Welcome to NAMS 2012

Scientific Program Promises to Enlighten and Inform

This year’s Scientific Program will have more information than ever before. Over the next 4 days, NAMS Annual Meeting attendees will have the opportunity to learn about cutting-edge research during 13 different symposia, two panels, and more than 100 abstract and poster presentations.

“As always, we’ve tried to address the most timely topics of the day so we can update our attendees with information that will help them understand and apply the latest developments related to caring for women during the menopause transition and the years beyond,” said Cynthia A. Stuenkel, MD, NCMP, Chair of the NAMS Scientific Committee.

This year’s theme focuses on prevention, in keeping with the updated NAMS Mission: To promote the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging. “I cannot think of a better theme—‘Midlife and Beyond: The Power of Prevention’—to reflect our Mission in the face of the ongoing evolution of the current healthcare system,” Dr. Stuenkel said.

Topics fall into several key categories:
- **Pre-Meeting Symposium**
  - The theme of this symposium, which will be held Wednesday from 8:00 AM to 1:00 PM, is “Midlife Screening: What, When, How?”

President’s Reception Tonight

As your first day winds down, please join JoAnn E. Manson, MD, DrPH, NCMP, 2011-2012 NAMS President, at tonight’s President’s Reception. This exciting event will include a buffet and wine bar, as well as a live band and is conveniently located on the Coquina Lawn (Outside-Level 1) This event is a great way to begin networking in Orlando.

The NAMS Membership Committee has reserved some tables at the event for new NAMS members and first-time Annual Meeting attendees to get acquainted with one another and the Society.

The President’s Reception is supported by the Premier Partners of the 2012 NAMS Annual Meeting.

“Meet the Experts” Breakfasts Go Like Hotcakes

The popular “Meet the Experts” CME breakfast sessions sold out again this year. They will be held on Thursday and Friday morning (Exhibit Hall, Lower Level). Two new members-only tables hosted by Drs. Margery Gass and Wulf H. Utian will be set up on Friday morning. Advanced registration was required.

A New Practice Paradigm for Hormone Therapy

NAMS Executive Director Margery L.S. Gass, MD, NCMP, will present the 2012 Hormone Therapy Position Statement with comments about the subsequent soli-darity statement during a symposium beginning at 12:30 PM on Friday. In addition to the position statement, the symposium will also include the latest data on the proper dose, delivery, and duration of estrogen and progestogen therapy (EPT).

The position statement concludes that while hormone therapy (HT) is not an appropriate long-term treatment for women, it is acceptable and relatively safe in healthy women with moderate to severe menopausal symptoms who are younger than age 59 or within 10 years of menopause.

Major points of the position statement include:
- Individualization is key in the decision to use HT.
- The preferred treatment for women with vaginal dryness or discomfort with intercourse is low doses of vaginal estrogen.
- Women who have a uterus need to take both progestogen and estrogen to prevent cancer of the uterus.

A woman whose uterus has been removed can take estrogen without risk. If the uterus is still intact, both estrogen and progestogen are necessary. In women younger than age 50, the risk of breast cancer is seen after 3-5 years of continuous EPT.

Although the risk of blood clots and stroke increases with either type of HT, that risk is in the rare category for women ages 50 to 59.

An increased risk in breast cancer is seen after 3-5 years of continuous EPT. The risk decreases after HT is stopped.

In addition to the HT po-

Margery L.S. Gass, MD

Wednesday, October 3, 2012
Orlando, FL

Register your interest

Visit us at the NAMS 23rd Annual Meeting in Orlando, FL. (Photo: Gaylord Palms)
Vaginal aging. A new way to talk about VVA.

“I don’t want to feel like I’m 20 again. I want to feel more like me again!”

Only 7% of the 32 million American women who have symptoms of vulvar and vaginal atrophy (VVA) are receiving prescription treatments.*

Are millions of women suffering in silence?

Visit booth #301

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How to Navigate the NAMS Annual Meeting

Plan, then plan some more. Please take time to review all the materials in your briefcase—99% of the answers to your questions can be found there. Of course, staff at the Registration & Information Desk are always available to assist you. The Program & Exhibit Guide will help you plan the sessions, events, and exhibits you want to attend. We encourage you to do everything!

