

# From the EDITOR



**Dr. Wulf H. Utian**, consultant in women's health and reproductive endocrinology, has served as Editor-in-Chief of *Menopause Management* since its inception in 1988. The Arthur H. Bill Professor Emeritus of Reproductive Biology and Obstetrics and Gynecology, Case Western Reserve University School of Medicine, he is also Consultant in Women's Health to the Cleveland Clinic Foundation, and Executive Director of The North American Menopause Society (NAMS). He is Chairman of the Advisory Board of Rapid Medical Research, Cleveland. He received his medical degree from the University of Witwatersrand, Johannesburg, South Africa, and his PhD from the University of Cape Town, South Africa, and is a Fellow of the Royal and American Colleges of Obstetricians and Gynecologists, as well as the International College of Surgeons.

A pioneer in women's health issues and menopause research, in 1967 he established the Groote Schuur Menopause Research Clinic in Cape Town, the world's first such clinic. He was one of the three original founders of the International Menopause Society in 1976, of which he is Honorary Past President, and founded The North American Menopause Society in 1989.

He is the recipient of numerous national and international awards and research grants, and is still an active investigator with multiple grants. Dr. Utian has written over 200 papers related to the reproductive system in women and has authored five books on menopause and its effects on women. He is editor of *Menopause: The Journal of The North American Menopause Society*.

## The Dramatic Growth of NAMS—and Now the NAMS Foundation!

Close to 40,000 physicians and other health-care providers read *Menopause Management*, yet not many more than 2,200 are members of The North American Menopause Society (NAMS). The rest of you don't have a clue what you are missing! Since you have enjoyed the benefits of these pages, I would ask you to reciprocate by at least taking the short time necessary to read the rest of this editorial.

In the Winter 1989 issue of *Menopause Management*, I editorialized on the subject of "Why Another Society?" stating that: *Menopause management—as a discipline—cannot be limited to the practice of any single specialty. Rather it comprises the expertise of a multitude of medical and basic sciences including cardiology, endocrinology, family medicine, geriatrics, gynecology, orthopedic surgery, psychiatry, psychology, anthropology, nutrition, sexology, and social science—to name a few. The purpose of NAMS, therefore, is to provide a common meeting ground for those medical and paramedical specialties that are touched by some aspect of menopause.*

*In lieu of current demographic trends, it is not unreasonable to predict that in just the next two decades, NAMS can grow to become as strong an organization as, for example, The American Fertility Society currently is today.*

What a prediction! Yet, now in our 17<sup>th</sup> year, the achievements of NAMS have exceeded our wildest expectations.

### Milestones and Accomplishments

- Founded in 1989, NAMS is North America's leading nonprofit organization dedicated to promoting women's health and quality of life through an understanding of menopause. NAMS organizes meetings and congresses, and advances the interchange of research plans and experience between individual members of the Society. Its multidisciplinary

*(continued on page 9)*

## From the Editor

(continued from page 6)

- membership of leaders in the field—including clinical and basic science experts from medicine, nursing, sociology, psychology, anthropology, pharmacy, epidemiology, nutrition and education—allows NAMS to be the pre-eminent resource on all aspects of menopause to both healthcare providers and the public.
- The annual scientific meetings confirm our diversity, with members drawn from the basic and clinical sciences, physicians, nurses and many others listed earlier. By avoiding concurrent sessions, the annual meetings have been extraordinarily successful in fostering increased collaboration and elevating knowledge. One must attend a NAMS meeting to experience the thrill of scientific interaction.
  - *Menopause: The Journal of The North American Menopause Society* was launched in 1994 under the stewardship of Isaac Schiff, MD, and myself as a journal to serve as a vehicle for transmitting information that would be helpful to the membership, the healthcare profession and society in general. *Menopause* is now ranked in the top three OB/GYN journals listed by the Library of Congress, followed by Science Citation Index, and universally accepted as the scientific journal on the subject of menopause.
  - NAMS provides guidance for healthcare providers through its development of position statements on key clinical issues, printed and Web-based educational programs, and its popular textbook *Menopause Practice: A Clinician's Guide*. Members also receive expert advice through our Webinars and quarterly *Menopause e-Consult* e-newsletter. Many of these programs allow participants to earn continuing medical education credits from NAMS, an ACCME-accredited organization.
  - The abrupt pronouncements on the termination of the estrogen/progestin arm of the Women's Health Initiative study in July 2002 caused real confusion for women and healthcare providers. But it contributed to the Society's launch of our highly acclaimed *First to Know*<sup>®</sup> monthly e-newsletter, in which experts cull the current and about-to-be-released lit-

erature for important news. The best are summarized and e-mailed to members with expert commentary. There is no longer a chance of being sideswiped and embarrassed by patients who know about developments before you do.

