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MANAGEMENT OF POSTMENOPAUSAL OSTEOPOROSIS: POSITION STATEMENT OF THE NORTH AMERICAN MENOPAUSE SOCIETY

CLEVELAND (May 30, 2006) — Weakened bones (osteoporosis) represent a serious health threat for aging postmenopausal women by predisposing them to an increased risk of fracture. The process of bone loss accelerates at menopause so that by age 80, many women have lost, on average, approximately 30% of their peak bone mass. Hip and spine fractures are associated with a particularly high morbidity and mortality in postmenopausal women.

Thus, the North American Menopause Society has developed an evidence-based Position Statement to guide healthcare providers regarding the diagnosis, prevention, and treatment of postmenopausal osteoporosis. This paper is published in the May/June 2006 issue of the Society's official journal *Menopause*. (Note: An embargoed copy of the Position Statement can be viewed on the NAMS Web site at <http://www.menopause.org/2006osteo>).

“This Position Statement is an update of a similar paper published in 2002,” said Wulf H. Utian, MD, PhD, NAMS Executive Director. “Since then, the publication of additional scientific evidence has created a need to update the paper. The 2006 Position Statement is a valuable source of information that will no doubt assist

(more)

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healthcare providers in reducing fracture risk and achieving improved health and quality of life for their patients.”

“A detailed list of recommendations can be found in the paper,” said Michael R. McClung, MD, Director, Oregon Osteoporosis Center, Portland, Oregon, and Chair of the Editorial Board for this Position Statement. “In general, management strategies for postmenopausal women involve identifying those at risk for low bone density and fracture, followed by instituting measures that focus on reducing modifiable risk factors through lifestyle changes and, if indicated, drug therapy.”

NAMS is grateful to the Novartis Pharmaceuticals Corporation for the unrestricted educational grants that supported the development of this Position Statement that has been designated a continuing medical education (CME) activity for healthcare providers.

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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