Exhibit Hall

The Exhibit Hall (Lower Level) is open on Thursday and Friday. This assembly of product manufacturers, publishers, and nonprofit groups features the latest products available for women. Representatives will be pleased to answer any questions you have.

Stay Current

While not anticipated, program changes may occur. Be sure to pick up the Thursday and Friday issues of NAMS Daily News for the latest on what’s happening at the meeting.

Evaluate the Sessions and Enter the Drawing Online

You will each an email from NAMS linking to the “Evaluation of 2012 NAMS Annual Meeting” survey. Access this survey as many times as you like (session by session or all at once) between now and November 15, 2012, from any computer or smartphone. Once you’ve evaluated everything you wish to, submit your survey responses and enter our drawing for one of two $100 “NAMS bucks” certificates. These bucks can be applied toward any NAMS meeting registration or product (but not dues or exam fees) through the end of 2013. Winners will be announced in November. The Pre-Meeting Symposium, “Midlife Screening,” will be evaluated separately by registrants.

Claim CME Credit Online

To claim continuing education credit for the Annual Meeting and Pre-Meeting Symposium, be sure to complete the short CME verification form available by email on Friday. This form must be completed all at once. NAMS will send you your CME certificate within a few weeks. Credit can be claimed via this online form through December 31, 2012. NAMS designates the Annual Meeting (pre-meeting, general sessions, breakfasts) for a maximum of 26.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Nonphysicians will receive a certificate of participation indicating that the activities were certified for AMA PRA Category 1 Credits™.

Cheers for the NAMS Premier Partners

The Society is especially grateful to the two companies below who have provided financial support by becoming Premier Partners of the 2012 NAMS Annual Meeting. Their funding sponsors: the President’s Reception on Wednesday evening, attendee continental breakfasts on Thursday and Friday morning, attendee briefcases, and the Program & Exhibit Guide. Please express your appreciation to representatives from Novo Nordisk and Pfizer, identified with white ribbons on their name badge.

Don’t Miss the Town Hall of Members on Friday

Be sure to attend the NAMS Town Hall (formerly known as the Annual Business Meeting of Members) on Friday. Hear new ideas from your peers and meet the newly elected Trustees. New business will also be discussed. The meeting will be held on Friday morning, 7:55-8:30 AM in Osceola Ballroom C/D (Level 2).

NAMS Exhibit Hall Opens Thursday

To claim continuing education credit for the Annual Meeting and Pre-Meeting Symposium, be sure to complete the short CME verification form available by email on Friday.

Exhibit Hall Hours

(Level 1)

Thursday
9:30 AM – 11:30 AM
1:00 PM – 3:30 PM
6:00 PM – 7:00 PM

Friday
9:30 AM – 12:00 Noon
1:30 PM – 3:00 PM

Ascend Therapeutics US, LLC
Bayer Healthcare
Bellevue Pharmacy
Crystal Geyser
i-Health, Inc.
International Menopause Society
It’s 2 Cool, Ltd.
Jazz Pharmaceuticals
Laclede, Inc.
Lil’ Drug Store Products, Inc.
Lippincott Williams & Wilkins
Merck
MiddlesexMD
Novogynne Pharmaceuticals
Pfizer Inc.
Pharmavite
Phenogen Sciences
Shionogi Inc.
Teva Women’s Health
The Female Patient
Upsher-Smith Laboratories, Inc.
Warner Chilcott
Wicked Sheets

Grab Your Blue Exhibit Hall Passport!

Remember to visit the exhibitors listed on the blue Exhibit Hall Passport form in your briefcase. Get their signatures, and place the passport in the box in Exhibit Hall (Lower Level) before 12:00 PM on Friday. This raffle makes you eligible to win a free registration to next year’s NAMS Annual Meeting in Dallas, TX (Oct. 9-12, 2013).

Recipient must be in the Exhibit Hall (Lower Level) for the drawing on Friday, Oct. 5, at 2:25 PM to be eligible to win.
Scientific Program

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“This topic is right on target because new recommendations from expert groups have emerged during the last year and debates over the merits of screening for certain diseases appeared frequently in both the media and medical publications,” Dr. Stuenkel said. “All clinicians who care for women will benefit by attending this symposium.”

