www.menopause.org

Your Source for Menopause Information
NAMS Certified Menopause Practitioner (NCMP) Program

• Developed in 2002, sets the standards for menopause practice and assists women in locating clinicians who could provide optimal menopause-related health care
• 60-page consumer publication

• Topics include:
  --Menopause
  --Symptoms
  --Early menopause
  --Menopause symptoms
  --Hormones A to Z
  --Plus, a wide variety of therapies

• Available for a nominal fee in print, Kindle, and iBook editions
Menopause Curriculum

• Includes:
  -- 58-page teaching monograph
  -- Teaching slide set
  -- 3 video case studies
  -- 1 interactive case study

• CME available
• Features the latest research news and menopause information with expert commentary

• Published monthly
• Challenging cases addressed by recognized experts in the field

• Published quarterly
• Fully referenced
• Available in print and digital formats
• CME credit
Online Resource

• Designed for women and their partners to help them better understand how menopause and aging affect sexual health and what it might mean for their sex lives

• Includes a directory of resources and FAQs

• Free of charge on the NAMS website
• Ranked 10th out of 77 Ob/Gyn journals
• Impact fact of 3.163
• iPad app available
• Addition of New Clinical Corner
• Subscription included with NAMS membership
• Circulation of 3,602 individuals and institutions
• Peer-reviewed scientific journal
NAMS Position Statements

• Most recent statement addresses vaginal atrophy

• Offers CME credit

• Has accompanying slide sets summarizing the key points

• Available to members on website and also published in Menopause
Statement of Agreement
The Experts Do Agree

• NAMS, ASRM, Endocrine Society
• Endorsed by 15 top medical groups
• Addresses the benefits of HT for symptomatic women
• Help in making informed decisions
• Published in 4 top medical journals
• Slide Set & Patient Handout available
Follow NAMS on social media!

- Facebook: www.facebook.com/northamericanmenopausesociety
- Twitter: @NAMSnews
Tune in to what’s happening in midlife women’s health.
NAMS Member Forum

- Follow-up on Annual Meeting topics
- Discuss challenging clinical issues
- Weigh in on controversial issues
- Comment on articles published in *Menopause*
- Stay connected with your NAMS colleagues
Menopause Flashes

- Web magazine for consumers
- Expert and unbiased information
Sexual Health Bookmark

- Highlights both the NAMS website and online sexual health resource
- Available for purchase to distribute to patients
• Containing more than 200 up-to-date, referenced, full-color slides about the basics of menopause

• On a handy flash drive
How to Develop a Menopause Discussion Group

• 36-page booklet outlining ways to build a menopause practice through offering menopause discussion groups
## Mentorship Program

- Matches an expert Mentor with a Mentee for a 2-year collaboration based on mutual research interests

- Outcomes are a research project disseminated as a poster at the NAMS Annual Meeting and submission of a paper to a peer-reviewed journal

### 2012-2014 NAMS Mentor/Mentee Pairs

**September 27, 2013**

<table>
<thead>
<tr>
<th>Mentee</th>
<th>Mentor</th>
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<tbody>
<tr>
<td>Thasarat S. Vajaranant, MD, Assistant Prof.</td>
<td>Pauline M. Maki, PhD, Prof. Psychiatry &amp; Psychology Director, Women’s Mental Health Research, Research Director, UIC Center for Research in Women &amp; Gender University of Illinois at Chicago Chicago, IL, IL</td>
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<tr>
<td>Areas of interest: Effect of estrogen on the CNS, the aging brain, aging of optic nerve and glaucoma</td>
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<tr>
<td>Kathryn M. Macaslay, MD, NCMP, Associate Clinical Prof.</td>
<td>Janet S. Carpenter, PhD, RN, FAAN, Prof. Department of Adult Health Sally Reahard Chair Director of the Center for Enhancing Quality of Life in Chronic Illness Indiana University School of Nursing Indianapolis, IN</td>
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<td>Areas of interest: QOL after surgical menopause in high-risk women, counseling before surgical menopause, sexual dysfunction in cancer survivors</td>
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<td>Sumathi Sankaran-Walters, MBBS, PhD, Assistant Adjunct Prof.</td>
<td>Lubna Pal, MBBS, MRCOG, MS, Assoc. Prof. Director, Program for Polycystic Ovarian Syndrome Director, Program for Reproductive Aging and Bone Health Yale Reproductive Endocrinology, Gynecology &amp; Reproductive Sciences Yale University School of Medicine New Haven, CT</td>
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<tr>
<td>Areas of interest: Effects of menopause, sex hormones, and HIV on gut mucosal function in women</td>
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<tr>
<td>Julio H. Morfin Martin, MD, Director, Clinica de Climaterio Medica Sur Lomas Mexico City, Mexico</td>
<td>Lynette Leidy Sievert, PhD, Prof. Department of Anthropology University of Massachusetts, Amherst Amherst, MA</td>
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<tr>
<td>Areas of interest: Vasomotor symptoms, hormone therapy use, cardiovascular and metabolic risk</td>
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NAMS Collaborates:

