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Menopause Education for All*The North American Menopause Society to**Donate Menopause Booklets for Women in Cuyahoga County*

CLEVELAND, Ohio (January 11, 2008)—The North American Menopause Society (NAMS), a nonprofit scientific organization headquartered in Mayfield Heights, Ohio, will donate thousands of a custom-designed educational booklet entitled *Menopause: A New Beginning* to 11 free and low-cost health clinics in Cuyahoga County beginning next week for distribution to their clients. The Cuyahoga County Board of Health will also receive a large supply for distribution at health fairs. The program is supported through a grant to The North American Menopause Society Foundation from Cleveland's Mt. Sinai Health Care Foundation.

This educational outreach initiative will bring accurate information to the local area's underserved women so they can make better-informed decisions about their health through menopause and beyond. Menopause, a natural event that occurs on average at age 51, is associated with bothersome symptoms such as hot flashes and difficulty sleeping, as well as increasing risk of diseases such as osteoporosis and heart disease later in life.

“With the generous support of the Mt. Sinai Health Care Foundation, NAMS is addressing the crisis in lack of education and knowledge about preventive health care in underserved women in our area,” stated NAMS Executive Director, Wulf H. Utian, MD, PhD, DSc(Med). “Only information about the meaning of menopause, health screening, and disease prevention can make any dent in improving women's health.”

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Recent in-person and mailed surveys of local free and low-cost clinics revealed a lack of menopause-related educational materials available to their clients. In the past, pharmaceutical companies provided free brochures addressing menopause, but these were often too technical and were sometimes perceived as biased. Companies' budget restrictions have since eliminated these brochures, so clinic healthcare professionals have no client take-home materials to reinforce their counseling.

The new 33-page booklet provides information about normal menopause changes, health risks, how to stay healthy, and various treatment options, including hormone therapy. Also included is a reader response card to assist NAMS in evaluating the success of the program. The easy-to-read, colorful booklet was custom-designed to meet the needs of local free and low-cost clinics. The content and graphics were tested with women by the NAMS Consumer Education Committee, then approved by the NAMS Board of Trustees. As the world's leading resource of menopause education, NAMS offers a wide array of educational materials for consumers and healthcare providers, but existing materials were not easily accessible to underserved women.

By providing the booklets to the clinics and the Board of Health, NAMS is assuring that women whom they serve will have understandable, reliable information about menopause that will not only help them have a better quality of life around the time of menopause and beyond, but also enhance the potential of women to actively participate in managing their health.

The Mission of NAMS, a nonprofit scientific organization, is to promote the health and quality of life of women through an understanding of menopause. The Society's membership of over 2,000 professionals representing a variety of disciplines—including clinical and basic science experts from medicine, nursing, pharmacy, anthropology, sociology, psychology, and complementary/alternative medicine—makes NAMS uniquely qualified to serve as the definitive resource for health professionals and the public for accurate, unbiased information about menopause (www.menopause.org).

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