

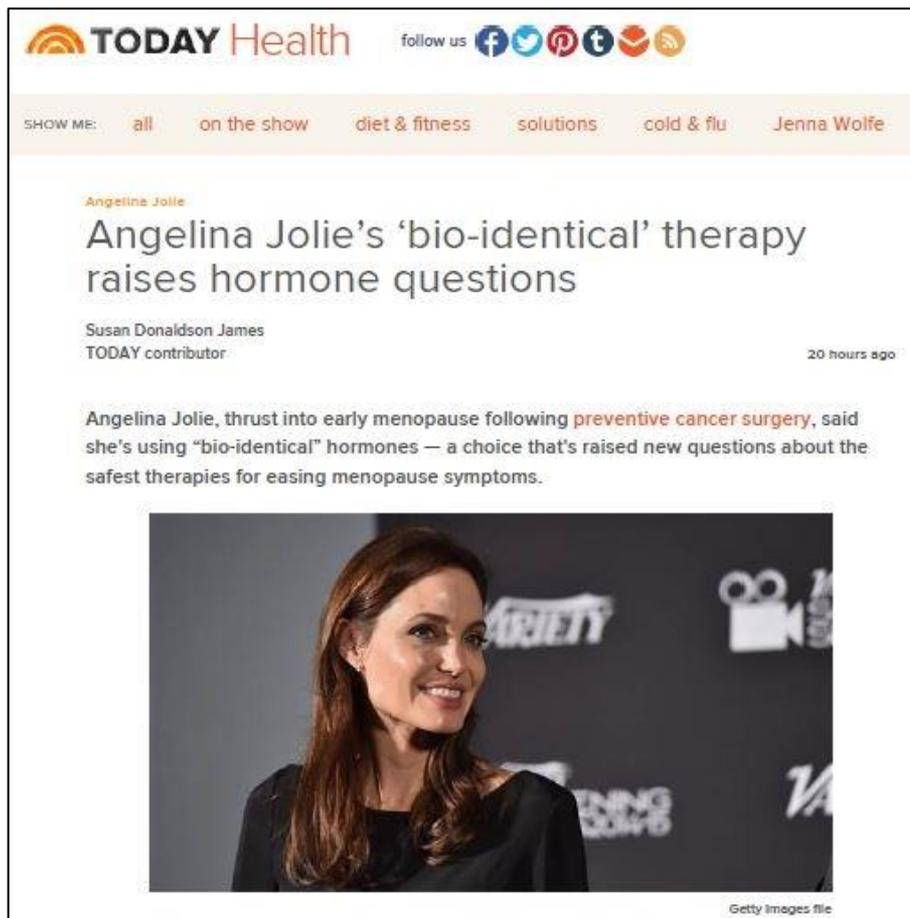


NAMS

THE NORTH AMERICAN  
MENOPAUSE SOCIETY

**In the News 2015**

# Menopause in the News



**TODAY Health** follow us 

SHOW ME: all on the show diet & fitness solutions cold & flu Jenna Wolfe

Angelina Jolie

## Angelina Jolie's 'bio-identical' therapy raises hormone questions

Susan Donaldson James  
TODAY contributor 20 hours ago

Angelina Jolie, thrust into early menopause following **preventive cancer surgery**, said she's using "bio-identical" hormones — a choice that's raised new questions about the safest therapies for easing menopause symptoms.

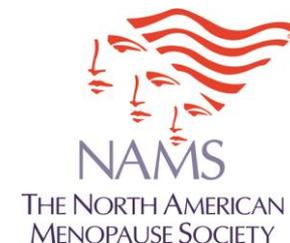


Getty Images file



“We do not know whether Ms. Jolie is on an FDA-approved product or a compounded one. Given that she is using a patch, it is likely an FDA-approved form.” —Pauline M. Maki, PhD, President of **The North American Menopause Society**.

# Menopause in the News



**HealthDay**  
News for Healthier Living

search

Health Conditions HealthDay Video Wellness Library HealthDay en Español

Advertisement

9

## Chronic Fatigue Syndrome Linked to Early Menopause: CDC

Disorder also associated with other menstrual problems and pelvic pain, study finds

THURSDAY, Feb. 5, 2015 (HealthDay News) -- There's a link between early menopause and chronic fatigue syndrome (CFS), a new study suggests.

The findings may help explain why women are two to four times more likely to have CFS than men, and why the condition is most common among women in their 40s, the researchers from the U.S. Centers for Disease Control and Prevention said.

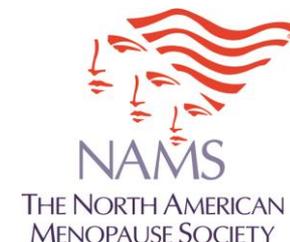
"CFS can take a tremendous toll on women's lives at midlife and on our society and health care system. Being aware of the association of CFS and earlier menopause can help providers assist women in sorting out symptoms of CFS from symptoms of menopause," Dr. Margery Gass, executive director of the North American Menopause Society, said in a society news release.

Although the study was able to find a link between early menopause and chronic fatigue



“CFS can take a tremendous toll on women’s lives at midlife and on our society and healthcare system. Being aware of the association of CFS and earlier menopause can help providers assist women in sorting out symptoms of CFS from symptoms of menopause,” said Dr. Margery Gass, Executive Director Emeritus of **The North American Menopause Society.**

# Menopause in the News



The New York Times | <http://nyti.ms/1CAgGRd>



HEALTH

## Up to 14 Years of Hot Flashes Found in Menopause Study

By PAM BELLUCK FEB. 16, 2015

Conventional wisdom has it that hot flashes, which afflict up to 80 percent of middle-aged women, usually persist for just a few years. But hot flashes can continue for as long as 14 years, and the earlier they begin the longer a woman is likely to suffer, a study published on Monday in *JAMA Internal Medicine* found.

In a racially, ethnically and geographically diverse group of 1,449 women with frequent hot flashes or night sweats — the largest study to date — the median length of time women endured symptoms was 7.4 years. So while half of the women were affected for less than that time, half had symptoms longer — some for 14 years, researchers reported.

“It’s miserable, I’ll tell you what,” said Sharon Brown, 57, of Winston-Salem, N.C., who has endured hot flashes for six years. At her job at a tax and accounting office, she has had to stop wearing silk.

## The New York Times

Dr. JoAnn E. Manson, Past President of **The North American Menopause Society**, speaks on how stress can affect menopause, about low-dose contraceptives, and on the *MenoPro* app, which helps women deal with hot flashes by suggesting nonmedical solutions.

# Menopause in the News

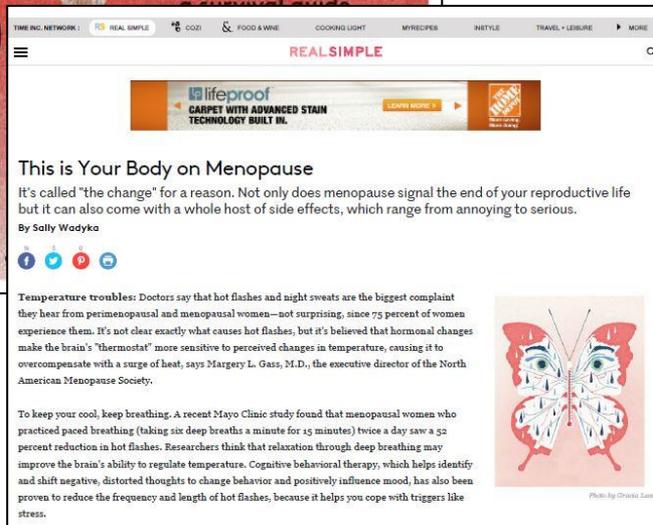


## REAL SIMPLE

LIFE MADE EASIER

“It’s not clear exactly what causes hot flashes, but it’s believed that hormonal changes make the brain’s ‘thermostat’ more sensitive to perceived changes in temperature, causing it to overcompensate with a surge of heat.” —Margery Gass, MD, NCMP, Executive Director Emeritus of **The North American Menopause Society**

Appeared online and in print.