• International Society of Women’s Sexual Health (ISSWSH)
• International Menopause Society (IMS)
• ACOG Special Interest Group
• New England Research Institute (NERI)
• American Association of Nurse Practitioners (AANP)
• Association of Reproductive Health Professionals (ARHP)
• International Society for Clinical Densitometry (ISCD)
• Medscape
• Haymarket Medical
• Journal Watch Women’s Health
• MORE Magazine
• Series of clinical overviews and prospective tackling challenging problems

• Posted on the NAMS website and published in *Menopause*
2013 NAMS Awards, Scholarships & Endowments

• 46 awards and scholarships bestowed
• NAMS/Pfizer Wulf H. Utian Endowed Lecture
• NAMS/Irwin Kerber Member Endowment
• Kenneth W. Kleinman Endowed Lecture
• NAMS/LWW Best Paper Award
Vaginal Dryness

Burning symptoms of the vagina and vulva (outer lips of the vagina) are common in women of all ages, but increase with menopause. The decrease in estrogen with menopause is a major contributor to vaginal dryness, itching, burning, discomfort, and pain during intercourse. Vaginal atrophy is the medical term that describes these changes after menopause. Symptoms of vaginal atrophy may significantly affect your quality of life, sexual satisfaction, and relationship with your partner.

Menopause-related vaginal symptoms may be bothersome early in the menopause transition, or start after several years of decreased estrogen levels. Unlike hot flashes, which generally improve with time, vaginal symptoms typically worsen with time due to both aging and a prolonged lack of estrogen.

Menopause and aging can affect the vagina in the following ways:
- Vaginal tissues become thin, dry, and less elastic
- Vaginal secretions decrease with reduced lubrication
- Vaginal infections increase (as the healthy acid pH of the vagina increases)
- Discomfort with urination and increased urinary tract infections can occur
- Flaps, dry, inflamed vaginal tissues may tear and bleed
- Women with menopause induced by cancer treatments may have additional injury to the vaginal tissues from chemotherapy or pelvic radiation
- Aromatase inhibitors taken by many women with breast cancer result in extremely low estrogen levels, often causing severe vaginal dryness and decreased lubrication
- Vaginal changes often result in pain during intercourse or pelvic exams
- Menopause with disconnection from vaginal dryness can cause the vagina to become shorter, narrower, and less elastic
- For some women, pain, narrowing of the vagina, and involuntary tightening of vaginal muscles (vaginismus) can intensify to the point where sexual intercourse is no longer pleasurable or even possible

Treatment options:
While symptoms of vaginal dryness and atrophy can be very bothersome; the good news is that effective treatment options are available. These include different forms of low dose estrogen applied directly to the vagina, as well as non-hormonal treatments. You may combine non-hormonal and hormonal treatments for optimal symptom relief.

Nonhormonal remedies:
- Vaginal lubricants reduce discomfort with sexual activity when the vagina is dry by decreasing friction during intercourse. Water-soluble products are advised because the oil in some products may cause vaginal irritation. There are many over-the-counter brands available without a prescription, including K-Y Jelly, Astroglide, K-Y Silk-E, Slippery Stuff, and Just Like Me.
- Vaginal moisturizers like the wall of the vagina and maintain vaginal moisture. Like your face or hands, the vagina should be moisturized on a regular basis, for example, several times weekly or meditations, including Reiki and K-Y Liquid Wipes.
- Regular sexual stimulation promotes blood flow and secretions to the vagina. Sexual stimulation with a partner, alone, or with a device (such as a vibrator) can improve vaginal health.
- Expanding your views of sexual pleasure to include such “outercourse” options as extended caressing, mutual masturbation, and massage is an effective way to make painful vaginal penetration (intercourse) more comfortable, or provide a way to remain sexually intimate in place of intercourse.
NAMS offers much, much more...

- Expert Answers to FAQs
- Menopause Glossary
- Menopause Health Questionnaire
- Book Reviews
- Hormone Therapy Tables
- Osteoporosis Treatment Tables
- Menopause Awareness Campaign
Annual Report
Published to share the Society’s accomplishments and also recognize those who donate. Thank you!