



#### Contacts:

**Judy Cerne**, President & CEO

**Laura Lytle**, Senior Account Manager

McKinney-Cerne Inc

Phone: 440-352-2081 / Fax: 440-352-2087

Email: [jcerne@mckinneyad.com](mailto:jcerne@mckinneyad.com), [llytle@mckinneyad.com](mailto:llytle@mckinneyad.com)

### **Sexual Health at Midlife Draws Spotlight at 2011 NAMS Annual Meeting**

*Pair of Symposia Focus on Pain During Sex & Androgens' Effects on Libido and Beyond*

CLEVELAND, OH (August 2, 2011)—Despite lingering myths, menopause does *not* mean the end of a woman's sex life. But it can mean that some women need to take a bit more care to keep their sex lives active and satisfying.

That's the focus of two major plenary symposia at the 22nd Annual Meeting of The North American Menopause Society (NAMS), being held September 21–24, 2011, at the Gaylord National Hotel in Washington, DC.

#### **"When Sex Hurts"—Thursday, September 22, 12:30–2:00 PM**

The first symposium, "When Sex Hurts," will explore the causes, evaluation, and treatment options for vaginal atrophy and pain during sex (dyspareunia). Vaginal atrophy, the thinning and drying of vaginal tissues associated with decreased estrogen at menopause, affects many midlife women, often causes pain (especially during sex), and gets worse without treatment or regular sexual activity. While vaginal atrophy is the most common cause of dyspareunia in women after age 50, there are other possible causes that need to be considered when women experience painful sex at midlife or beyond.

These issues will be explored in a pair of practical clinical talks by national experts in women's health and sexuality:

- **"Painful Sex: Evaluation & Efficacy,"** by Murray A. Freedman, MS, MD, Clinical Professor of Obstetrics & Gynecology, Medical College of Georgia, Augusta
- **"Treatment Options for Vaginal Atrophy & Dyspareunia,"** by Raquel D. Arias, MD, Associate Professor of Obstetrics & Gynecology, Keck School of Medicine, University of Southern California, Los Angeles

#### **"Androgens & Women's Health"—Friday, September 23, 2:30–4:00 PM**

The second symposium, "Androgens & Women's Health," centers on androgens, the "male" hormones like testosterone that also are produced in women, but at lower levels. While testosterone and other androgens contribute to libido in women (as in men), they also have important effects on other aspects of health, including the cardiovascular and metabolic systems. That's why growing interest in

#### Location

5900 Landerbrook Drive  
Suite 390  
Mayfield Heights, OH 44124

Telephone: 440/442-7550

Fax: 440/442-2660

E-Mail: [info@menopause.org](mailto:info@menopause.org)

Web Site: [www.menopause.org](http://www.menopause.org)

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androgen therapy to treat low libido in postmenopausal women needs to be considered from the standpoint of overall health. This symposium will do just that via a pair of presentations by premier researchers and teachers in this field:

- **“Androgens in Women: Beyond Libido,”** by Gail A. Laughlin, PhD, Assistant Professor of Family & Preventive Medicine, University of California, San Diego
- **“Androgen Treatment of Female Sexual Dysfunction: Risks, Benefits & Available Therapies,”** by Susan R. Davis, MBBS, FRACP, PhD, Director, The Women’s Health Research Program, Monash University, Melbourne, Australia

“Sexual problems—including vaginal atrophy, pain during sex, and low libido—are among the most common symptoms associated with the menopause transition,” says NAMS Scientific Program Chair Jan L. Shifren, MD, NCMP, Director of the Vincent Menopause Program at Massachusetts General Hospital and Associate Professor at Harvard Medical School. “Women’s sexual function at midlife and beyond is one of the educational topics most often requested by NAMS Annual Meeting attendees, so we are proud to be offering two major symposia in this area this year. Presentations on these topics often provide a wealth of information that’s of high interest to women in the general public as well.”

To arrange interviews with the symposium speakers, 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. 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.*