TIME INC. NETWORK | REAL SIMPLE | COZI | FOOD & WINE | COOKING LIGHT | MYRECIPES | INSTYLE | TRAVEL + LEISURE | MORE

REAL SIMPLE

**lifeproof**  
CARPET WITH ADVANCED STAIN TECHNOLOGY BUILT IN. LEARN MORE

### This is Your Body on Menopause

It's called "the change" for a reason. Not only does menopause signal the end of your reproductive life but it can also come with a whole host of side effects, which range from annoying to serious.

By Sally Wodyka

[f](#) [t](#) [p](#) [v](#)

**Temperature troubles:** Doctors say that hot flashes and night sweats are the biggest complaint they hear from perimenopausal and menopausal women—not surprising, since 75 percent of women experience them. It's not clear exactly what causes hot flashes, but it's believed that hormonal changes make the brain's "thermostat" more sensitive to perceived changes in temperature, causing it to overcompensate with a surge of heat, says Margery L. Gass, M.D., the executive director of the North American Menopause Society.

To keep your cool, keep breathing. A recent Mayo Clinic study found that menopausal women who practiced paced breathing (taking six deep breaths a minute for 15 minutes) twice a day saw a 42 percent reduction in hot flashes. Researchers think that relaxation through deep breathing may improve the brain's ability to regulate temperature. Cognitive behavioral therapy, which helps identify and shift negative, distorted thoughts to change behavior and positively influence mood, has also been proven to reduce the frequency and length of hot flashes, because it helps you cope with triggers like stress.



Photo by Christa Lane

# Menopause in the News



THE OPRAH  
MAGAZINE

**Q:** What's the best natural hormone replacement?  
**A:** In the strictest sense, natural means a product that you can pretty much use as is. Many people assume plant-based hormone replacements are natural, but in fact, the material has to go through multiple chemical processes before it's useful to humans. That's not really natural. . . . Keep in mind, though, that taking a natural hormone has no known advantages over synthesized estrogen; both are similarly effective and safe so long as you're using products that are well regulated by the FDA.

—Margery Gass, MD, NCMP, Executive Director Emeritus of The North American Menopause Society



# Menopause in the News



**Health** Our advisors can help you prepare for rising health costs. [Learn more >](#)  **Merrill Lynch**  
Bank of America Corporation

Newsletters [Subscribe Now to Health Magazine](#)  [Log In](#) | [Register](#)

HEALTHY & HAPPY | DIET & FITNESS | FOOD & RECIPES | BEAUTY | VIDEOS | HEALTH A-Z | MAGAZINE | FAMILY TOGETHERNESS

Sep 10, 2015 **News & Views**

**More Than Half of Women Have Hot Flashes for at Least 7 Years**  
February 16, 2015 | By Health Editor

[f](#) [p](#) [t](#) [g+](#) [e](#)

**FREE Healthy Living**  
EMAIL NEWSLETTER  
Get the latest health, fitness, and nutrition news, plus special offers, insights and more from Health.com! Enter your email address [SIGN UP!](#)

Advertisement

**Health. It's a totally different beast.™**

 **Merrill Lynch**  
Bank of America Corporation [See how we can help you plan >](#)

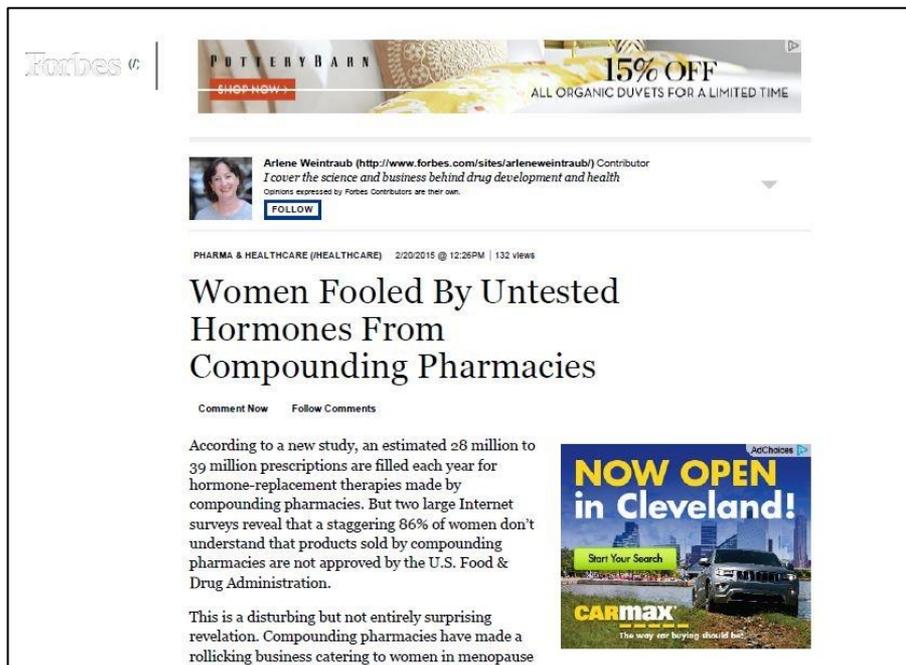
**NEW on the WEB**

# Health

“Talk to your doctor about your symptoms if they are interfering with your quality of life. There are effective treatments available.”

—Dr. JoAnn Manson, Past President of  
**The North American Menopause**

# Menopause in the News



Forbes

POTTERY BARN  
SHOP NOW  
15% OFF  
ALL ORGANIC DUVETS FOR A LIMITED TIME

Arlene Weintraub (<http://www.forbes.com/sites/arleneweintraub/>) Contributor  
*I cover the science and business behind drug development and health.*  
Opinions expressed by Forbes Contributors are their own.

FOLLOW

PHARMA & HEALTHCARE (HEALTHCARE) 2/20/2015 @ 12:26PM | 132 views

## Women Fooled By Untested Hormones From Compounding Pharmacies

Comment Now Follow Comments

According to a new study, an estimated 28 million to 39 million prescriptions are filled each year for hormone-replacement therapies made by compounding pharmacies. But two large Internet surveys reveal that a staggering 86% of women don't understand that products sold by compounding pharmacies are not approved by the U.S. Food & Drug Administration.

This is a disturbing but not entirely surprising revelation. Compounding pharmacies have made a rollicking business catering to women in menopause

Now Open in Cleveland!  
Start Your Search  
CARmax  
The way car buying should be.

## Forbes

This study was published this September in *Menopause*, the journal of **The North American Menopause Society**. It compiled results from two surveys of 3,000 women. When asked, “Do you believe that bioidentical hormone therapies compounded at a specialty pharmacy are FDA approved?” only 14% of the women correctly said “no,” according to **NAMS**.

# Menopause in the News



## FamilyCircle

"Compounding pharmacies are a perfectly valid business," notes Margery Gass, MD, NCMP, Executive Director Emeritus of **The North American Menopause Society**. "However, in the case of hormone therapy, there is no need for compounding because there are so many types of hormones in multiple doses already on the market. The issues many medical professionals have with compounding menopausal hormones are that these combinations have not been tested and they are not well regulated in terms of purity of the product, the potency of it, and how effective it is."



approach to treatment. "If a woman in menopause complains to her gynecologist about symptoms, he might do a simple hormone test and put her on estrogen or progesterone," says anti-aging expert J. Shih, MD, medical director of Arden Medical Health and Vitality Center in Seaside and Bedford Hills, NY. "But women need hormones tailored to their individual requirements." Shih and others trained in the use of bio-identical hormones rely on detailed blood, urine and saliva testing and an assessment of symptoms to determine a patient's optimal hormone level. They then prescribe individualized treatments, which often can be filled only at compounding pharmacies. These pharmacies make drugs in specific dosages or formulations not available commercially. For instance, if a woman has trouble getting into liquid form, when prescriptions for bio-identical hormones filled through compounding pharmacies are not covered by insurance.

Much of the controversy surrounding bio-identical hormones focuses on the use of these pharmacies, which are regulated by each state. "Compounding pharmacies are a perfectly valid business," notes Margery Gass, MD, executive director of the North American Menopause Society. "However, in the case of hormone therapy, there is no need for compounding because there are so many types of hormones in multiple doses already on the market. The issues many medical professionals have with compounding menopausal hormones are that these combinations have not been tested and they are not well regulated in terms of the purity of the product, the potency of it and how effective it is."

