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Contact:
Judy Cerne, President & CEO
Laura Lytle, Senior Account Manager
McKinney-Cerne Inc.
Phone: 440/352-2081; Fax: 440/352-2087
Email: jcerne@mckinneyad.com; llytle@mckinneyad.com

Margery Gass, MD, NCMP, Executive Director
The North American Menopause Society
Phone: 440/442-7657; Fax: 440/442-2660
Email: carolyn@menopause.org

International Experts Clarify Hormonal Changes of Menopause

New report will help clinicians predict onset of menopause

(February 15, 2012) – Published simultaneously in four top-tier journals, a new report provides a framework within which physicians and researchers can systematically and consistently identify the different reproductive stages women go through from adolescence to menopause and beyond. The report, named STRAW+10, will help clinicians predict when a woman will enter menopause and guide the selection of treatment options for menopausal symptoms and other related conditions.

A panel of US and international experts met in September 2011, in Washington, DC, to review the latest scientific data on the hormonal changes that mark reproductive aging in women and to reach consensus on defining the reproductive stages in a woman’s life from pre-menopause to the late postmenopausal period. STRAW+10 represents an update to the landmark STRAW (Stages of Reproductive Aging Workshop) system put into place ten years ago that paved the way for international studies that have led to a greater understanding of reproductive aging in women.

The new report includes the following revisions:

- Simplified bleeding criteria for the early and late menopausal transition
- Modified criteria for the late reproductive and early post-menopause stages
- Recommended application of this staging system to a wider range of women without limitation by age, ethnicity, body size or lifestyle characteristics

The STRAW+10 report is published in Menopause, Journal of Clinical Endocrinology and Metabolism, Climacteric, and Fertility and Sterility.

The symposium was co-sponsored by The National Institute on Aging (NIA), The Office of Research on Women’s Health (ORWH), as well as The North American Menopause Society (NAMS), The American Society for Reproductive Medicine (ASRM), The International Menopause Society (IMS), and The Endocrine Society.

Dr. Margery Gass, Executive Director of The North American Menopause Society comments: “The North American Menopause Society convened a group of experts from key medical societies around the world to update our understanding of the stages women go through from adolescence to menopause and beyond. This new update has broader application to more women and provides additional details for determining where a woman is in these reproductive stages.”

The full report is embargoed until February 16, 2012, at 5:00 PM EST.

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Founded in 1989, The North American Menopause Society (NAMS) is North America’s leading nonprofit organization dedicated to promoting the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging. Its multidisciplinary membership of 2,000 leaders in the field—including clinical and basic science experts from medicine, nursing, sociology, psychology, nutrition, anthropology, epidemiology, pharmacy, and education—makes NAMS uniquely qualified to serve as the definitive resource for health professionals and the public for accurate, unbiased information about menopause and healthy aging. To learn more about NAMS, visit our website: www.menopause.org