

EDITORIAL

JoAnn E. Manson, MD, DrPH, NCMP 2011-2012 NAMS President

Dr. JoAnn Manson became the President of The North American Menopause Society (NAMS) for 2011 to 2012 on September 24, 2011, during NAMS's 22nd Annual Meeting in Washington, DC. She follows Dr. Steven Goldstein as President and will serve a 1-year term.

Dr. Manson is the Michael and Lee Bell Professor of Women's Health and Professor of Medicine at Harvard Medical School. She is Chief of the Division of Preventive Medicine and Co-Director of the Connors Center for Women's Health and Gender Biology at Brigham and Women's Hospital in Boston, MA.

Her main areas of clinical research include women's health, randomized clinical trials in cardiovascular disease and cancer prevention, and translational research. Specific interests include the role of estrogen and hormonal factors, moderate versus vigorous physical activity, nutritional interventions, and other lifestyle modifications as determinants of cardiovascular disease, diabetes, and cancer in women. She is also interested in biochemical and genetic predictors of chronic disease outcomes.

Dr. Manson is the Principal Investigator of several grants from the National Institutes of Health, including the Women's Health Initiative (WHI) Vanguard Clinical Center at Brigham and Women's Hospital, the VITamin D and Omega-3 Trial, the Women's Antioxidant and Folic Acid Cardiovascular Trial, and Biochemical and Genetic Risk Factors for Cardiovascular Disease in Women, among others. She is also Principal Investigator of the Boston site for the Kronos Early Estrogen Prevention Study. She has collaborated on a number of other landmark women's health studies in addition to those mentioned previously, including the Harvard Nurses' Health Study and the Women's Health Study. Dr. Manson is a member of many professional societies and is on the editorial/medical advisory boards of several medical journals.

Women's health has been her passion since she first entered medical school. "My mother's death from ovarian cancer more than 30 years ago, seeing how little was known about women's health issues at the time, inspired me to make this my life's mission." She has been involved with NAMS from its early years: "I was invited to give a talk at the Annual Meeting and stayed to listen to all of the presentations because the conference was absolutely outstanding. From that point on, I tried to attend whenever possible because of the high quality of the scientific program and its focus on menopause and midlife women's health. I also made use of

many of the NAMS resources in my clinical practice and met wonderful colleagues. I also had the pleasure of working closely with Dr. Margery Gass, NAMS Executive Director, for many years on the WHI. As Principal Investigators of WHI Clinical Centers, we had a number of opportunities to interact when she served as President of NAMS and afterward. I also have enormous and long-standing respect for Dr. Wulf Utian, NAMS Executive Director Emeritus, and Dr. Isaac Schiff, the Editor-in-Chief of *Menopause*. Isaac has been a close friend for more than a decade. As I came to know more and more members and learned more about NAMS, I was tremendously drawn to the organization and its mission. It hasn't let me down," she says.

As a member, Dr. Manson has sat on various NAMS committees, including the Research Affairs Committee (2008-2011), the Executive Committee of the Board of Trustees (2009-2011), the Finance Committee (2010-2011), the Professional Education Committee (2009-2011), the Scientific Program Committee (2008-2009, 2010-2011), the Abstract Review Committee (2007-2009), and the Poster Judging Panel (2007-2009). She has been on the Editorial Board of *Menopause* and the Advisory Board for the NAMS Hormone Therapy Position Statement in 2007, 2008, and 2010. She has also served as a Mentor for the Society's Mentorship Program. Dr. Manson is a NAMS Certified Menopause Practitioner (NCMP).

"It is a tremendous honor and privilege to be President of NAMS in 2011-2012. My goals are to help the Society fulfill its vitally important mission to promote the health and quality of life of women during midlife and beyond through an understanding of menopause and healthy aging. NAMS is, without question, the pre-eminent multidisciplinary organization dedicated to this mission. An integral part of the mission is to serve as a resource for the clinicians and healthcare professionals who are caring for women, to provide high-quality, evidence-based, and usable information that will



help them to translate research into clinical practice, and to provide women with the information they need to make informed choices about their health. NAMS's extraordinary annual scientific program, outstanding website, flagship journal *Menopause*, and a wide array of other educational materials contribute to reaching these goals. It's also important for NAMS to stimulate and advocate for more research on the medical, psychosocial, behavioral, and cultural aspects of menopause and healthy aging," she says.