Speakers will discuss screening techniques and offer clear-cut, bottom-line, take-home recommendations for the most pressing health concerns of midlife women: heart disease, diabetes, osteoporosis, and cancer of the breast, cervix, lung, and colon. In addition, presentations throughout the rest of the Annual Meeting will address screening for sexually transmitted diseases, ovarian cancer, and mental health issues.

Clinical Trial Updates and Scientific Abstract Presentations

NAMS attendees will be the first to know the results of two key trials.

During the Presidential Symposium on Wednesday at 4:45 PM, NAMS President JoAnn Manson, MD, DrPH, NCMP, will present the first findings from the long-awaited, eagerly anticipated Kronos Early Estrogen Prevention Study (KEEPS) trial.

On Saturday at 7:30 AM, investigators from the MsFLASH Research Network will present new clinical trial findings on three possible treatment options for hot flashes: yoga, aerobic exercise, and omega-3 supplementation.

And on Thursday and Friday, attendees will have opportunities to hear oral presentations of the top scientific abstracts. This year, the presentations are separated into four sessions to enable attendees to familiarize themselves with more abstracts than ever before. Ten abstracts will be presented during two concurrent sessions on Thursday at 4:30 PM and another ten will be presented on Friday at 4:15 PM. In addition, the four top-scoring abstracts, as selected by the NAMS Abstract Review Committee, will be presented on Friday at 11:15 AM.

Recommendations for Preventing Diseases of Aging

“Probably there are none among us who do not embrace the reality that the best way to enhance quality of life as we age is to preserve our health,” Dr. Stuenkel said. “As we focused this meeting upon the power of prevention, we selected symposia topics to reflect preventive strategies for the most common and disconcerting disease states.”

These include:

**Heart disease.** This is the number-one cause of death for both American men and women, yet women differ from men in the physiology and manifestation of coronary heart disease. “From a lifestyle standpoint, most of us have experienced the frustration of knowing what to recommend, but finding our patients reluctant or seemingly unable to take our advice,” Dr. Stuenkel said. “On Thursday at 12:30 PM, our experts will help close that loop.”

**Breast cancer.** The Plenary Symposium on Thursday at 9:00 AM will focus on the disease that many women dread the most. “Our speakers will not only help you master the best way to understand and communicate risks—relative to all conditions, not just breast cancer—to your patients, but will also bring you up to date on the latest evidence and available options in chemoprevention of breast cancer,” Dr. Stuenkel said. “And if you have been confused about the ability of estrogen to both promote and prevent breast cancer, do not miss the Utian Endowed Lecture on Saturday at 8:45 AM addressing this provocative paradox.”

**Obesity.** “This is the new epidemic of our age,” Dr. Stuenkel said. On Friday at 9:00 AM, recent scientific breakthroughs in understanding the physiology of adipose tissue, as well as an update on the first new FDA-approved weight-loss therapies in the last decade will be discussed along with guidelines for surgical interventions.

**Osteoporotic fractures.** “Preventing these fractures used to seem straightforward, but as experience with preventive and treatment strategies has grown, so have clinical dilemmas.” Thursday’s symposium at 10:30 AM will feature a cast of bone experts discussing the best approach to calcium and vitamin D supplementation, bisphosphonate drug holidays, and lifelong treatment strategies. Also, on Friday at 4:15 PM, the Canadian Leadership will present additional strategies for bone loss prevention.

Not to Be Missed

A new perspective on hormone therapy is on Friday at 12:30 PM. Friday’s 2:45 PM Plenary Symposium will look at libido from both sides of the bedroom, including discussions centering specifically on women’s, men’s, and couples’ challenges.

Saturday’s 9:15 AM symposium focuses on the postmenopausal ovary. “An all-too-common clinical dilemma revolves around ovarian conservation (or not) at the time of elective hysterectomy,” Dr. Stuenkel said. “Our speaker will separate the data from the dogma on this incredibly important topic.”

Special populations will also be emphasized during two different sessions held on Friday at 4:15 PM: ‘Lesbian Women: What are the Gaps in Care?’ and presentations from Mexican Leadership focusing on specific concerns of midlife Mexican women.

