The North American Menopause Society Publishes the 7th Edition of The Menopause Guidebook

CLEVELAND (March 20, 2012) — The North American Menopause Society (NAMS) has just published the seventh edition of its popular resource for women—The Menopause Guidebook. Filled with facts and stats about the many changes that can occur during the menopause transition and beyond, the book is thoughtful, accessible, and reassuring. It outlines a healthy lifestyle for peri- and postmenopausal women.

Here are a few of the new guidelines women and their healthcare providers will find in this easy-to-read, affordable paperback:

1. Most breast cancer risk with hormone therapy is associated with progestogen, not estrogen alone, but all treated women with a uterus must take both hormones.
2. A mammogram is recommended every 2 years starting at age 50.
3. It is not necessary to measure any hormone levels, including estrogen or follicle-stimulating hormone, in order to treat menopausal symptoms.
4. Women without risk factors for cervical cancer who have had three consecutive normal Pap smears may be tested less often, but they should continue to have yearly pelvic and breast exams.

In the first month of publication, the Society has sold over 2,000 copies on its website at www.menopause.org to women and professionals alike.

The Mission of NAMS, a nonprofit scientific organization, is to promote the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging. 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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