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**CONFUSION ABOUT MENOPAUSAL
HORMONE THERAPY NOW CLARIFIED BY
THE NORTH AMERICAN MENOPAUSE SOCIETY**

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CLEVELAND, Ohio (June 24, 2008)—Updated clinical recommendations for hormone therapy (HT) for postmenopausal women based on the best available evidence have just been released by The North American Menopause Society (NAMS). Entitled “Estrogen and progestogen use in postmenopausal women: July 2008 position statement of The North American Menopause Society,” the document was developed by an Advisory Panel of fourteen clinicians and researchers expert in this area of women’s health, then approved by the NAMS Board of Trustees.

Modified to incorporate the most recent evidence regarding HT use for menopause-related symptoms (including hot flashes and vaginal dryness), this position statement also discusses the risks and benefits of HT on sexual function, urinary health, osteoporosis, cardiovascular effects, diabetes, breast and endometrial cancer, mood, and cognition.

(more)

“The newest NAMS position statement on hormone therapy considers the current best practice of medicine from a clinical perspective. The undue fear and confusion generated in recent years by overrepresentation or misinterpretation of clinical studies mandated a clearer explanation of the therapeutic benefit-risk ratio of HT after menopause, and how these benefits and risks affect both health providers and the women weighing the use of such therapy,” said Wulf H. Utian, MD, PhD, NAMS Executive Director and Chair of the Advisory Panel that developed the new document. “The Society has included a broad spectrum of topics related to HT use for postmenopausal women and provided an addendum to understand and explain risk, clarified by the world’s most respected experts in the field.”

This statement has been endorsed by the American Medical Women’s Association, The Endocrine Society, the National Association of Nurse Practitioners in Women’s Health, the National Women’s Health Resource Center, and the Society for Obstetricians and Gynaecologists of Canada.

The position statement will be published in the July/August 2008 issue of the Society’s official journal, *Menopause*, but is now posted ahead of print on the publisher’s Web site, accessible by subscribers. An unembargoed PDF of the paper is available at www.menopause.org/PSHT08.pdf. Also note that a set of slides that summarize the paper’s contents is available without charge on the NAMS Web site (<http://www.menopause.org/aboutmeno/consensus.aspx>).

The Mission of NAMS, a nonprofit scientific organization, is to promote the health and quality of life of women through an understanding of menopause. The Society’s membership of 2,000 professionals representing a variety of disciplines—including clinical and basic science experts from medicine, nursing, pharmacy, anthropology, sociology, psychology, and complementary/alternative medicine—makes NAMS uniquely qualified to serve as the definitive resource for health professionals and the public for accurate, unbiased information about menopause. (www.menopause.org)

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