HIGHLIGHTS OF 2016

During 2016, there were many highlights and accomplishments for The North American Menopause Society (NAMS). Indeed it was a very busy year for NAMS, during which time we moved the Central Office to a new home in Cleveland. We are pleased to have accomplished so much through the help and generosity of our members, our supporters, our donors and grantors, and our Central Office staff. I wish to express my sincere appreciation to all of you for making 2016 a year of which we can all be very proud.

NAMS continues 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 women in the United States and around the world. During 2016, many educational programs were initiated or expanded, and as NAMS Executive Director, I'm honored to share some of the highlights with you:

- A keystone offering for NAMS was its engaging and comprehensive Annual Meeting in Orlando, with the theme *The Science and Art of Menopause Health*. The meeting was outstanding thanks to the Scientific Program Chair, Dr. Pauline Maki; her hardworking Scientific Program Committee; and all the excellent speakers they selected.
- The 3rd Utian Translational Science Symposium, *A Conversation About Hormone Therapy: Is There an Appropriate Dose, Route, and Duration of Use?* was offered in Orlando. The symposium featured cutting-edge science plus highly practical, usable content and drew together investigators and clinical researchers who reviewed the key scientific studies on hormone therapy and translated the science into clinical recommendations. After the live event, we were pleased to offer a webcast to those who were unable to attend.
- A new comprehensive set of educational tools for clinicians who treat women and have questions about the benefits and risks of selective estrogen reuptake modulators (SERMs) was launched. The program includes a set of slides complete with key concepts and drill-down notes, an educational video, a comprehensive reference list, and a self-assessment quiz.
- In addition to the program for clinicians, a SERM educational resource for women also was provided. Information included a handy information sheet and video to explain the ABCs of SERMs and what women should be discussing with their clinicians.
- NAMS conducted a membership survey on hormone therapy prescription patterns for the management of menopause symptoms. Survey results were presented during the Annual Meeting, and after the meeting there was a follow-up survey. Information from the survey will be summarized in an issue of *Menopause*.
- The Society and other partners continued their efforts with FDA on the issue of product labeling for low-dose vaginal estrogen to encourage consideration of alternate labeling that enhances patient safety by highlighting relevant cautions without an alarming boxed warning.
- In a *First to Know* published in July, NAMS challenged the draft recommendation of the US Preventive Services Task Force against the necessity of the annual pelvic exam.
- NAMS presented 43 recognition awards and prizes during the Annual Meeting. These awards acknowledge the diverse and important contributions of our members as well as provide opportunities for those in training to learn more about menopause and midlife women’s health.
- Our Donor Cocktail Party continued to be a great success that provided a wonderful opportunity for networking and meeting new friends. We thank Foundation Board President, Dr. Tara Allmen, for her continued dedication and efforts to increase donations to the Society. Thank you to those who attended the event and to all who donated to the Society during 2016.
- In 2016, *Menopause* marked its 23rd year of publication. Six *Menopause* articles ranked in the Medscape Top 10 for 2016 most frequently read articles by obstetricians and gynecologists, continuing to demonstrate the importance of our journal.
- Six *Practice Pearls* on the topics of alcohol use and menopause, cognition, use of systemic hormone therapy in *BRCA* mutation carriers, immunizations, SERMs, and management of depression in midlife were published in 2016. A new benefit in 2016 was the ability for members to earn continuing education credits for these.
We continued the successful e-newsletters for our members, including the quarterly Menopause Care Updates, featuring summaries and in-depth commentaries on recent scientific articles chosen to inform and influence current clinical menopause practice. The bimonthly Menopause e-Consult continued to present questions and cases commonly seen in a menopause specialist’s practice, with recognized experts providing their opinions and practice advice.

NAMS President, Dr. Marla Shapiro, continued to lead our comprehensive video series for clinicians and women about important midlife health issues. There were seven new videos for clinicians and six for consumers launched during the year.

Topics for the videos included:
- Assessment and Treatment Options for Cognitive Issues
- Evaluation and Treatment of GSM
- Fragility Fractures and Treatment Options
- Sex After Menopause
- Nonhormone Therapy Options
- Menopause Hormone Therapy
- Menopause and Breast Cancer
- Vaginal Health
- Nonhormone Options for Hot Flashes

The Menopause consumer blog included guest posts from the Board of Trustees on important topics such as sexual desire and obesity and was recognized by Healthline as one of the ten best menopause blogs in 2016.

