Menopause in the News

NAMS
THE NORTH AMERICAN MENOPAUSE SOCIETY
Menopause in the News

“A new study from the Women’s Health Initiative (WHI) and presented during The 2017 North American Menopause Society (NAMS) Annual Meeting in Philadelphia suggests that hormone therapy for migraine treatment in women is safer than experts previously thought—offering a new treatment option to thousands of sufferers...”
Menopause in the News

“Sleep disruption is a common complaint at menopause. It is important to recognize the high number of undiagnosed sleep disorders, including OSA," says Dr. JoAnn Pinkerton, NAMS Executive Director. "Early morning headaches or excessive daytime sleepiness should raise concern for OSA and signal a possible need for sleep apnea testing.”
Menopause in the News

“According to JoAnn Pinkerton, Executive Director of the Society, “Sleep disruption is a common complaint at menopause. It is important to recognize the high number of undiagnosed sleep disorders, including obstructive sleep apnea.”
Menopause in the News

“JoAnn V. Pinkerton, PERSPECTIVE- Obstructive sleep apnea (OSA) is associated with increased age, obesity and hypertension... Diagnosis of OSA at menopause and beyond is important for women’s health risks as OSA is associated with an increased risk of heart disease, hypertension, stroke, atrial fibrillation, carotid atherosclerosis, depression and death.”
Menopause in the News

“In the women’s health initiative [which investigated], the use of conjugated equine estrogen with or without a synthetic progestin, a reduction in cardiac events was found when hormone therapy was initiated in postmenopausal women under age 60 or within 10 years of menopause,” noted JoAnn V. Pinkerton, MD, Executive Director of The North American Menopause Society, in an interview with Endocrinology Advisor.”
Menopause in the News

“Menopausal women who discontinue hormone therapy are at an increased risk for cardiac and stroke deaths a year after they stop taking estrogen, according to a Finnish study published this month in the journal Menopause.”
Menopause in the News

“My suggestion for menopausal women would be to enjoy a bottle but limit the intake to no more than one. Limiting to one drink will avoid later sleep disruption or night sweats, which may be triggered by the alcohol. Make sure to stay hydrated with nonalcoholic drinks, watch caloric intake and avoid excess drinking,” emails medical doctor JoAnn Pinkerton.”
“Many menopausal women have an issue with weight gain anyway, so not getting enough sleep can make that worse,” says Dr. JoAnn Pinkerton, Executive Director of The North American Menopause Society, and a gynecologist and a professor of gynecology at the University of Virginia Health System.”
“Menopause is a perfect time to encourage behavior changes that reduce menopause symptoms, as well as the risk of diabetes and heart disease," noted JoAnn Pinkerton, MD, Executive Director of The North American Menopause Society, in a press release.”
Menopause in the News

Night sweats plus hot flashes linked to diabetes risk in postmenopausal women

SHOW CITATION
December 7, 2017

The risk for developing diabetes may be increased in postmenopausal women who experience hot flashes accompanied by night sweats, according to findings from the Women’s Health Initiative.

Kristen E. Gray, PhD, a health services researcher and epidemiologist at VA Puget Sound Health Care System and the department of health services at the University of Washington School of Public Health in Seattle, and colleagues evaluated data from 150,007 postmenopausal women aged at least 50 years participating in WHI from 1993 to 2014 to determine the associations between vasomotor symptom characteristics — including severity (mild, moderate or severe), type (hot flashes/night sweats), timing (early premenopausal or perimenopausal/late postmenopausal) and duration — and incident diabetes. Mean follow-up duration was 13.1 years.

At baseline, 101,220 participants had no vasomotor symptoms, and most were white (87.1%) and aged 60 to 69 years (47.1%); 48,787 had vasomotor symptoms, and most were white (77.1%) and aged 50 to 59 years (46.5%).

