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From the Personal to the Controversial: The NAMS 24th Annual Meeting Offers News and Perspectives on Hormones, Sex, and the Latest Approved Therapies for the Treatment of Menopause Symptoms

CLEVELAND, Ohio (October 1, 2013)—It’s getting personal for women at menopause and beyond! “From Bench to Bedside: Menopause Care in the Age of Personalized Medicine” is the theme of The North American Menopause Society’s 24th Annual Meeting in Dallas, October 9-12, 2013. There, top experts in hormone therapy, digital medicine, brain aging, cancer care, osteoporosis, and nutrition will translate the latest research findings to the clinic, tackle tough menopause care controversies, and demonstrate how digital medicine can improve outcomes, keep costs in check, and bring a new generation of healthy aging discoveries for women at menopause and beyond.

Just some of the highlights of the meeting include:

- Solutions for the sex problem that too few women and doctors discuss—vulvovaginal atrophy (VVA)
- Results from ELITE, MsFLASH-3, and KEEPS trials designed to settle hormone safety questions
- Debate on whether compounded “bioidentical” hormones help or harm
- News of genetic, probiotic, and nutritional approaches to tailoring diet that may quell chronic conditions, cool hot flashes, curb cancer, fight obesity, and more
- Strategies to rewire brains that could keep minds and memories sharp and reverse mental decline
- Help for women who survive cancer to reclaim their health, well-being, and sex lives
- Innovative—and proven—nonhormonal treatments for hot flashes
- Digital developments that promise coordinated care, better doctor-patient communication, improved health outcomes, and crowd-sourced medical discoveries
- More than 100 cutting-edge research abstracts and posters in basic and clinical menopause science
WHO: More than 1,000 physicians, nurses, nurse practitioners, pharmacists, mental health professionals, and more healthcare providers from many specialties who all care for women at menopause and beyond

WHEN: Starting 7:30 AM, Wednesday, October 9, 2013, with the Premeeting Symposium “Vulvovaginal Health: Let’s Talk About It.” Ending 2:00 PM, Saturday, October 12.

WHERE: Gaylord Texan Hotel, Dallas, TX

For program information, visit http://www.menopause.org/annual-meetings/2013-meeting/scientific-program

For attendee registration, visit http://www.menopause.org/annual-meetings/2013-meeting/registration

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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 www.menopause.org.