Providing Clinicians and Women With Evidence-Based Options
NAMS continues to blaze a trail for menopause. In 2013 we published the position statement “Management of Symptomatic Vulvovaginal Atrophy” and went on to collaborate with the International Society of Women’s Sexual Health to coin a new and improved term for what formerly was called vulvovaginal atrophy (VVA): *genitourinary syndrome of menopause* (GSM). Both societies formally approved use of this term and are now involved in developing a diagnostic tool for clinicians.

By invitation from the New England Research Institutes, NAMS is participating in the development of a self-assessment tool for GSM. This is a multiphase project that will lead to improved care for women.

Thanks to the leadership and support of Dr. Isaac Schiff, Editor-in-Chief, our journal, *Menopause*, has added a new feature called *Clinical Corner*. This section is dedicated to invited clinical reviews and the recently initiated *Practice Pearls*.

Another first this past year is our Member Forum. This innovation on our website provides a secure place where members can ask questions, share helpful information, offer their opinions on published material or news items, and continue to stay in touch with other members throughout the year.

The audience for *Menopause*, our consumer blog on the website, continues to grow. Last year *Menopause* received more than 33,000 views. Our following on Twitter and Facebook is also on the increase.

The NAMS Foundation continues to support NAMS through its fundraising efforts and, in particular, the very special donor event at the Annual Meeting. Our thanks go to 2013 President, Dr. Nancy Fugate Woods, and donor reception planners Dr. Tara Allmen and Dr. Lisa Larkin. Thanks to all of you who attended.

The Annual Meeting is the crowning event that we all look forward to each year. The 2013 meeting was outstanding thanks to Scientific Program Chair Dr. Risa Kagan, her hardworking scientific program committee, and all the excellent speakers they selected.

In closing, I wish to express my sincere appreciation for all of our members, our generous donors and grantors, and our loyal staff in the Central Office for making 2013 such a successful year.

Best regards,

Margery Gass, MD, NCMP
Executive Director
Our Mission

To promote the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging.

The NAMS Mission is being fulfilled through the work of dedicated health professionals from multiple disciplines who comprise the membership of the Society. At year-end 2013, our 1,995 members from 45 countries included primarily physicians (73%), with most being obstetricians-gynecologists or reproductive endocrinologists, followed by nurse practitioners (12%) and many other healthcare specialists and research scientists focused on the field of menopause.

Highlights of 2013

NAMS continued to serve as a unique forum through which our members work together to translate the latest findings into clinical-practice answers for their peers and for the millions of postmenopausal women in the United States and around the world. In 2013, many educational programs were initiated or expanded.

- NAMS Position Statement, “Management of Symptomatic Vaginal Atrophy,” was published in Menopause.
- NAMS cosponsored a consensus conference with the International Society for the Study of Women’s Sexual Health (ISSWSH) on vulvovaginal atrophy terminology, with a Plenary Symposium presented at the NAMS 2013 Annual Meeting. Proceedings will be submitted for journal publication, including in Menopause.
- A new section, Invited Reviews, launched in Menopause. Four reviews were published, and more are scheduled for 2014.
- NAMS launched its Member Forum on the website, where members can get answers from experts on menopause research as well as ask clinical questions, discuss difficult cases, weigh in on controversial topics, and network with colleagues.
- NAMS collaborated with the New England Research Institutes (NERI) on a project to develop and validate a self-report questionnaire on the topic of vulvovaginal atrophy.
- Clinical Corner launched as a new feature of Menopause, providing highly usable clinical information from recognized authorities.
- NAMS was reaccredited as a provider of continuing medical education by the Accreditation Council for Continuing Medical Education (ACCME).
- NAMS consumer blog, MenoPause, continues to grow, receiving 33,814 views in the past year.
- In collaboration with Haymarket Medical, four live webcasts launched on the topic of Symptomatic Vulvovaginal Atrophy at Menopause: Identification and Intervention.
- NAMS produced a highly successful Annual Meeting and Pre-Meeting Symposium, and for the first time, offered copies of speakers’ slides as reference material.
- The number of NAMS followers on Twitter and Facebook continues to grow.
Our Donors

NAMS extends its sincere appreciation to the following donors who have generously supported the NAMS Mission. You have touched the lives of many women. NAMS is a §501(c)(3) nonprofit scientific organization.