While searching the web, I found Linda, coauthor of *The Sex Drive Solution for Women: Dr. Jack Pines' Plan to Fix It*. Your libido, giving a series of informational lectures about bio-identical hormones on YouTube, intrigued, I contacted her office, in Orlando, FL, and was sent a lengthy online survey to complete, with pages of questions about my medical history, sleep, diet and exercise habits along with my symptoms. "Do you have trouble concentrating?" Yes. "Hair loss?" Yes!

"Vaginal dryness?" Uh, now that you mention it, I have been feeling a little parched.

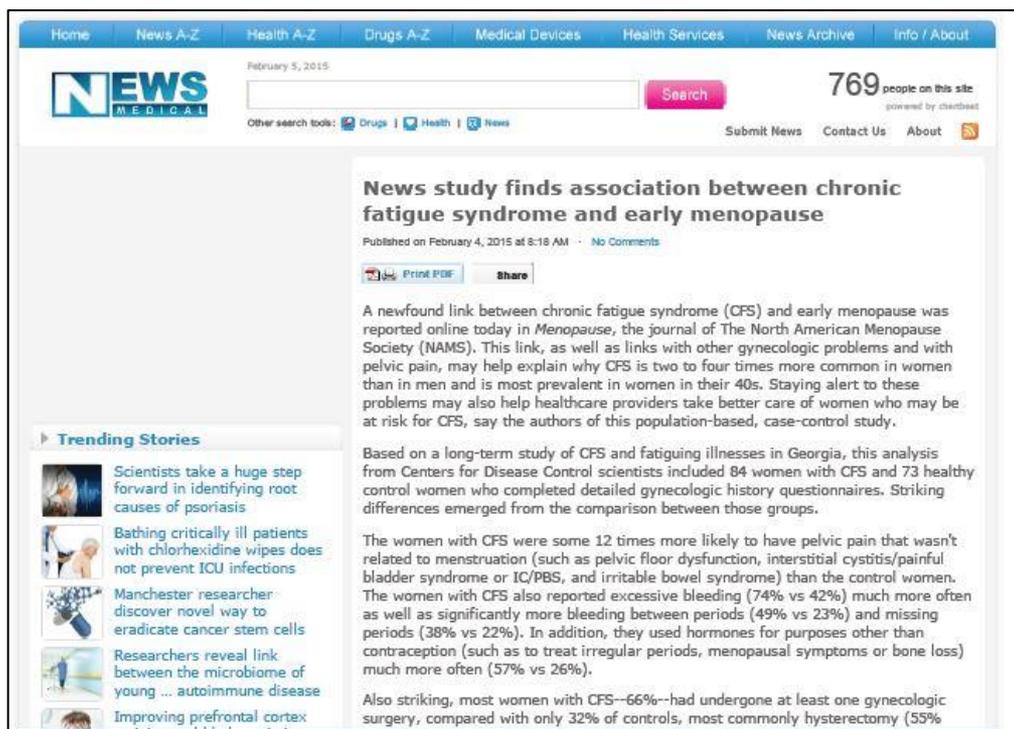
Like many doctors who specialize in anti-aging medicine, Linda takes a holistic approach. After considering my own plotted questions and blood work, Linda, a young, energetic gynecologist with what seems like an encyclopedic knowledge of women's health, advised me to meditate to reduce stress, which can worsen hormonal imbalances, supplement with vitamin C and D, and start taking hormones. She prescribed a 200 mg dosage of Vivelle, bio-identical estrogen in the form of a little patch I apply to my abdomen twice a week. She also recommended 100 mg of progesterone, and under the name Prometrium, every night for the first 15 days of the month. "Progesterone is calming hormone," she explains. "It helps you sleep and feel less overwhelmed." Both Prometrium and Vivelle are FDA approved, available at my local drugstore and covered by my insurance. I still had reservations about taking something to help me through what I considered a natural stage of life. But I was tired of feeling tired, irritable, forgetful and agitated by sex. I thought, "Anything is better than this."

Given my fatigue, the hormone that Linda suggested might make the biggest difference was testosterone, though it's not yet FDA approved for women. "I don't want to get too aggressive!" I said. Linda assured me that I wasn't going to turn into the Incredible Hulk; she prescribed less than a tenth of the amount of testosterone most men have in their bodies. "Testosterone may boost the brain chemical dopamine," she explained. "Dopamine is produced in the reward center of the brain, and it's what causes us to charge forward. You know, that 'I can do this!' feeling. Think of it as confidence, ambition and motivation."

78 | JAN 2015 | FAMILYCIRCLE.COM



# Menopause in the News



Home News A-Z Health A-Z Drugs A-Z Medical Devices Health Services News Archive Info / About

February 5, 2015

NEWS MEDICAL

769 people on this site  
powered by chartbeat

Other search tools: [Drugs](#) [Health](#) [News](#)

Submit News Contact Us About

## News study finds association between chronic fatigue syndrome and early menopause

Published on February 4, 2015 at 8:18 AM · No Comments

[Print PDF](#) [Share](#)

A newfound link between chronic fatigue syndrome (CFS) and early menopause was reported online today in *Menopause*, the journal of The North American Menopause Society (NAMS). This link, as well as links with other gynecologic problems and with pelvic pain, may help explain why CFS is two to four times more common in women than in men and is most prevalent in women in their 40s. Staying alert to these problems may also help healthcare providers take better care of women who may be at risk for CFS, say the authors of this population-based, case-control study.

Based on a long-term study of CFS and fatiguing illnesses in Georgia, this analysis from Centers for Disease Control scientists included 84 women with CFS and 73 healthy control women who completed detailed gynecologic history questionnaires. Striking differences emerged from the comparison between those groups.

The women with CFS were some 12 times more likely to have pelvic pain that wasn't related to menstruation (such as pelvic floor dysfunction, interstitial cystitis/painful bladder syndrome or IC/PBS, and irritable bowel syndrome) than the control women. The women with CFS also reported excessive bleeding (74% vs 42%) much more often as well as significantly more bleeding between periods (49% vs 23%) and missing periods (38% vs 22%). In addition, they used hormones for purposes other than contraception (such as to treat irregular periods, menopausal symptoms or bone loss) much more often (57% vs 26%).

Also striking, most women with CFS—66%—had undergone at least one gynecologic surgery, compared with only 32% of controls, most commonly hysterectomy (55%

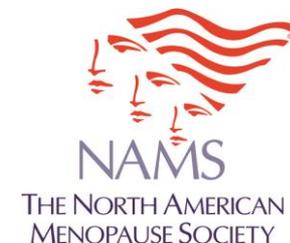
**Trending Stories**

- Scientists take a huge step forward in identifying root causes of psoriasis
- Bathing critically ill patients with chlorhexidine wipes does not prevent ICU infections
- Manchester researcher discover novel way to eradicate cancer stem cells
- Researchers reveal link between the microbiome of young ... autoimmune disease
- Improving prefrontal cortex



The new study was published February 4 in *Menopause*, the journal of **The North American Menopause Society**. This link, as well as links with other gynecologic problems and with pelvic pain, may help explain why CFS is two to four times more common in women than in men and is most prevalent in women in their 40s.

# Menopause in the News

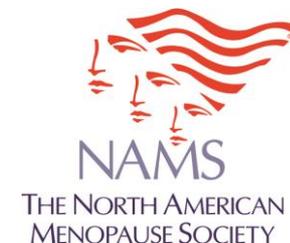


The screenshot shows the MEDPAGE TODAY website interface. At the top, there is a navigation bar with links for 'News', 'Health Policy', 'Specialties', 'Education', and 'Quick Takes', along with a search icon. Below the navigation bar is an advertisement for Humulin R U-500, featuring an orange button that says 'Click to learn more about Humulin R U-500.' and a small image of the product box. The main article is titled 'Lady Doc: Menopause-Associated Weight Gain' and is dated '02/04/2015'. The subtitle reads '— How to talk to patients about combating insulin resistance and weight gain.' To the left of the article is a vertical sidebar with a '+ SAVE' button and social media icons for Facebook, Twitter, LinkedIn, and YouTube. The article content includes a large portrait of a smiling woman with blonde hair. To the right of the portrait is another advertisement with the text 'Could starting with one injection at breakfast help your patients say yes to mealtime insulin?' and a purple 'Learn more' button.