Finally, said Dr. Stuenkel, “In a new twist on our ‘Meet the Experts’ forum, we have invited key stakeholders from the National Institutes of Health, the FDA, the U.S. Preventive Services Task Force, and the Office of Research on Women’s Health to participate in a historic panel: ‘10 Years After the WHI: What Is the Future of Hormone Therapy?’” This 11:30 AM panel on Saturday will close out the Annual Meeting. “You absolutely must stay to hear the discussion firsthand!”

2012 Scientific Program Committee

Cynthia A. Stuenkel, MD, NCMP—San Diego, CA (Chair, 2012 Scientific Program Committee)
JoAnn E. Manson, MD, DrPH, NCMP—Boston, MA (NAMS President 2011-2012)
Jan L. Shiifren, MD, NCMP—Boston, MA (Chair, 2011 Scientific Program Committee)
Risa Kagan, MD, FACOG, NCMP—Berkeley, CA (Chair, 2013 Scientific Program Committee)
Vanessa Barnabei, MD, PhD, NCMP—Buffalo, NY (Chair, 2012 Abstract Review Committee)
Margery L.S. Gass, MD, NCMP—Cleveland, OH (NAMS Executive Director)
Wen Shen, MD, MPH—Baltimore, MD (Chair, 2011-2012 Professional Education Committee)
Pauline M. Maki, PhD—Chicago, IL (Chair, 2011-2012 Research Affairs Committee)
Steven R. Goldstein, MD, FACOG, NCMP—New York, NY
Lisa A. Chism, DNP, APRN, BC, NCMP, FAANP—Woodhaven, MI
Georgina E. Hale, MD, PhD—Coldaunuee, QLD, Australia
Andrew M. Kaunitz, MD—Jacksonville, Flg
Sheryl A. Kingsberg, PhD—Cleveland, OH
Diane T. Pace, PhD, FNP, NCMP—Memphis, TN
Peter F. Schnatz, DO, FACOG, FACP, NCMP—Reading, PA
Marla Shapiro, MDCM, CCP, MHSc, FRCP, NCMP—Toronto, ON, Canada
James A. Simon, MD, CCD, NCMP, FACOG—Washington, Dc
Hugh S. Taylor, MD—New Haven, CT
Rebecca C. Thurston, PhD—Pittsburgh, PA
Wulf H. Utian, MD, PhD, DSc(Med)—Cleveland, OH

Kudos to 2012 Committees

Once again, volunteers on the Abstract Review, Awards, Consumer Education, Exam, Membership, Professional Education, and Scientific Program committees did a terrific job for NAMS. Thank you all for producing this outstanding Annual Meeting, updating the Menopause Guidebook, selecting award-winning posters, bringing back the Menopause Basics Slide Set, and contributing to First to Know, Menopause e-Consult Menopause Flashes. Let’s give these committees a rousing round of applause.

Look for Committee Members wearing the orange ribbons!
Hormone Therapy
Continued from page 1

sition statement, NAMS organized a collaboration with top women’s health organizations to issue a solidarity statement in response to the confusion that has persisted after the Women’s Health Initiative. “This statement brought together 15 organizations in agreement that HT is still an acceptable treatment for menopausal symptoms in most women,” said Dr. Gass. “There are symptomatic women who are missing out on the proven benefits of HT. The WHI studied the long-term use of hormones to prevent chronic disease. Treating menopausal symptoms is still a valid use of HT in the appropriate setting,” Dr. Gass said. “However, women and clinicians are frustrated by the many conflicting recommendations. That’s why we initiated this effort to bring notable medical organizations together in agreement regarding the appropriate use of HT.”

Along with NAMS, the other organizations that supported the 2012 “A Decade After the Women’s Health Initiative—The Experts Do Agree” statement include the American Society for Reproductive Medicine, the Endocrine Society, the Academy of Women’s Health, the American Academy of Family Physicians, the American Academy of Physician Assistants, the American Association of Clinical Endocrinologists, the American Medical Women’s Association, the Asociación Mexicana para el Estudio del Climaterio, the Association of Reproductive Health Professionals, the National Association of Nurse Practitioners in Women’s Health, the National Osteoporosis Foundation, the Society for the Study of Reproduction, the Society of Obstetricians & Gynaecologists of Canada, and the SIGMA Canadian Menopause Society.

