

This guidebook is published by The North American Menopause Society (NAMS) to promote understanding of the physical and emotional changes that accompany the transition through menopause as well as the health issues later in a woman's life that may be related to menopause.

NAMS recognizes that menopause is a complex event in a woman's life, one not easily explained solely by the effects of changing hormone levels. In addition, there is much more to be learned in this area, and new information appears daily.

Because of its multidisciplinary membership of menopause experts from diverse healthcare fields, NAMS is uniquely qualified to provide menopause-related information that is accurate, balanced, and presented without bias. However, NAMS recognizes that some experts have differing opinions. NAMS hopes that this *Menopause Guidebook* assists women around menopause and beyond to make informed decisions about their health.

Menopause Guidebook

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