## MEDPAGE TODAY®

“When I started practicing medicine, I was ignorant about weight gain. When patients said they didn’t understand how they gained 20 pounds, I would think to myself, ‘Yeah, right.’ But after 20 years in ob/gyn and becoming a NAMS certified menopause practitioner (NCMP) through **The North American Menopause Society**, I finally get it.”

# Menopause in the News



By STEVEN REINBERG / HEALTHDAY / February 16, 2015, 12:38 PM

## How long should menopause symptoms last?

## CBS NEWS

Menopause—which is confirmed when a woman’s periods have ceased for 12 consecutive months—occurs most often between ages 45 and 55, according to **The North American Menopause Society**. The symptoms women experience are related to lower levels of estrogen and other hormones. Common among these symptoms are hot flashes—quick feelings of heat sometimes accompanied by sweating.

# Menopause in the News

## Endocrinology Advisor

Meet the Editorial Board



Get Published

More:

News Practice Management CME Drug Database Charts Calculators Video Jobs  
Melissa Foster, Digital Content Editor



February 20, 2015

### More Women Using Compounded Hormones Without Knowing Risks

Share this article:

- [facebook](#)
- [twitter](#)
- [linkedin](#)
- [google](#)

Twenty-eight to 68% of women using hormone therapy for menopausal symptoms are using compounded hormones. Many, however, are not aware that these treatments have not been evaluated or approved by the FDA, according to results from two surveys published in *Menopause*.

Because prescriptions of compounded hormones, also known as *bioidentical hormones*, are not tracked in the same way as FDA-approved drugs are, the researchers used two large Internet surveys — the Harris and Rose surveys — to gauge how often women used approved hormone therapy or compounded hormone therapy at *menopause*.

The Harris survey included 801 women aged 45 to 60 years who had experienced at least one menopausal symptom. The Rose survey was administered to 2,044 women aged at least 40 years who were ever users of hormone therapy. Women were asked about menopausal symptoms, *hormone therapy* use and knowledge of compounded hormone therapy.

The researchers also extrapolated findings from the Rose survey using U.S. Census Bureau data as well as prescription claims for FDA-approved hormone therapy to estimate the prevalence of compounded hormone therapy use.

Extrapolations from the Rose survey indicated that up to 2.5 million U.S. women aged at least 40 years may use compounded hormone therapy per year. This number accounts for 28% to 68% of hormone therapy prescriptions, according to the data.

Findings from the Harris study also demonstrated that 56% of women were not aware that compounded hormone therapy products are not approved by the FDA.

The Rose survey also polled a subset of 1,771 women about whether their hormone therapy had been personalized based on their hormone levels. Results showed that 21% responded “yes,” while 27% said they did not know.



More Women Using Compounded Hormones Without Knowing Risks

## Endocrinology Advisor

Margery Gass, MD, Executive Director Emeritus of **The North American Menopause Society**, commented on the findings of the study.

“These results indicate a general lack of understanding about the key differences between compounded and FDA-approved hormone therapy. This publication establishes the need for better education on this topic.”

# Menopause in the News



**ConsumerReports.org** Find Ratings  A-Z Index

Cars ▾ Appliances ▾ Electronics ▾ Home & Garden ▾ Babies & Kids ▾ Money ▾ Shopping ▾ Health ▾

Conditions & Treatments Drugs Vitamins & Supplements Doctors & Hospitals Insurance

Home > Health & Wellness > Can hormone therapy really keep you young?

[Like](#) [Share](#) [+1](#) [Tweet](#) [G+](#) [PinIt](#) [Print](#) [Email](#) [A A](#)

## Can hormone therapy really keep you young?

Anti-aging products are big business, but beware the bold claims  
Published: May 26, 2015 05:30 PM



Hormone therapy to slow the aging clock sounds enticing. But like anti-aging supplements and many prescription drugs touted to halt age-related decline, taking hormones in the hope of staying youthful longer can not only be ineffective, but it can also be hazardous to your health.

**SUBSCRIBE ONLINE**

Join today & get  
**24/7 digital access to:**

- > Expert Ratings
- > Buying Advice
- > Much, much more!

**Subscribe Now!**

**Consumer Reports Magazine**

Get expert, unbiased advice on how to save hundreds, even thousands on products and services with *Consumer Reports* magazine.

**Subscribe to the magazine**

**E-mail Newsletters**

**FREE** e-mail Newsletters! Choose from cars, safety, health, and more!

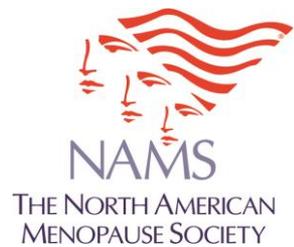
Your e-mail Address  **Go**

Already signed-up?  
Manage your newsletters here too.

# Consumer Reports®

Prescription hormone therapy (HT) is generally considered to be a reasonable short-term solution for hot flashes and other menopause symptoms. But some people recommend long-term use of compounded bioidentical hormones to help women look and feel younger, says Margery Gass, MD, NCMP, Executive Director Emeritus of **The North American Menopause Society.**

# Menopause in the News



## This Rx Combo Might Protect Hearts After Menopause

Hormone replacement therapy combined with statins may reduce deaths in menopausal women

March 19, 2015 / Author: Beth Greenwood / Reviewed by: Joseph V. Madia, MD Beth Bolt, RPh

(dailyRx News) Women have a higher risk of heart disease after [menopause](#), but a combination therapy may reduce that risk.

A new Swedish study found that among women who used hormone replacement therapy (HRT) and took statin medications, the risk of death from any cause was lower. Past research has indicated that HRT might increase the risk of heart disease in some women.

Angela DeRosa, DO, MBA, CPE, a member of the International Menopause Society and an associate professor at A. T. Still University in Kirksville, MO, told dailyRx News that women should be closely monitored when they start estrogen therapy after menopause.

"Estrogen may initially disrupt arterial plaque as it begins healing the tissues, raising the risk for a cardiovascular event," Dr. DeRosa said. "Women who are 8-10 years past menopause would not be good candidates for estrogen therapy."

The authors of the current study noted that Swedish women use a specific type of HRT that may be different from what doctors in the US prescribe.

This study was led by Ingegard Anveden Berglind, MD, PhD, of the Center for



The study about the possibility of a combination therapy that may reduce risk of heart disease after menopause was published in ***Menopause***, the journal of **The North American Menopause Society**.

# Menopause in the News



The screenshot shows the EmpowHER website interface. At the top, there is a search bar with the text 'Search EmpowHER.com' and a 'GO' button. To the right are links for 'Log in', 'Join Us', and 'Connect'. Below the search bar is a navigation menu with categories: Home, Health A-Z, Community, Wellness, Diet & Nutrition, Relationships & Family, Resources, and News. The main content area features the article title '6 Things That Are Making Your Hot Flashes Worse' by Lauren Klenda. The article includes a social media sharing bar with icons for Facebook (28), Twitter (12), and Google+ (8+), along with buttons for 'VIEW COMMENTS', 'PRINT', and 'TEXT SIZE'. A 'HER HEALTH' badge is visible, showing statistics: 2435 Improved Health, 1243 Changed Lives, and 1119 Saved Lives. The article text begins with 'It would be hard to say that anyone likes the feeling of being instantaneously hot, getting red and flushed, while sweating and some times getting the chills. Unfortunately, like puberty, hot flashes are an inevitable part of life (for 85 percent of women at least). Every woman is different, and every woman experiences hot flashes differently. At the onset of menopause some women experience hot flashes rarely, while others have to tolerate them up to 20 times a day.'

# EmpowHER<sup>®</sup>

Improving **Health**. Changing **Lives**.

Alcohol can take a toll on your mood, your organs, and now the extent of your hot flashes. According to **The North American Menopause Society**, although alcohol does not affect all women, it can trigger hot flashes in some.