- Recognizing a need to set essential standards, and thereby assuring high-quality care for women, NAMS launched its competency examination in 2003. Through this program, licensed healthcare providers demonstrate their expertise and obtain, among other benefits, a special listing on the Society's referral lists that direct women in search of a menopause clinician.
- A decade ago, recognizing our strengths and the demand for reliable information for the public, NAMS added consumer education to its broader mission. Major accomplishments in this arena include:
  - The award-winning NAMS Web site ([www.menopause.org](http://www.menopause.org)), currently drawing in 5-million hits per month
  - Two primary print resources, the *Menopause Guidebook* and the *Early Menopause Guidebook*, which provide factual information to hundreds of thousands of women
  - Now in its third year, *Menopause Flashes*, a complimentary monthly e-newsletter for women, which translates the most current scientific information into consumer-friendly language
  - And *Changes*, the NAMS-endorsed magazine distributed to patients through US physicians' offices, just launched in 2006 with an initial print run of one-million.

## Benefits of Membership

All of the above are clearly helpful to NAMS members and their patients. To summarize some of the many benefits of Society membership:

- Discounted registration fees when attending annual scientific meetings and courses featuring acknowledged experts in the field (the next meeting is October 3–7, 2007, in Dallas, Texas)
- Complimentary print/online subscription to *Menopause*, the Society's official scientific journal
- A special section within the world's leading Web site on menopause ([www.menopause.org](http://www.menopause.org))

(continued on page 19)

## From the Editor

(continued from page 9)

- Preferred pricing when sitting for the examination leading to the NAMS Menopause Practitioner credential
- Free or discounted educational materials to enhance clinical practice
- Free or discounted consumer information that is well balanced and presented without bias for or against any point of view
- A unique opportunity to interface with the world's experts in the field, sharing information for clinical practice and research.

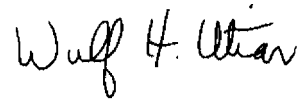
### And Now the NAMS Foundation

Naturally, developing this material is costly in time, effort and money. The NAMS Foundation was therefore launched in September 2006 as a support organization of NAMS, charged with the challenge of raising significant financing for greatly enhanced objectives. With financial support from the Foundation, the Society will be able to continue its excellent development of

materials and programs, and be well positioned for even more growth in the years to come.

### Conclusion: Engage in the Future

Menopause is a universal event, ultimately affecting all women. Its impact may be physical, emotional, sociological and/or economic. The philosophy of NAMS—to serve as the forum and catalyst for research and education, provider of information and “rainmaker” for the current best standards and practice of medicine relating to all these issues—has exceeded all expectations. You should be part of this movement. Join NAMS. Attend a NAMS annual scientific meeting. We are driving the future—and you should be part of it.



Wulf H. Utian, MD, PhD

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Consultant in Women's Health  
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### Current Information Addressing Menopause Market Dynamics, Hormone Replacement Therapy and Clinical Results:

- The impact WHI had on the menopause industry and how outcomes are still affecting research today
- The differences in the estrogen-only vis-à-vis the estrogen plus progestin results within WHI
- The latest data regarding various outcomes associated with conjugated equine estrogen versus estradiol
- Compare oral versus transdermal treatment and products
- The considerations regarding dosing and HRT with respect to benefit/risk profile
- How progestogens have different biologic and clinical effects
- The role of novel selective androgens in the treatment of post-menopausal disorders
- Current and developing treatments for vaginal atrophy that have minimal impact on intercourse
- The best trial design and methods to monitor vasomotor symptoms during clinical research
- The basic mechanisms of estrogen's effects in the central nervous system
- The efficacy and safety of current FDA drugs for the prevention and treatment of osteoporosis

\*Discount cannot be combined with other discounts or used toward a current registration.