During follow-up, there were 18,316 incident cases of diabetes for an overall incidence of 9.3 per 1,000 person-years of follow-up: 6.4 per 1,000 person-years among participants without baseline vasomotor symptoms and 11.3 per 1,000 among participants with baseline vasomotor symptoms. Diabetes risk increased by 18% in participants reporting any vasomotor symptoms compared with those reporting no symptoms (HR = 1.18; 95% CI, 1.14-1.22).

“The risk for developing diabetes may be increased in postmenopausal women who experience hot flashes accompanied by night sweats, according to findings from the Women’s Health Initiative.”
Menopause in the News

“Sleep apnea has been linked to a significantly increased risk for heart disease, high blood pressure, stroke, depression and early death, the study authors pointed out in a news release from The North American Menopause Society.”
“The [NAMS position] statement highlights the need for individualization of therapy, with emphasis on the appropriate dose, schedule, and duration of therapy. The organization wrote ‘The concept of lowest dose for the shortest period of time may be inadequate or even harmful for some women.’”
Menopause in the News

Has Sex Become a Pain?

New study says it's a common problem
by Candy Sagon, AARP, January 26, 2017 | Comments: 7

JoAnn Pinkerton, M.D. professor...and Executive Director of The North American Menopause Society, has these suggestions:

• Prescription low-dose estrogen applied directly to vaginal tissues – by cream, ring, or suppository – can help counteract the thinning and dryness of vaginal tissues.
“Seven hours of sleep per night will improve sexual satisfaction and has been shown to increase sexual responsiveness,” said Dr. JoAnn Pinkerton, Executive Director of The North American Menopause Society.

Besides putting a damper on sex lives, she said, poor sleep is also tied to an array of health issues, such as “sleep apnea, restless leg syndrome, stress and anxiety.”

Other health problems linked to insomnia include heart disease, hypertension (high blood pressure), arthritis, fibromyalgia, diabetes, depression and neurological disorders,” Pinkerton added.
Menopause in the News

North American Menopause Society Releases New Guidelines for Hormone Therapy

“The advisory panel decided on recommendations for hormone therapy with regard to formulation, dosing, administration, and safety; FDA-approved indications; compounded hormones; menopause symptoms; early natural menopause; skin, hair and special senses; and oophorectomy in premenopausal women.”
Menopause in the News

“Researchers, who analyzed data from .... Found those who got less than seven to eight hours of sleep each night were less likely to be satisfied with their sex lives, compared to those who slept longer, according to the report published in Menopause.”
Scientists Say This Is the Key to Reducing Hot Flashes During Menopause

Feb 12, 2017

by HelloFlo

If you can read by your hot flashes, this may help

Good news for women who like to break a sweat.

A new study that was published in the North American Menopause Society’s Journal and conducted by researchers in Central and South America found that women who exercised were less likely to have severe menopause symptoms.
Menopause in the News

“According to The North American Menopause Society, ovary fluctuations occur gradually. It can take anywhere from three to five years before menstruation fully ceases. As ovary function fluctuates, so do hormone levels. This leads to period being closer together or further apart, lighter or heavier.”
Menopause in the News

**Fennel 'safe and effective' for easing menopause symptoms, study confirms**

By Ana Sandoli | Published Wednesday 17 May 2017

"This small pilot study found that, on the basis of a Menopause Rating Scale, twice-daily consumption of fennel as a phytoestrogen improved menopause symptoms compared with an unusual minimal effect of placebo. A larger, longer, randomized study is still needed to help determine its long-term benefits and side effect profile."

- Dr. JoAnn Pinkerton, Executive Director of NAMS
Menopause in the News

“In an update of their 2012 Hormone Therapy Position Statement, NAMS suggested the benefits of hormone therapy, particularly for vasomotor symptoms, outweigh the risks among women under age 60, within a decade of the onset of menopause...”
Menopause in the News

“But popping a pill isn’t enough to fight the decline, stresses JoAnn Pinkerton, MD, Executive Director of The North American Menopause Society and professor of obstetrics and gynecology at the University of Virginia Health System. ‘Strength training is also needed,’ she says – ideally, you should do two or three workouts a week.”
Menopause in the News

Later Menopause, Hormone Therapy Tied to Hearing Loss

by Traci Pedersen
~ 1 min read

Many women have reported that menopause and/or the use of hormones has had a direct effect on their hearing ability, but scientific studies on these topics have been conflicting, with some suggesting that hearing does indeed worsen at menopause but that there is some benefit to using hormone therapy (HT).