# Menopause in the News



## Researchers associate CFS with symptoms of early menopause, gynecologic problems

Last updated: Today at 12am PST

f 14 t 35

Menopause

- Sleep / Sleep Disorders / Insomnia
- Women's Health / Gynecology
- Primary Care / General Practice

MNT featured Academic journal

**A** new study by researchers from the Centers for Disease Control and Prevention suggests there may be an association between chronic fatigue syndrome in women and early menopause, as well as other gynecologic conditions.

**Chronic fatigue syndrome (CFS)** is a condition in which individuals experience continuous, severe **tiredness**, even after bed rest.

As well as extreme fatigue, symptoms of the condition include muscle pain, joint pain, unrefreshing sleep, poor memory and concentration, tender lymph nodes in the armpit or neck, **headache** and frequent or recurring **sore throat**. A person is normally diagnosed with CFS if they have experienced at least four of these symptoms for 6 months or more.

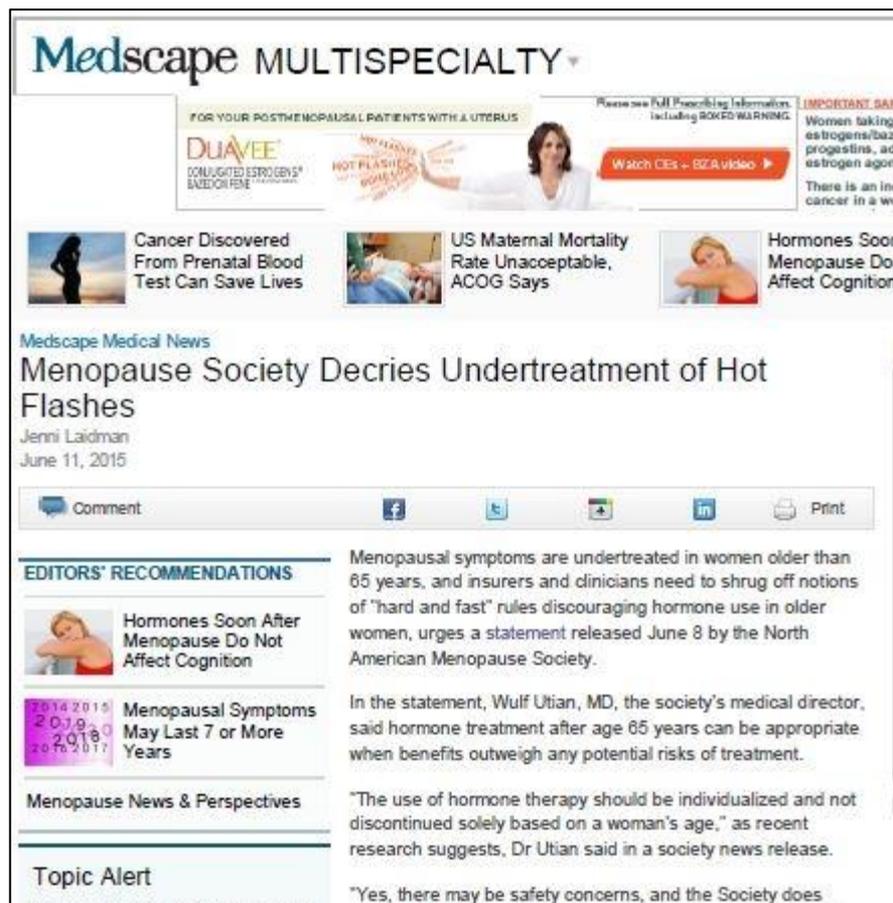




## Medical News TODAY

“CFS can take a tremendous toll on women's lives at midlife and on our society and health care system. Being aware of the association of CFS and earlier menopause can help providers assist women in sorting out symptoms of CFS from symptoms of menopause.” – Margery Gass, MD, Executive Director of **The North American Menopause Society**

# Menopause in the News



**Medscape MULTISPECIALTY**

FOR YOUR POSTMENOPAUSAL PATIENTS WITH A UTERUS  
DUAVEE  
UNADJUTED ESTROGENS  
BAMIDIPINE

PLEASE SEE FULL Prescribing Information, including BOXED WARNING

IMPORTANT SALES  
Women taking  
estrogens/and  
progestins, and  
estrogen agonists  
There is an inc  
cancer in a wo

Watch CEs - BZA video ▶

NO MORE  
HOT FLASHES  
WOMEN

Cancer Discovered From Prenatal Blood Test Can Save Lives

US Maternal Mortality Rate Unacceptable, ACOG Says

Hormones Soon After Menopause Do Not Affect Cognition

Medscape Medical News

## Menopause Society Decries Undertreatment of Hot Flashes

Jenni Laidman  
June 11, 2015

Comment

EDITORS' RECOMMENDATIONS

Hormones Soon After Menopause Do Not Affect Cognition

Menopausal Symptoms May Last 7 or More Years

Menopause News & Perspectives

Topic Alert

Menopausal symptoms are undertreated in women older than 65 years, and insurers and clinicians need to shrug off notions of "hard and fast" rules discouraging hormone use in older women, urges a statement released June 8 by the North American Menopause Society.

In the statement, Wulf Utian, MD, the society's medical director, said hormone treatment after age 65 years can be appropriate when benefits outweigh any potential risks of treatment.

"The use of hormone therapy should be individualized and not discontinued solely based on a woman's age," as recent research suggests, Dr Utian said in a society news release.

"Yes, there may be safety concerns, and the Society does

## Menopause

Menopausal symptoms are undertreated in women older than 65 years, and insurers and clinicians need to shrug off notions of "hard and fast" rules discouraging hormone use in older women, urges a statement released June 8 by **The North American Menopause Society**.

In the statement, Wulf Utian, MD, **NAMS Medical Director**, said hormone treatment after age 65 years can be appropriate when benefits outweigh any potential risks of treatment.

# Menopause in the News



msn salud

Buscar Salud y Bienestar

Tus búsquedas: Más de la mitad de las mujeres sufren de s...

Administrar Historial

Iniciar sesión

Hoy Fuerza Yoga y pilates Nutrición Noticias médicas Zona Muévete Rastreador de dieta Rastreador cardiovascular

SIGN UP TO GET THE SUPPORT YOU NEED TO QUIT SMOKING. REGISTER NOW >

## Más de la mitad de las mujeres sufren de sofocos durante al menos 7 años

HD HealthDay

Por Steven Reinberg 2/17/2015

COMPARTIR

TWITTEAR

CORREO

LUNES, 16 de febrero de 2015 (HealthDay News) -- Los sofocos y los sudores nocturnos relacionados con la menopausia no son un problema a corto plazo. Más de la mitad de las mujeres experimentan esos desagradables síntomas durante el cambio de la vida durante siete o más años, halla un estudio reciente.

"Las mujeres no deben sorprenderse si sus sofocos duran varios años", dijo la investigadora líder, Nancy Avis, profesora de ciencias sociales y políticas de salud de la Escuela de Medicina Wake Forest en Winston-Salem, Carolina del Norte.

Cuatro de cada cinco mujeres experimentan sofocos y sudores nocturnos en los años anteriores a la finalización de sus periodos, dejando a algunas con casi 12 años de síntomas desagradables, encontró el estudio. Y las mujeres que podían precisar su periodo final reportaron que los síntomas persistieron en promedio 4.5 años más.

Los hallazgos, que aparecen en la edición en línea del 16 de febrero de la revista *JAMA Internal Medicine*, sugieren la necesidad de "más investigación sobre formas seguras y efectivas de aliviar esos síntomas", planteó Avis. Los síntomas menopáusicos afectan la calidad de vida, perturban el sueño, y resultan en una peor salud física, anotaron Avis y sus

Banbury Bathroom Faucet

LIFETIME WARRANTY. ENDURING ELEGANCE.

MOEN

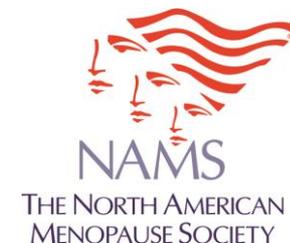
Where to Buy

LO MÁS VISTO



La menopausia, que se confirma cuando los periodos de una mujer han cesado durante doce meses consecutivos, ocurre con la mayor frecuencia entre los 45 y los 55 años de edad, según **La Sociedad Norteamericana de la Menopausia (The North American Menopause Society)**.