"Some specific initiatives I would like to foster include a position statement on other options for menopausal symptom management, translational symposia, increased awareness of the NCMP credential, further progress on the NAMS Menopause Curriculum, additional educational resources for health professionals and the public, and expanded collaborations with other organizations and societies that share a commitment to women's health," Dr. Manson says.

"An excellent example of the latter was the STRAW+10 Symposium: Addressing the Unfinished Agenda of Staging Reproductive Aging, an internationally collaborative and multidisciplinary initiative to advance the science of staging reproductive aging, ovarian reserve, fertility status, and timing of menopause using the latest endocrine biomarkers and novel methodology that convened at the 2011 NAMS Annual Meeting. This is exactly the type of scientific and translational effort in which organizations can synergistically advance women's health."

Dr. Manson received her undergraduate degree from Harvard University and received her medical degree from Case Western Reserve University School of Medicine. She also received master and doctoral degrees in Public Health from the Harvard School of Public Health. She is board certified in internal medicine and endocrinology and later trained in epidemiologic methods to pursue population-based research and clinical trials in women's health.

Dr. Gass states, "It is with great pleasure that I welcome Dr. JoAnn Manson to the position of NAMS President. Dr. Manson embodies the mission of NAMS through her research, clinical care, and international leadership in women's health. When I first met Dr. Manson through collaborative work in the WHI, she was clearly a leader among the 40 Principal Investigators. She extended the scientific findings of WHI by designing the coronary-artery calcium ancillary study. NAMS is fortunate to have Dr. Manson's energy, enthusiasm, and brilliance guiding the Society through her service on the Board of Trustees and now as President."

Dr. Manson was named one of 10 Heroes in Women's Health by *American Health for Women* magazine in 1997 and one of Boston's "Top Docs for Women" by *Boston Magazine* in 2001. She received the Bowditch Award for Excellence in Public Health from the Massachusetts Medical Society in 2002, the Woman in Science Award from the American Medical Women's Association in 2003, election to membership in the Association of American Physicians in 2005, fellowship in the American Association for the Advancement of Science, the Harvard College Women's Professional Achievement Award in 2006, the NAMS Postmenopausal Cardiovascular Health Research Award in 2007, the International Menopause Society's Henry Burger Research Prize in 2008, and the American Heart Association's Population Research Prize in 2010 and Distinguished Scientist Award in 2011.

She has published more than 700 articles in the medical literature, has served as the editor-in-chief of several textbooks, and is one of the top 10 most highly cited authors in the world in clinical medicine. Dr. Manson has also authored several health-related books for lay audiences. She is a frequent lecturer on women's health topics for both professional and lay audiences and has often appeared on local, national, and international media to discuss research findings. Dr. Manson was one of the physicians featured in the National Library of Medicine's exhibition "History of American Women Physicians" in Bethesda, MD.

Dr. Manson lives in Boston and is married to Christopher, whom she met while both were students at Harvard. They have three children. Jenn, 24, recently graduated from Harvard College and is pursuing graduate training in Environmental Health. Jeffrey, 22, just graduated from Cornell University and is beginning a master's program in Computer Science. Joshua, 8, is beginning third grade, loves soccer, and is one level away from a black belt in Taekwondo. "Spending as much time as possible with my husband and children, no matter what the activity, is a high priority for me. My schedule is very busy, so there's much less time for this than I'd like. We enjoy nature walks, hiking, travel, music, and reading. I really enjoy watching my adult children interact with their 8-year-old brother. And watching Joshua play soccer or practice Taekwondo is the highlight of my weekends."

The Editors