations for hormone therapy (HT) after menopause based on the best available evidence have just been released by The North American Menopause Society (NAMS). Entitled “Estrogen and Progestogen use in Peri- and Postmenopausal Women: March 2007 Position Statement of The North American Menopause Society,” the document was developed by an Advisory Panel of 14 clinicians and researchers, all experts in this area of women’s health, then approved by the NAMS Board of Trustees.

The new Position Statement represents the most authoritative state-of-the-science summary. It incorporates current evidence regarding practical clinical recommendations about the use of HT for treatment of menopause-related symptoms (including hot flashes), as well as the relationship between HT and 23 areas of disease (including coronary heart disease, diabetes, breast cancer, and osteoporosis).

“The previous NAMS Position Statements have been internationally accepted to represent the most comprehensive and diligently considered recommendations available in the field,” said Wulf H. Utian, MD, PhD, NAMS Executive Director and Chair of the Advisory Panel that developed the new document. “The Society believes this state-of-the-science summary will offer the assistance that is especially valuable at this time to address the need of many women and their healthcare providers

for current guidelines regarding menopause-related HT.”

The Position Statement is published in the March/April 2007 issue of the Society’s official journal, *Menopause*. An abridged version appears in this issue of *Menopause Management*. A PDF of the paper plus a set of 30 slides that summarize the paper’s contents are available without charge from the NAMS Web site (www.menopause.org/aboutmeno/consensus.htm).

News About Bioidentical Hormones

So-called “bioidentical” hormones (typically referring to custom-compounded hormones used for menopause-related conditions) continue to be a topic of much discussion and debate. For some time, NAMS has posted related information on its Web site. Now, The Endocrine Society’s October 2006 Position Statement on this topic is also posted—and it has just been officially adopted as the NAMS Position Statement, too. For more, go to the NAMS Web site (www.menopause.org/bioidentical.htm).

Is Your Calendar Marked for the NAMS 2007 Annual Meeting?

Mark your calendars now to attend the NAMS 18th Annual Meeting, convening October 3-6, 2007. “The meeting will offer an in-depth exploration of key issues relating to peri- and postmenopausal health and

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promises new ideas for patient care as well as research,” said Victor W. Henderson, MD, MS, NAMS President-Elect and Chair of the 2007 Scientific Program Committee.

Not only is the meeting chock-full of interesting presentations, other learning experiences, and networking opportunities, the meeting venue alone—the incredible Gaylord Texan Hotel on Lake Grapevine, just outside Dallas, Texas—is reason enough to attend! For more, go to www.menopause.org/meetings/AGMearlyintro1.htm.

Scientific Abstract Submissions Now Invited

Don't miss your chance to share your research with participants at the NAMS 2007 Annual Meeting. Submit your scientific abstracts now for consideration for oral or poster presentation. A handy online submission process is available at the link that follows. The

deadline is April 20, 2007. For more, go to www.menopause.org/meetings/abstracts.htm.

New Guidebooks Assist Patient Counseling

The popular *Menopause Guidebook* has just been updated by NAMS, offering 64 pages of comprehensive information to reinforce your office counseling. And for women reaching menopause prematurely, the updated 72-page *Early Menopause Guidebook* provides supportive information that's available nowhere else. But don't take our word for it—see below what your colleagues think about these patient resources and order your supply today.

“I find the *Menopause Guidebook* invaluable in my office-based practice. It is an authoritative and extremely well-written resource. I regularly give it to patients after the initial counseling session. It reinforces the office discussion and also saves an immense amount of office time. It is a staple of my practice.”

— Stephanie Taylor, MD, PhD

Private Practice

Credentialed NAMS Menopause Practitioner

Monterey, CA

“Women who reach menopause early—regardless if the etiology is iatrogenic, genetic, autoimmune, or idiopathic—have a different set of concerns and experiences than their sisters who go through menopause naturally and at the usual age. NAMS has written the *Early Menopause Guidebook* for these women. I am grateful for it over and over again as I hand it out to my patients.”

— Marcie K. Richardson, MD

Co-Director, Menopause Consultation Service

Harvard Vanguard Medical Associates

Credentialed NAMS Menopause Practitioner

Boston, MA

For more, go to www.menopause.org/edumaterials/guidebook/.

Future NAMS Meetings

18th NAMS Annual Meeting

October 3–6, 2007

Dallas, TX

19th NAMS Annual Meeting

September 24–27, 2008

Orlando, FL

20th NAMS Annual Meeting

September 30–October 3, 2009

San Diego, CA

21st NAMS Annual Meeting

October 6–9, 2010

Chicago, IL

22nd NAMS Annual Meeting

September 21–24, 2011

Washington, DC

Menopause Practitioner Exam News

“Now, a total of 608 licensed healthcare providers are credentialed NAMS Menopause Practitioners,” said Mary Nance, NAMS Education Services Manager and coordinator of the examination program. “Join this prestigious group—demonstrate *your* competence in the field this year by sitting the 100-item examination. For more, go to the NAMS Web site (www.menopause.org/compexam.htm).

NAMS Webinar Series Available on CD

View the exciting series of NAMS Webinars presented during late 2006 by recognized experts who addressed key clinical issues: hormones and breast cancer, sexual dysfunction, postmenopausal hormone ther-

apy after WHI, and vulvovaginal health. These four one-hour programs are available on CD-ROM, offering both video and audio proceedings. For more, go to www.menopause.org/webinars.htm.

NAMS Web Site Commended

The NAMS Web site (www.menopause.org) has been honored again this year with the Aesculapius Award of Excellence, recognizing Web sites and other healthcare communication vehicles that offer exceptional public health information. This marks seven years of recognition by the Health Improvement Institute. Make sure that you (and your patients) visit the site often for all its many benefits.

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