# Menopause in the News



**REDHOTMAMAS<sup>®</sup>**  
outsmarting menopause™

GOT MENOPAUSE? ▾ MENOPAUSE A-Z ▾ MENOPAUSE MINUTE® E-NEWS SIGN-UP ▾ WHY JOIN? ▾ IN THE MEDIA RESD

## Link between Early Menopause and Chronic Fatigue Syndrome

**Study Finds Link between Early Menopause and Chronic Fatigue Syndrome (CFS)**

A new-found link between **chronic fatigue syndrome (CFS)** and **early menopause** was reported online 4 February 2015. In *Menopause*, the journal of The North American Menopause Society (NAMS). This link, as well as links with other gynecologic problems and with pelvic pain, may help explain why CFS is two to four times more common in women than in men and is most prevalent in women in their 40s. Staying alert to these problems may also help healthcare providers take better care of women who may be at risk for CFS, say the authors of this population-based, case-control study.

Based on a long-term study of CFS and fatiguing illnesses in Georgia, this analysis from Centers for Disease Control scientists included 84 women with CFS and 73 healthy control women who completed detailed gynecologic history questionnaires. Striking differences emerged from the comparison between those groups.

**STAY CONNECTED**

f t+ g+ t

Connect With Other Women

Together we're better  
Red Hot Mamas<sup>®</sup>  
Support. Creativity.

Start a REDHOTMAMAS Program

RECEIVE OUR FREE MENOPAUSE MINUTE®

Sign Up Now

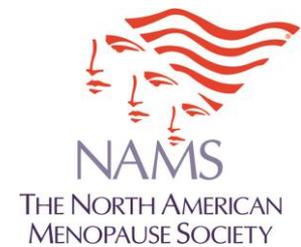
Free Monthly Newsletter.

ADVERTISEMENT



A newfound link between chronic fatigue syndrome (CFS) and early menopause was reported online February 4 in *Menopause*, the journal of **The North American Menopause Society**.

# Menopause in the News



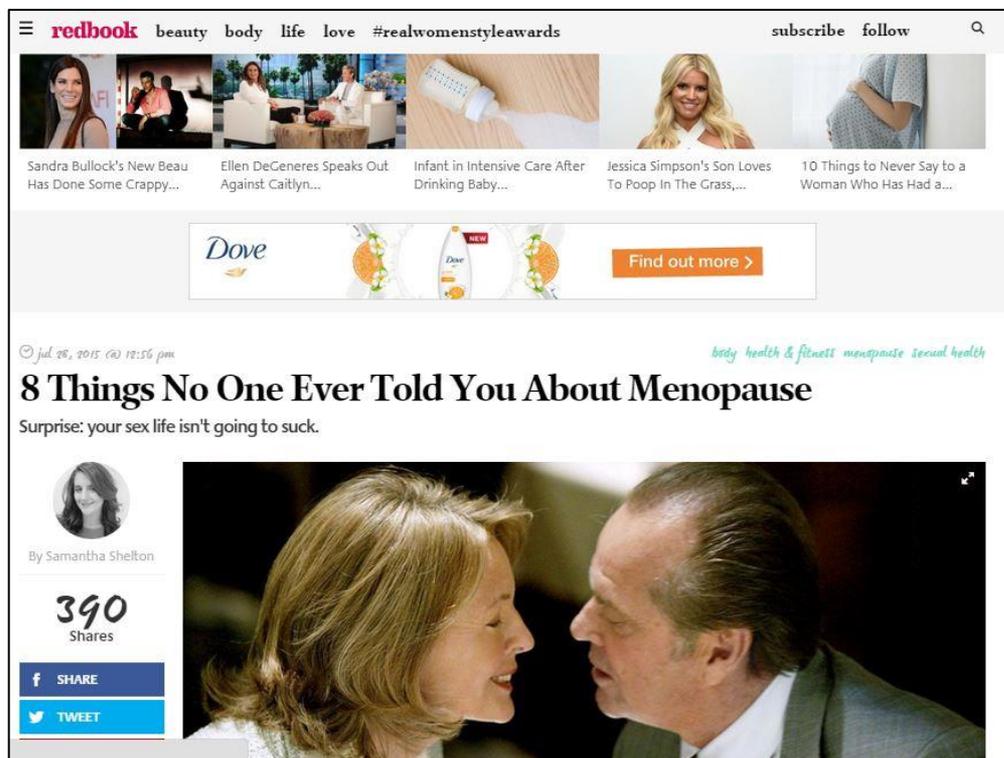
The screenshot shows the U.S. Pharmacist website interface. At the top, there is a navigation bar with links for Home, Health Systems, Continuing Education (highlighted), Supplements, Teaching Aids, e-Connect, Jobs, and Resources. A banner for Repatha (evolocumab) injection is visible, stating 'NOW APPROVED' and 'Click to view prescribing information'. The main content area features an advertisement for a product labeled 'Now Available' with a 'LEARN MORE' button. Below the ad is a news article titled 'Genitourinary Syndrome of Menopause: Vaginal Estrogen for Urinary Symptoms' by Mary Ann E. Zagaria, PharmD, MS, CGP. The article text discusses the prevalence of urinary incontinence in postmenopausal women and the risks of estrogen-progesterone therapy (EPT).



In 2012, the Board of Trustees of **The North American Menopause Society (NAMS)** and the Board of Directors of the International Society for the Study of Women's Sexual Health (ISSWSH) formally acknowledged the need to review current terminology associated with genitourinary tract symptoms related to menopause.

# Menopause in the News

# redbook



redbook beauty body life love #realwomenstyleawards subscribe follow

Sandra Bullock's New Beau Has Done Some Crappy... Ellen DeGeneres Speaks Out Against Caitlyn... Infant in Intensive Care After Drinking Baby... Jessica Simpson's Son Loves To Poop In The Grass... 10 Things to Never Say to a Woman Who Has Had a...

Dove Find out more >

© Jul 26, 2015 (A) 12:56 pm body health & fitness menopause sexual health

## 8 Things No One Ever Told You About Menopause

Surprise: your sex life isn't going to suck.

By Samantha Shelton

390 Shares

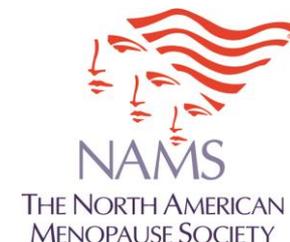
f SHARE

🐦 TWEET

“Estrogen fills the epithelium, or your vaginal lining, so when estrogen decreases, that vaginal lining thins out. When intercourse happens, those surface cells that are very thin get wiped off, and the nerve endings become exposed and can cause pain.”

“If the woman is in an active sexual relationship, and continues that way, that often causes the vaginal lining to protect itself because you're using it and it's being stimulated. It's like when a callus develops on your hand when you play tennis—the skin builds up a protective barrier because you're using it.” – Wulf Utian, MD, Founder and Medical Director for **The North American Menopause Society.**

# Menopause in the News



THE BLOG | Featuring fresh takes and real-time analysis from HuffPost's signature lineup of contributors | **HOT ON THE BLOG** Sen. Dianne Feinstein Kelly Carlin

**Ellen Dolgen** Become a fan  
Outspoken women's health and wellness advocate, menopause awareness expert, author, and speaker

## Menopause Infographic: Hot Flashes

Posted: 07/22/2015 1:44 pm EDT | Updated: 07/22/2015 1:59 pm EDT

55 Likes 23 Shares 50 Tweets 0 LinkedIn 0 Comments

Are you experiencing your own internal heat wave? Do you wake up at least once during the night in a sweat? Do you have to get out of bed, towel off, change clothes and then try to get back to sleep, only to experience a repeat performance? Do you have to prod your partner to move over a bit to avoid sleeping in the "wet spot." (No, not the fun one.) Do your nights of interrupted sleep seem endless? If so, you're not alone, and this is not being caused by global warming.