The 2012 Hormone Therapy Position Statement concludes that while hormone therapy (HT) is not an appropriate long-term treatment for women, it is acceptable and relatively safe in healthy women with moderate to severe menopausal symptoms who are younger than age 59 or within 10 years of menopause.

Relâche Spa & Salon at Gaylord Palms

Need some relaxation time before heading home? Visit the Relâche Spa & Salon, which has been designated a four-star spa by Forbes Travel Guide.

The extensive selection of world-class services features several signature massages and salon treatments exclusive to Relâche, as well as the rejuvenating Bamboo Massage and skin reviving Intra-ceuticals Oxygen Facial.

For reservations or more information, please call 407-586-4772.

NAMS Thanks Its Industry Supporters

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• Support for Relaxation Station

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• Support for Plenary Symposium #3

Continental breakfast will be available tomorrow morning from 7:30 – 8:30 AM in Osceola Ballroom A/B.

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The NAMS “Menopause Basics” Slide Set Makes a Comeback!

The North American Menopause Society has updated the always popular Menopause Basics Slide Set—an extensive collation of midlife health slides. Beautifully designed for ease of learning, these slides will boost the popularity of all your presentations about menopause and healthy aging. The topics span menopause terminology, hot flashes, sleep disturbances, and midlife cognition to cardiovascular disease, osteoporosis, hormone therapy, and healthy living.

Now on a handy flash drive available through our webstore: http://store.menopause.org/.

Shopping at Gaylord Palms Resort

Options for the discerning shopper abound at Gaylord Palms, from clothing at the unique retail stores or perfect Florida-themed souvenirs and gifts for friends and family.

Alligator Alley
Hours of Operation: 10:00 AM to 10:00 PM
Relax in comfort and style with apparel from Jimmy Buffet’s Margaritaville®! And, be sure to stop by before you make a splash in our pool for swimsuits for men, women, and children plus other sun essentials as sunscreen, flip-flops, hats, sunglasses, refreshments, and pool toys.

Brighton Collectibles
Hours of Operation: 10:00 AM to 10:00 PM
Considered one of the most successful ladies accessory lines today, Brighton® Collectibles from head to toe—eyewear, handbags, small leather goods, watches, fragrance, jewelry, housewares, and more.

Island Paradise
Hours of Operation: 10:00 AM to 10:00 PM
The latest fashion trends can be found at Island Paradise with a selection of watches, cosmetics, handbags, bath and body, fragrances, footwear, swimwear, and apparel by Lilly Pulitzer, Vera Bradley, Pineapple Moon, Spanx, and Anne Klein.

Mallory Square Market
Hours of Operation: 9:00 AM to 10 PM
Offers an extensive merchandise assortment to include traveling necessities, convenience items, snacks, sundries, health and beauty items, electronics, jewelry, gifts, and cold beverages in a Key West setting.

Marketplace News and Sundries
Hours of Operation: 7:00 AM to 11:00 PM
Marketplace News and Sundries has snacks, soft drinks, books and magazines, health and beauty aids, film, cameras, T-shirts, headwear, and souvenirs.

PGA Tour Shop
Hours of Operation: 10:00 AM to 10:00 PM
The PGA Tour® Shop features best-selling golf apparel and merchandise, including Tommy Bahama, Ashworth, Nike, Callaway, and Pebble Beach.

Relâche Spa Boutique
Hours of Operation: 9:00 AM to 8:00 PM
Extend the benefits of your luxurious spa experience with premium spa products and gifts from the spa boutique—skin care cleansers, toners and moisturizers, soothing massage oils, and bath and body products.

Revel in the festive spirit of the hotel’s fun and exciting Key West Atrium.
Coffee Shop or Steakhouse? Gaylord Palms Offers Something for Everyone

The Gaylord Palms offers an array of dining options just a stone’s throw from your hotel room and NAMS events.