Now the findings from a large population study of 80,972 women may help clear up any confusion.

The researchers found that being of older age at natural menopause and the use of oral HT are each associated with a higher risk of hearing loss. In fact, women who remained on HT for longer periods of time were at even greater risk of hearing loss.

For most women, menopause occurs between the ages of 45 and 55 with the average age of onset being 51 in the United States. The study is the largest to date to examine the independent associations between menopause and postmenopause use of HT and risk of self-reported hearing loss.

Hearing loss is a common problem, particularly as we get older, with nearly 48 million Americans currently affected. This number is expected to grow as the population continues to age.

Since hearing loss is a lot more prevalent after menopause — the point in a woman's life when estrogen and progesterone levels drop off — it has long been assumed that HT might help reduce the risk.

“The finding from this observational study that women who underwent menopause at a later age and used oral hormone therapy had greater hearing loss was unexpected but should lead to more testing in a randomized, clinical trial, said Dr. JoAnn Pinkerton, Executive Director of The North American Menopause Society (NAMS).”
Menopause in the News

“A new study confirms earlier research suggesting weight gain increases the rate of hot flashes, night sweats, and other menopause symptoms. Results of the study were published in *Menopause*, the journal of The North American Menopause Society.”

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**DailyDose** May 31, 2017

**How Extra Pounds Fuel Hot Flashes**

Want to cut down the number of hot flashes you’re experiencing? Losing weight might help.

A new study confirms earlier research suggesting weight gain increases the rate of hot flashes, night sweats, and other menopause symptoms. Results of the study were published in *Menopause*, the journal of The North American Menopause Society.

According to results of the study, which involved 749 Brazilian women aged 45 to 60, women who are overweight or obese experience more severe hot flashes that often having a negative impact on their quality of life. This supports the “thermoregulatory theory,” which suggests body mass index (BMI) is associated with symptoms such as hot flashes, because body fat acts as a heat insulator.

Researchers also confirmed an association between BMI and other symptoms of menopause, including joint pain, muscle pain, and urinary problems. Some studies have shown that exercise and weight loss can help reduce menopause symptoms in women who are overweight or obese.

Sourced from: News Medical

Published On: May 31st 2017
Menopause in the News

“Dr. JoAnn Pinkerton, Executive Director of The North American Menopause Society (NAMS), which published the study in their journal, Menopause, commented on the findings saying ‘With this study suggesting that more muscle loss leads to sarcopenia and other studies suggesting that even one drink of alcohol may increase the risk of breast cancer, postmenopausal women should limit their alcohol intake.’”
"Yes, you could also be entering perimenopause, as women can start to experience such hot flash-inducing hormonal fluctuations anytime in their 40s. The changes that cause night sweats often last between 4 and 8 years, according to The North American Menopause Society."
Menopause in the News

“A new position paper on the use of HT for menopausal and postmenopausal women has now been released by NAMS to help make healthcare providers and the women they treat more comfortable using HT...”
Menopause in the News

"By the year 2020, the number of U.S. women older than 51, the average age at which menopause occurs naturally, is expected to be more than 50 million, according to The North American Menopause Society."

By the year 2020, the number of U.S. women older than age 51, the average age at which menopause occurs naturally, is expected to be more than 50 million, according to the North American Menopause Society. Previous research suggests many women continue to experience “substantial” menopausal symptoms well into their 60s.
“Older women with hot flashes, vaginal dryness or pelvic floor concerns should be evaluated for depression, ‘particularly if they have financial housing issues or significant caregiving responsibilities,’ Dr. JoAnn Pinkerton, who wasn’t involved in the study, told Reuters Health by email.