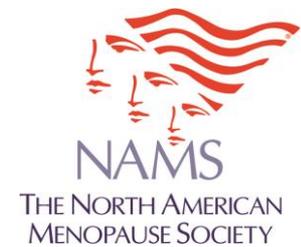
According to the North American Menopause Society, about 75 percent of women report perimenopausal symptoms such as night sweats and hot flashes. If you're one of them, you know it's more than a seasonal heat wave. And you know that the symptoms -- a flushed face, drenching sweat and rapid heart rate -- will only be compounded as the numbers on the thermostat continue to climb. Before you move to

## HUFF/POST50

According to **The North American Menopause Society**, about 75% of women report perimenopausal symptoms such as night sweats and hot flashes.

"All exercise, ranging from housework to running marathons, impacts menopause in a positive way," says Diana Bitner, MD, a **North American Menopause Society Certified Menopause Practitioner (NCMP)** and board-certified OB/GYN. "My patients who exercise on a regular basis have fewer menopause symptoms as well as improved body chemistry—lower cholesterol, better sugar control, less weight gain, and stronger bones. Women who exercise have better sleep, better mood, and better quality of life."

# Menopause in the News



**Prevention** Food Health Fitness Outsmart Pain Shop

Health **MENOPAUSE**

## 5 Ways You're Making Your Menopause Symptoms Worse

AUGUST 31, 2015 By SARAH KLEIN [WRITE A COMMENT](#)

PHOTO BY WAVEBREAK MEDIA/GETTY IMAGES

Hate to break it to you, but there's someone screwing you over in the hot-flashes department. Yep, it's you. For starters, we're guessing you don't get your menopause info from an expert source. Your doctor means well, we promise, but chances are her specialty isn't the Big Change. Your best bet is finding a certified

**zecuity**  
(sumatriptan iontophoretic transdermal system)  
6.5 mg / 4 hours  
It's not a pill-it's a patch system designed to provide relief from migraine.

**IMPORTANT SAFETY**  
ZECURITY TDS contains metal parts before an MRI.  
• allergic contact dermatitis (ACD) a serious skin reaction called allergic contact dermatitis (ACD) where ZECURITY is applied, skin itching, redness, irritation, or tenderness. You should stop using ZECURITY if you experience any of these symptoms.

**Prevention Rec**

**Unforeseen Consequences Prescribed**

PROMOTED

## Prevention

Hate to break it to you, but there's someone screwing you over in the hot-flashes department. Yep, it's you. For starters, we're guessing you don't get your menopause info from an expert source. Your doctor means well, we promise, but chances are her specialty isn't the Big Change. Your best bet is finding a certified menopause practitioner near you at [menopause.org](http://menopause.org).

In a recent study from **The North American Menopause Society**, some 53% of women said they've tried everything from vitamins and herbal supplements to acupuncture and massage to help with hot flashes, anxiety, pain, fatigue, and other disruptive menopause symptoms.

# Menopause in the News

Health | Fri Nov 7, 2014 2:02pm EST

## Cognitive therapy, mindfulness may help with menopausal depression

BY JANICE NEUMANN



Psychotherapy and mindfulness techniques could help many women who experience depression during menopause, according to a review of existing research.

Too few studies have looked at whether cognitive therapies are good alternatives for women who can't or don't want to use pharmaceutical treatments, the authors conclude, but the handful that did mostly showed positive results.

"When I started work in this area, I was struck by the lack of alternative, non-pharmacological, non-hormonal treatment for menopausal symptoms, given the associated risks of hormone therapy and side effects of anti-depressants for some women," said Sheryl Green, lead author of the study, in an e-mail to Reuters Health.

PHOTOS OF THE



Our top photos from the

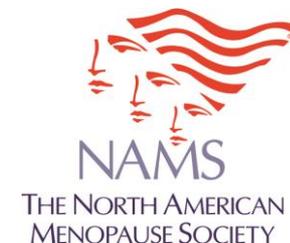


# REUTERS

Dr. Pauline Maki, President of **The North American Menopause Society**, told Reuters Health she was pleased to see a study about alternatives to traditional therapy for depressed women during menopause.

"When we talk about ways one can treat depression during the peri- and postmenopausal period, it's important to take an assessment of the state of science. . . to really do a careful, evidence-based analysis of what we know and where the gaps in knowledge are and more importantly where the signal seems to be," said Dr. Maki, referring to the evidence that such therapies do indeed help.

# Menopause in the News



HEALTH

## No One Really Understands How to Treat Menopause

Hormone therapy is a tangled mess of risks, benefits, and side effects that even doctors have difficulty unraveling.

134



LEAH SHAFFER | SEP 15, 2015

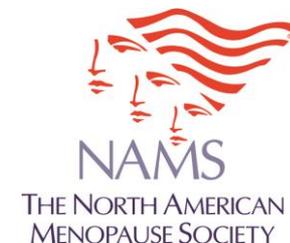
For men, middle age brings the promise of little blue pills and little clear gel packs—Viagra and testosterone to combat the indignities of aging. For women, when things get hot, complicated, and fuzzy, turning to hormones for relief is a trickier proposition.

“It’s like my brain is on spin,” says Kathy Kelley, the founder of the website *Hyster Sisters*, which offers resources for women going through hysterectomy and early menopause.

*the Atlantic*

**The North American Menopause Society** has put together a free app called *MenoPro* that crunches the various factors in a woman’s health history and risks for menopause treatments and can offer guidance for what women should do.

# Menopause in the News



next avenue™ Health & Well-Being Money & Security Work & Purpose Living & Learning Caregiving

SHARE Facebook f Twitter t in +

## New Pill Approved for Low Sex Drive in Women

But Addyi is OK'd only for premenopausal women and carries risks

 By [Emily Gurnon](#)  
Health & Caregiving Editor

August 19, 2015

The U.S. Food and Drug Administration (FDA) has approved for premenopausal women the first-ever drug for low female libido.

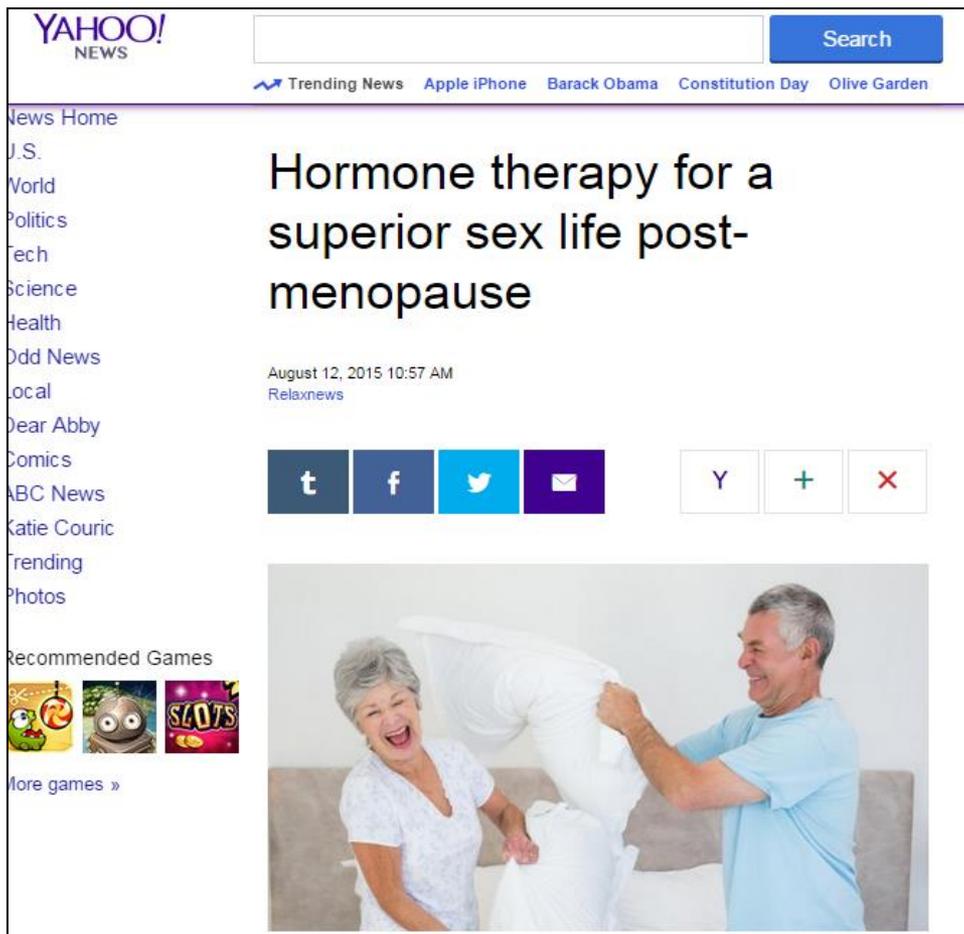
The new drug, Addyi (flibanserin; dubbed “female Viagra” by



Dr. Wulf Utian, Founder and Medical Director of **The North American Menopause Society**, a nonprofit scientific organization devoted to women at midlife and beyond, said that he has had misgivings about the drug, which he described as “marginally effective.”

