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**NAMS to Present Snapshot of the State of Hormone Therapy in 2011**

*Half-day Symposium at 2011 Annual Meeting*

*Will Update Evolving Data & Explore Latest Controversies*

CLEVELAND, OH (August 2, 2011)—The evidence on hormone therapy for menopausal women evolves so fast that even women’s health specialists are challenged to keep up.

That’s why The North American Menopause Society (NAMS) is devoting the half-day Pre-Meeting Symposium at its 2011 Annual Meeting to the topic, “Hormone Therapy A–Z: Update for 2011.”

“NAMS recognized an urgent need to summarize the latest recommendations for hormone therapy use,” explains Margery L.S. Gass, MD, NCMP, NAMS Executive Director and an investigator in the landmark Women’s Health Initiative study of hormone therapy.

“Most midlife women consult with their clinicians at some point during the menopause transition about the best and safest treatment for hot flashes, night sweats, and vaginal dryness,” says Dr. Gass. “Hormone therapy is the only government-approved prescription remedy for these symptoms, but some media coverage and confusing statistics have alarmed many women about hormone therapy. NAMS feels an obligation to clarify the data, promote an understanding of the latest research, and help clinicians effectively counsel women on the benefits and risks of various hormone therapy options—including pills, patches, rings, gels, sprays, and bioidentical hormone therapy.”

The Pre-Meeting Symposium will feature international experts on menopause explaining the latest data on the hottest issues surrounding hormone therapy:

- Where the risk/benefit pendulum now stands, including the “critical window” hypothesis—*JoAnn Manson, MD, DrPH, NCMP, Harvard Medical School*
- Estrogen’s effects on mood and memory—*Claudio Soares, MD, PhD, FRCPC, McMaster University (Canada)*
- Choosing among pills, patches, rings, and gels to find the right estrogen formulation for individual women—*James Simon, MD, CCD, NCMP, FACOG, George Washington University School of Medicine*

**Location**

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- Progestogen options for protecting the endometrium when taking estrogen—*Nicholas Panay, BSc, MBBS, MRCOG, MFFP, Chelsea & Westminster Hospital (UK)*
- Where the science comes down on custom compounding and bioidentical hormone therapy—*JoAnn Pinkerton, MD, NCMP, University of Virginia*

The Pre-Meeting Symposium will be held Wednesday, September 21, 2011, 8:00 AM to 1:00 PM, at the Gaylord National Hotel in Washington, DC, before the kickoff of the NAMS 2011 Annual Meeting later that afternoon.

While the symposium is intended for physicians and allied health professionals who manage the care of midlife women, much of the content will be of interest to midlife women themselves and therefore to consumer media.

To arrange interviews with the symposium speakers or other NAMS leaders, contact Judy Cerne or Laura Lytle by phone (440-352-2081) or email ([jcerne@mckinneyad.com](mailto:jcerne@mckinneyad.com) or [llytle@mckinneyad.com](mailto:llytle@mckinneyad.com)).

Founded in 1989, The North American Menopause Society (NAMS) is North America's leading nonprofit organization dedicated to promoting the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging. Its multidisciplinary membership of 2,000 leaders in the field—including clinical and basic science experts from medicine, nursing, sociology, psychology, nutrition, anthropology, epidemiology, pharmacy, and education—makes NAMS uniquely qualified to serve as the definitive resource for health professionals and the public for accurate, unbiased information about menopause and healthy aging.

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*Note: Advance registration is required for all media for the 2011 Annual Meeting. Separate registration is required for the Pre-Meeting Symposium. Registration is complimentary to members of the media. Please contact Judy Cerne or Laura Lytle at McKinney-Cerne Inc by phone (440-352-2081) or email ([jcerne@mckinneyad.com](mailto:jcerne@mckinneyad.com) or [llytle@mckinneyad.com](mailto:llytle@mckinneyad.com)) to confirm your attendance and/or to arrange interviews with speakers regarding their presentations.*

*Members of the scientific and consumer media interested in attending are urged to make travel reservations early. Hotel reservations should be made directly with the Gaylord National in Washington, DC, at 301-965-4000 or via the link on the NAMS website at <http://www.menopause.org/meetings/venue.aspx>. Note: A room reservation does not qualify as registration for the Annual Meeting, Pre-Meeting Symposium, or STRAW+10 Symposium.*