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Our Financial Performance

NAMS Statement of Financial Position

<table>
<thead>
<tr>
<th></th>
<th>December 31, 2013</th>
<th>December 31, 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cash</strong></td>
<td>$ 389,459</td>
<td>$ 353,663</td>
</tr>
<tr>
<td><strong>Investments (at fair value)</strong></td>
<td>$ 4,858,143</td>
<td>$ 4,262,104</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>$ 204,276</td>
<td>$ 223,163</td>
</tr>
<tr>
<td><strong>Assets</strong></td>
<td>$ 5,451,878</td>
<td>$ 4,838,930</td>
</tr>
<tr>
<td><strong>Liabilities</strong></td>
<td>$ 202,202</td>
<td>$ 164,780</td>
</tr>
<tr>
<td><strong>Net Assets</strong></td>
<td>$ 5,249,676</td>
<td>$ 4,674,150</td>
</tr>
<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td>$ 5,451,878</td>
<td>$ 4,838,930</td>
</tr>
</tbody>
</table>

This financial information is extracted from the audited financial statements available at the NAMS Central Office.

NAMS Statement of Activities

<table>
<thead>
<tr>
<th></th>
<th>For the year ended December 31, 2013</th>
<th>For the year ended December 31, 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership Fees</td>
<td>$ 447,139</td>
<td>$ 445,773</td>
</tr>
<tr>
<td>Contributions and Grants</td>
<td>1,066,025</td>
<td>1,186,317</td>
</tr>
<tr>
<td>Meeting Fees and Exhibits</td>
<td>732,003</td>
<td>670,904</td>
</tr>
<tr>
<td>Competency Exam Fees</td>
<td>91,335</td>
<td>78,960</td>
</tr>
<tr>
<td>Royalty Income</td>
<td>306,016</td>
<td>297,305</td>
</tr>
<tr>
<td>Sales of Educational Materials</td>
<td>73,738</td>
<td>96,261</td>
</tr>
<tr>
<td>Investment/Interest Income</td>
<td>113,995</td>
<td>118,307</td>
</tr>
<tr>
<td>Net Realized and Unrealized Gains on Investments</td>
<td>534,898</td>
<td>302,598</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>31,508</td>
<td>27,974</td>
</tr>
<tr>
<td><strong>Revenue and Support</strong></td>
<td>$ 3,396,657</td>
<td>$ 3,224,399</td>
</tr>
<tr>
<td>Membership Activities</td>
<td>$ 246,363</td>
<td>$ 256,017</td>
</tr>
<tr>
<td>Educational Activities</td>
<td>1,778,810</td>
<td>2,512,726</td>
</tr>
<tr>
<td>Management and General</td>
<td>659,406</td>
<td>668,191</td>
</tr>
<tr>
<td>Fundraising</td>
<td>136,552</td>
<td>129,756</td>
</tr>
<tr>
<td><strong>Expenses</strong></td>
<td>$ 2,821,131</td>
<td>$ 3,566,690</td>
</tr>
<tr>
<td><strong>Change in Net Assets</strong></td>
<td>$ 575,526</td>
<td>$ (342,291)</td>
</tr>
</tbody>
</table>

Distribution of Revenue and Expenses Statement of Activities

As of December 31, 2013

REVENUE

 Giám contributions and grants 37.3%
 Fees & royaltiés 55.1%
 Sales 2.6%
 Investment & interest income 4.0%
 Other 1.0%

EXPENSES

Education activities 63.1%
 Management & general 23.4%
 Membership Activities 8.7%
 Fundraising 4.8%
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