Efforts continued on the update to the Society’s Hormone Therapy Position Statement, and preliminary details were presented during the Annual Meeting. The statement will be officially launched in 2017.

NAMS celebrated Menopause Awareness Month in September by conducting a month-long social media campaign with the theme Connect to the Facts!

The number of NAMS Certified Menopause Practitioners (NCMPs) reached an all-time high during 2016, growing to more than 1,080 healthcare providers.

The Mentor/Mentee Program fostered two new pairs of experts and young researchers: Dr. Frank Z. Stanczyk/Dr. Erica J. Chang and Dr. Peter F. Schnatz/Dr. Jelena Pavlovic. This program encourages career development of young researchers by matching them with a Mentor for a 2-year collaboration based on mutual research interests.

We continued to increase awareness of NAMS as the go-to source for credible information on menopause and midlife women’s health. Our outreach generated more than 1.78 billion impressions and led to key news stores featuring NAMS in high-profile professional and consumer media outlets, including Prevention, CNN, The New York Times, ABC News, CBS News, Reader’s Digest, Real Simple, US News, and many others.

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 2016, our 2,047 members from 39 countries included primarily physicians (73%), with most being obstetricians-gynecologists or reproductive endocrinologists, followed by nurse practitioners (14%) and many other healthcare specialists and research scientists focused on the field of menopause.
NAMS extends its sincere appreciation to the donors who have generously supported the NAMS Mission. Your contributions have touched the lives of many women. NAMS is a §501(c)(3) nonprofit scientific organization.

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Michael and Geri Bassichis
In memory of Mr and Mrs Charles Nitabach’s brother
Michael and Geri Bassichis
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In honor of Lisa Larkin
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Every attempt has been made to accurately list all supporters. Please accept our apologies for any errors or omissions and notify the NAMS Central Office so that we may correct our records.
**NAMS Statement of Activities**

<table>
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<th></th>
<th>For the year ended December 31, 2016</th>
<th>For the year ended December 31, 2015</th>
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<tbody>
<tr>
<td>Membership Fees</td>
<td>$ 536,955</td>
<td>$ 538,890</td>
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<td>Contributions and Grants</td>
<td>574,058</td>
<td>626,091</td>
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<td>Meeting Fees and Exhibits</td>
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<td>Competency Exam Fees</td>
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<td>Royalty Income</td>
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<td>Sales of Educational Materials</td>
<td>93,101</td>
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<td>Investment/Interest Income</td>
<td>115,944</td>
<td>135,246</td>
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<td>Net Realized and Unrealized Gains/Loss on Investments</td>
<td>165,235</td>
<td>(157,196)</td>
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<td>Other</td>
<td>21,130</td>
<td>21,444</td>
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<td><strong>Revenue and Support</strong></td>
<td><strong>$ 2,661,660</strong></td>
<td><strong>$ 2,430,857</strong></td>
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<td>Membership Activities</td>
<td>$ 190,221</td>
<td>$ 237,617</td>
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<td>Educational Activities</td>
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<td>Management and General</td>
<td>522,449</td>
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<td>Fundraising</td>
<td>150,163</td>
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<td><strong>Expenses</strong></td>
<td><strong>$ 2,547,242</strong></td>
<td><strong>$ 3,166,356</strong></td>
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This financial information is extracted from the audited financial statements available at the NAMS Central Office.

**NAMS Statement of Financial Position**

<table>
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<tr>
<th></th>
<th>December 31, 2016</th>
<th>December 31, 2015</th>
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<tbody>
<tr>
<td>Cash</td>
<td>$ 429,182</td>
<td>$ 354,456</td>
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<tr>
<td>Investments (at fair value)</td>
<td>4,601,334</td>
<td>4,557,285</td>
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<td>Other</td>
<td>59,659</td>
<td>98,367</td>
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<td><strong>Assets</strong></td>
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<td><strong>$ 5,010,108</strong></td>
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<tr>
<td>Liabilities</td>
<td>$ 220,507</td>
<td>$ 254,858</td>
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<td>Net Assets</td>
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<td>4,755,250</td>
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<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>$ 5,090,175</strong></td>
<td><strong>$ 5,010,108</strong></td>
</tr>
</tbody>
</table>
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