“It may improve sexual desire, but it’s not like a home run drug—it’s more like a first base drug.”  
—Dr. Wulf Utian, **The North American Menopause Society**.

# Menopause in the News



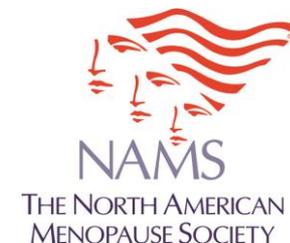
The screenshot shows a Yahoo! News article page. At the top left is the 'YAHOO! NEWS' logo. A search bar is located at the top right. Below the search bar is a navigation bar with links for 'Trending News', 'Apple iPhone', 'Barack Obama', 'Constitution Day', and 'Olive Garden'. The main article title is 'Hormone therapy for a superior sex life post-menopause'. Below the title is the date 'August 12, 2015 10:57 AM' and the author 'Relaxnews'. There are social media sharing icons for Twitter, Facebook, and Email, along with a 'Y' icon, a plus sign, and a close icon. Below the text is a photograph of an elderly couple in a bedroom. The woman is laughing and holding a white pillow, and the man is smiling and holding another white pillow. On the left side of the page, there is a sidebar with various news categories and recommended games.

YAHOO!  
NEWS

Women turn to vaginal estrogen after menopause to combat sexual dysfunction whether they use other types of hormone therapy. Those who do not tend to have a higher quality of sex life if they use vaginal estrogen, according to the new study, which was published in the journal *Menopause*.

“We know that estrogens play a key role in maintaining vaginal health,” said Dr. Wulf Utian, Founder and Medical Director of **The North American Menopause Society**.

# Menopause in the News





Endocrinology | Hormone Therapy

All | News | Video | Education/CME | Clinical Resources | Books | Meetings

Click to learn more about Humulin® R U-500.

Healio > Endocrinology > Hormone Therapy > News

IN THE JOURNALS

## More women choosing alternative medicine to treat menopausal symptoms

Peng W, et al. *Menopause*. 2015;doi:10.1097/GME.0000000000000479

June 21, 2015

READ OR SUBMIT ARTICLE COMMENTS | EMAIL | PRINT | SAVE | f | t | in | g+

More women are turning to [complementary and alternative medicine](#) to treat their menopausal symptoms without first consulting a clinician, according to research in *Menopause*, and a leading menopause group is calling on clinicians to take a more active role in educating patients about the various therapies.

**See Also**

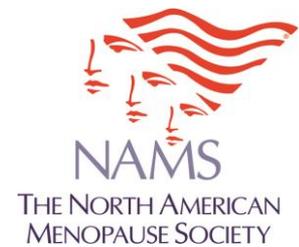
[Stellate ganglion blockade may be alternative to HT for](#)

In a longitudinal data analysis of Australian women, researchers found that women with menopause-related symptoms were more likely to use self-prescribed complementary and alternative medicine (CAM), but were not more



This news comes after **The North American Menopause Society** formally recommending that hormone therapy be considered for women over age 65 years, citing recent research on longer-lasting menopausal symptoms and a lack of effective treatment alternatives.

# Menopause in the News



NERVOUS SYSTEM HEALTH

## Women are not getting treated for menopausal symptoms

Published September 01, 2015 · Reuters



Dr. Wulf H. Utian, Medical Director of **The North American Menopause Society**, agrees that many reasons may underlie the lack of treatment. “It is partly ‘fallout’ from the controversy over hormone therapy,” he told Reuters Health in an email. But overall, he said, it is a combination of patients not wanting therapy or not having information about it as well as the provider not prescribing it.

# Menopause in the News

Fed holds key interest rate steady at zero, defying expectations it would raise the rate after years of low levels.

**CNN** News Video TV Opinions More... U.S. Edition

U.S. World Politics Tech Health Entertainment Living Travel **Money** Sports

ALWAYS WEAR A HELMET  
MIKE ROWE  
SOMEBODY'S [GOTTA DO IT]  
NEW SEASON SUNDAY SEPT 27 10P ET/PT

## 21 ways to live a longer, fuller life

By Michael De Medeiros, Health.com  
Updated 12:31 PM ET, Tue September 8, 2015



12 photos: Living to 100 in Icaria.

Zillow

Focus on h



A 2014 study published in *Menopause*, the journal of **The North American Menopause Society**, looked at 551 families and found that women who gave birth later in life lived longer. In fact, women who gave birth after age 40 were four times more likely to outlive those who delivered a decade earlier.

# Menopause in the News

## Younger Hysterectomies Tied to Heart Disease Risks

Obesity was the cardiovascular disease risk factor most strongly linked with the procedure at all ages

WebMD News from HealthDay

By Robert Preidt

HealthDay Reporter

WEDNESDAY, Aug. 5, 2015 (HealthDay News) -- [Hysterectomy](#) is associated with an increased likelihood of cardiovascular risk factors and disease, especially among younger women, a new study suggests.

Mayo Clinic researchers looked at data from more than 7,600 women. Half of the group had a [hysterectomy](#) , while the other half (the "control" group) didn't have the procedure.

### Could It Be Adult ADHD?

- [10 Symptoms of Adult ADHD](#)
- [Top Concentration Killers](#)
- [How ADHD Affects Women](#)

[Learn More](#) ▶



WebMD

# WebMD

Women who had a hysterectomy before age 35 were much more likely to have a stroke than age-matched women in the control group, the investigators found. In addition, among women aged 35 to 40, high blood pressure was much more common among those in the hysterectomy group than those in the control group.

The study was recently published in *Menopause*, the journal of **The North American Menopause Society**.

# Menopause in the News



**THE WALL STREET JOURNAL.** Su \$12

Home World U.S. Politics Economy Business Tech Markets Opinion Arts **Life** Real

STYLE & FASHION  
Indie Denim Brands  
Serve Up Something  
Special

STYLE & FASHION  
A Studied Look: Fall  
Menswear's  
Professorial Style

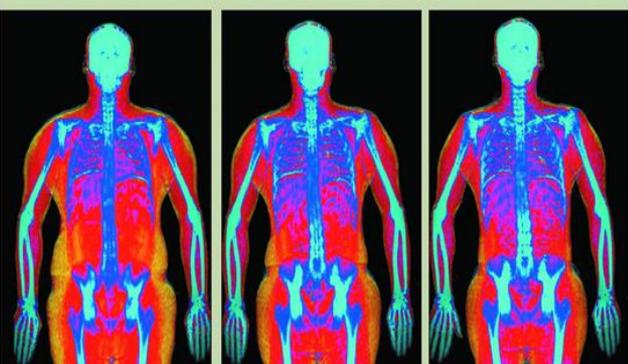
DESIGN & DECORATING  
Put Your Edibles on a  
Pedestal

**YOU ARE READING A PREVIEW OF A PAID ARTICLE. SUBSCRIBE NOW TO GET MORE GREAT**

LIFE | HEALTH | ACHES & CLAIMS

## Too Much Fat? Try a Whole-Body Scan

Procedure gives far more data than a body-mass index



DISCOVER  
LOGISTICS RE  
THE WALL STREET  
NEWS HUB  
BUSINESS AND  
CHAIN PROFES

SPONSORED BY U

## THE WALL STREET JOURNAL.

In an abstract of a 50-person study presented last October at the annual meeting of **The North American Menopause Society**, researchers found that 18.5% of the women with normal body mass index actually had significant excess fat as measured on DXA, making them “skinny fat” people, says Dr. Steven R. Goldstein, who cowrote the paper.