Old Hickory Steakhouse Restaurant

Old Hickory Steakhouse offers a serious menu in the tradition of the best world-renowned steakhouses. The restaurant also has a wide selection of handcrafted cheeses and an extensive wine list. Old Hickory supports local, organic and sustainable farming in an effort to protect the environment, and to enhance and grow the local economy. Dinner is served nightly from 5:30 PM until 10:00 PM, while the Old Hickory Lounge is open from 5:00 PM until 11:00 PM. Reservations are recommended, (407) 586-1600.

SORA

SORA captures the style of South Beach with an eclectic offering of handcrafted drinks. Specialty sushi ranges from fresh sashimi and the ever-popular kamikaze roll, to our signature cucumber roll. Try the Omakase for a uniquely prepared combination of today’s arrivals from the farm and sea. Sora serves food from 5:00 PM until 10:00 PM daily, while the bar is open daily from 4:00 PM until 11:00 PM.

Sunset Sam’s, a Key West Grill

With its landmark mast towering overhead, this “harbor of hip” as it’s called, will whisk you back to the days of Ernest Hemingway sitting dockside with oversized cocktails. The menu features New World Floridian cuisine, with a variety of fresh seafood prepared to your preferred specifications. Begin with appetizers aboard the 60’ sailboat, including the Island Nachos, Key West Calamari Strips and Prince Edward Island Mussels. Lunch is served daily from 11:30 AM until 4 PM. Dinner follows from 5 PM until 11 PM, with bar service from 11:30 AM until midnight. For reservations, please call (407) 586-1101

Wreckers Sports Bar

Feel like you’re part of the action as you watch your favorite teams and events on one of more than 50 HDTVs and our two-story, 37’ sports screen. Enjoy elevated sports bar fare featuring appetizers, hearty concoctions, and the coldest draft beer in town. Wreckers is ideal for hanging out, unwinding, and catching up with friends. The terrace boasts one of the best views at Gaylord Palms, overlooking the posh palm-lined waters of the South Beach Pool. Wreckers is open from 11 AM to 2 AM daily, with food served from 11 AM to midnight. For more information or group reservations, please call (407) 586-1330.

Villa de Flora Restaurant

Set in the grand dining room of a European Villa, the chef’s table offers a fresh and authentic seasonal buffet menu inspired by Mediterranean cuisine. Enjoy fresh selections from the bread and produce markets, made-to-order pasta, selections from the carving station, as well as homemade desserts prepared daily by the pastry chef. Breakfast is served from 6:30 to 11:00 AM. Dinner is served from 5 to 10 PM.

Java Coast

Pick up freshly baked pastries, great sandwiches, gourmet salads, and delectable desserts to go with your coffee. Java Cost is open daily from 5:30 a.m. to 1:00 a.m.

Haagen-Dazs Ice Cream Shoppe

Try some Haagen-Dazs ice cream, sorbet, or frozen yogurt. Open daily, 11 AM until 11 PM.

Future NAMS Annual Meetings

October 9-12, 2013
Gaylord Texan
Dallas, TX

October 15-18, 2014
Gaylord National
Washington, DC

September 30 - October 3, 2015
Caesar’s Palace
Las Vegas, NV
Novo Nordisk is proud to be a Premier Partner of NAMS

The commercial organization supporting Women’s Health has maintained a presence in the exhibit halls of annual and regional meetings for medical societies such as The North American Menopause Society and the National Association of Nurse Practitioners in Women’s Health.

Although you may not always see our booth in the exhibit hall, you can feel confident that Novo Nordisk remains as committed as ever to the community. Novo Nordisk continues to engage with medical societies and individual practitioners.

Following last year’s online activities, Novo Nordisk is again partnering with NAMS in 2012:

- As a Premier Partner of the 23rd Annual Meeting
- By partially supporting the plenary symposium “It Takes Two to Tango: Reviving the Languishing Libido” with a grant
- By partially supporting the plenary symposium “WHI+10: The New Practice Paradigm in Hormone Therapy” with a grant

These are just some of the ways Novo Nordisk follows through on our Triple Bottom Line philosophy, under which we maximize value to business in an economically, socially, and environmentally responsible way.

To learn more about our products or philosophy, please see our brochure in your convention bag or visit us online at novomedlink.com/ht.