“Women going through menopause are four times more likely to suffer from depression than women who are younger than 45,’ said Pinkerton... executive director of The North American Menopause Society.”
Menopause in the News

“Dr. JoAnn Pinkerton, Executive Director, The North American Menopause Society, said: ‘Hot flushes are not just a nuisance. In this study, physiologically measured hot flushes appear linked to cardiovascular changes occurring early during the menopause transition.’”
Menopause in the News

"Women are more vulnerable to depressive symptoms during and after the menopause transition because of fluctuating hormone changes,’ Dr. JoAnn Pinkerton, Executive Director of NAMS, said in a society news release.”
“A low dose of vaginal estriol gel, used before and after pelvic organ prolapse surgery, may lead to better outcomes for postmenopausal women. While the particular agent used in an Italian study is not currently available in the U.S., a low-dose cream, tablet, or rings are alternatives, suggested JoAnn Pinkerton, Executive Director of The North American Menopause Society. (Menopause)”
Menopause in the News

Don't Be Nervous About Hormone Therapy for Menopause, Says NAMS

Pam Harrison
June 30, 2017

Editor's note: An earlier version of this story erroneously indicated that ospemifene was available over the counter.

A new position paper on the use of hormone replacement therapy (HRT) for menopausal and postmenopausal women has now been released by the North American Menopause Society (NAMS) and guarantees to make healthcare providers and the women they treat more comfortable using HRT when women want it to improve their quality of life.

"There continues to be confusion and fear for both women and their healthcare providers about the use of hormone therapy for menopausal women," JoAnn Pinkerton, MD, executive director of NAMS and professor of obstetrics and gynecology, University of Virginia Health System in Charlottesville, told Medscape Medial News in an email.

"NAMS's goal with this new position statement on hormone therapy is to give women and providers confidence about using hormone therapy for symptomatic menopausal women when it is indicated," she added.

"NAMS’s goal with this new position statement on hormone therapy is to give women and providers confidence about using hormone therapy for symptomatic menopausal women when it is indicated,” says JoAnn Pinkerton, MD, Executive Director of NAMS.”
Menopause in the News

“There’s been some wonderful research that tells us that women over 50 are more happy than they’ve been. In a Gallup phone survey sponsored by NAMS (The North American Menopause Society), 51 percent of postmenopausal women reported being happiest and most fulfilled between the ages of 50 and 65.”
“‘This study supports earlier studies that found that women who are heavier tend to have more hot flashes, particularly close to menopause,’ said Dr. JoAnn Pinkerton, Executive Director of The North American Menopause Society.”
Menopause in the News

Up to 7 years of hormone therapy is safe for postmenopausal women, new data show

For decades now, women navigating menopause have been buffeted by shifting research findings on the risks and possible benefits of hormone-replacement therapy. Now, a landmark clinical trial that followed more than 27,000 subjects for roughly 18 years has offered some conclusive evidence that neither the hype nor the grim warnings about hormone-replacement therapy were warranted.

In findings published Tuesday in the journal JAMA, women who were randomly assigned to take some form of hormone-replacement therapy for a median of six to seven years were no more, nor less, likely to die of any cause over the study’s duration than were women who had been assigned to receive a placebo treatment.

“The results of the new trial, which represents the largest and most comprehensive study to assess HRT’s effects, are in line with a position statement on HRT issued in June of this year by The North American Menopause Society.”
Menopause in the News

Hormone Therapy Isn’t As Risky As Once Thought, New Study Finds

Good news for menopausal women.

By Ann Brenoff

“The medical community has modified its views about the role of hormones as more research has been conducted. Experts agree that there is much they still have to learn, said The North American Menopause Society.”
Menopause in the News

“Another study, published in the Journal of The North American Menopause Society, found the highest cognitive scores among older women who spent one day weekly babysitting their grandchildren.”