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**High-Interest Research Abstracts at NAMS Annual Meeting:
Ten Studies on Midlife Women's Health Your Audience Will Want to Know About**

CLEVELAND, OH (September 13, 2011)—The Annual Meeting of The North American Menopause Society (NAMS) is a premier showcase for the most important research on menopause and midlife women's health, and this year is no exception.

Below are 10 of the research abstracts slated for presentation at the 2011 NAMS Annual Meeting judged to be of greatest interest to women in the general public by NAMS leadership. These are just a few of the 100 abstracts to be presented at the meeting, which takes place September 21-24 at the Gaylord National Hotel in Washington, DC.

These and all abstracts presented at the Annual Meeting are embargoed for coverage until Wednesday, September 21.

Effect of Escitalopram on Insomnia Symptoms and Subjective Sleep Quality in Healthy Menopausal Women With Hot Flashes: A Randomized Controlled Trial in the MsFLASH Network—Ensrud et al, Abstract S-14

—and—

Positive Effect of Gabapentin Extended-Release (G-Er) on Sleep in Post-Menopausal Women With Vasomotor Symptoms in Breeze 1 Study—Kagan et al, Abstract P-68

These two multicenter randomized trials find that two nonhormonal therapies—the antidepressant escitalopram in the first study and an investigational form of gabapentin in the second—have significant beneficial effects on sleep compared with placebo in menopausal women with hot flashes.

The Effects of Bazedoxifene/Conjugated Estrogens on Breast Density in Postmenopausal Women—Harvey et al, Abstract S-1

In this report from a phase 3 study of an investigational “tissue-selective estrogen complex” therapy for menopausal symptoms and osteoporosis prevention, 12 months of treatment was associated with no differences in mammographic breast density (a possible risk factor for breast cancer) compared with placebo.

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Effect of Estrogen and Hormone Therapy Withdrawal on Health and Quality of Life After Publication of The Women's Health Initiative in New York City—Warren et al, Abstract S-2

This retrospective cohort study concludes that stopping hormone therapy (HT) may place some women at risk for high blood pressure and that remaining on HT is associated with better quality of life.

Hot Flashes and Lipids in the Study of Women's Health Across the Nation—Thurston et al, Abstract S-3

This large prospective multicenter trial finds that hot flashes are associated with generally adverse lipid changes over a 7-year follow-up period in midlife women after controlling for other cardiovascular risk factors and estradiol levels.

Cognition in Perimenopause: How Menopause Transition Stage Affects the Trajectory of Cognitive Change Over Time—Weber et al, Abstract S-18

Researchers in this 1-year study of perimenopausal women conclude that changes in cognitive function in perimenopause may not be linear but rather change over the course of perimenopause. Skills that may be most vulnerable in this period are verbal learning and memory as well as fine motor speed and dexterity.

Adiposity and Hot Flashes in Midlife Women: Timing Is Everything—Thurston et al, Abstract S-19

This analysis of a subgroup of midlife women in the Study of Women's Health Across the Nation (SWAN) finds that higher adiposity was associated with fewer hot flashes among older women with hot flashes, suggesting that age is a factor in the apparent role that adiposity plays in protecting against flashes.

Tissue Selective Estrogen Receptor α Agonists Reverse Weight Gain Without Causing Mammary Gland or Uterine Proliferation—Tagliaferri et al, Abstract S-22

This mouse study suggests that two plant extracts might represent the first class of estrogen-like compounds that may be able to prevent or reverse weight gain, fat accumulation, and metabolic syndrome in postmenopausal women without negative effects on the breast and uterus.

Psychological Responses to Acute Exercise in Middle-Aged Women: Contrasting the Effects of Vigorous and Moderate Intensity—Elavsky et al, Abstract P-3

After documenting that out-of-shape or overweight women respond less positively to vigorous exercise, these researchers conclude that what should instead be promoted to midlife women is moderate-intensity exercise that is enjoyable and “personally meaningful.”

Lifetime Estradiol Exposure and Risk of Depression During the Menopausal Transition: The Study of Women's Health Across the Nation—Marsh et al, Abstract P-54

To better understand why certain women are at greater risk of depression during perimenopause, these researchers analyzed data from the large SWAN study and found that a longer duration of exposure to estradiol before perimenopause protects against depression during the menopause transition.

For copies of these or other abstracts from the meeting, and to arrange interviews with abstract presenters, contact Judy Cerne or Laura Lytle by phone (440-352-2081) or email (jcerne@mckinneyad.com or 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 NAMS 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 or llytle@mckinneyad.com) to confirm your attendance and/or to arrange interviews with speakers regarding their presentations.

Members of the scientific and consumer media are encouraged 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.