

2019 NAMS Annual Report

# NAMS at 30: Making Menopause Mainstream



# HIGHLIGHTS OF 2019

During 2019, there were many highlights, accomplishments, and changes for The North American Menopause Society (NAMS). These accomplishments are only possible through the support and generosity of our members, our donors, our grantors, and our Central Office Staff.

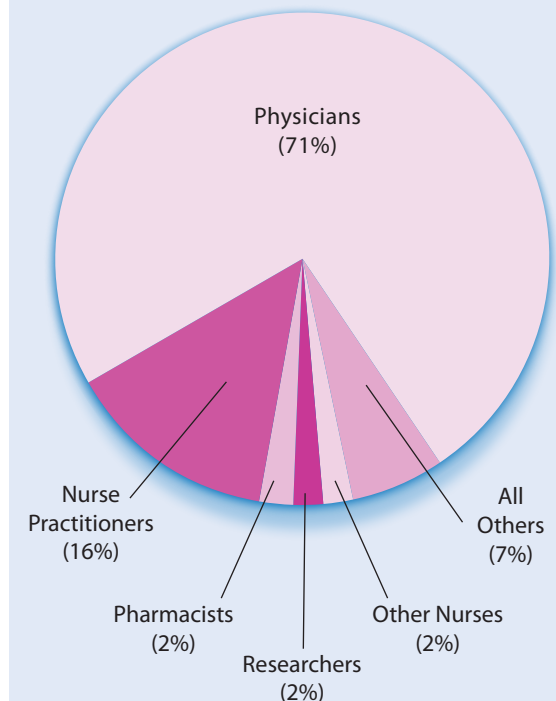
- The 2019 Annual Meeting was a celebration of the Society's 30th anniversary. The meeting was held in Chicago with the theme *NAMS at 30: Making Menopause Mainstream*. The meeting was outstanding, thanks to the Scientific Program Chair, Dr. Marla Shapiro; her hardworking Scientific Program Committee; and all the excellent speakers. As a provider accredited by the Accreditation Council for Continuing Medical Education (ACCEM), NAMS continues to offer education credit for its educational programs.
- The 2019 Pre-Meeting Symposium addressed *Perimenopause* and was organized by Pre-Meeting Co-chair and NAMS Past President, Dr. Cynthia Stuenkel. This symposium addressed the physiology of the menopause transition, contraception, metabolic changes, hot flashes, and reproductive challenges. A report from the 2019 Pre-Meeting Symposium will be published in *Menopause* during 2020.
- New for 2019, NAMS also offered the *Menopause 101: Building the Foundation* course. Presentations included the pathophysiology of menopause; bone health; cardiovascular health; mood and cognition; nonhormone management for hot flashes; hormone management: oral versus transdermal; and sexual health. The course was a great success with a sell-out crowd.
- NAMS presented 13 recognition awards, scholarships, and prizes during the Annual Meeting. These awards acknowledge the diverse and important contributions of our members as well as provide opportunities for those in training to learn more about menopause and midlife women's health.
- The Donor Cocktail Party continued to be a great success and provided a wonderful opportunity for networking and meeting new friends. Thank you to all who attended the event and to all who donated to the Society during 2019.
- A major initiative was the publication of the 6th edition of the NAMS textbook, *Menopause Practice: A Clinician's Guide* in September 2019. The new textbook was completely updated and the most comprehensive guide for the care of midlife women. It is a must-have resource for those involved in midlife women's health and research. Dr. Carolyn Crandall served as Editor-in-Chief of the new edition that was written and reviewed by dozens of experts specializing in the care and treatment of midlife women.
- NAMS was proud to collaborate with leading medical societies, including the International Menopause Society, the International Society for Sexual Medicine, the Federacion Latinoamericana de Sociedades de Climaterio y Menopausia, the American College of Obstetricians and Gynecologists, the European Menopause and Andropause Society, the International Society for the Study of Women's Sexual Health, the Royal College of Obstetricians and Gynaecologists, and the Endocrine Society, on the *Global Consensus Position Statement on the Use of Testosterone Therapy for Women*. The statement was authored by a diverse team of leading experts from around the world and endorsed by other internationally recognized medical societies.
- During 2019, NAMS addressed several key issues and shared information with our members to enhance their clinical practices, support their research endeavors, and ultimately improve the lives of the women they serve. Some of these included
  - Understanding the frustrations of members in dealing with insurance denials for hormone therapies, NAMS developed three standardized response letters available to download and individualize as needed.
  - NAMS shared the Centers for Disease Control and Prevention Advisory Committee on Immunization Practices recommendations on the human papillomavirus vaccination.
  - NAMS addressed the results of the *JAMA Network Open* study involving the Women's Health Initiative that shed light on mortality risks of being of normal weight with central obesity.
- NAMS commented on the Collaborative Group on Hormonal Factors in Breast Cancer's report on the timing of hormone therapy and breast cancer risk and indicated that management of menopause symptoms should be individualized, taking into account the severity of the symptoms and a woman's risk factors, as well as treatment goals and personal preferences.
- NAMS supported FDA's partnership with the National Academy of Sciences, Engineering, and Medicine to study the risks associated with compounded hormone products and continued to advise against the use of compounded bioidentical hormone therapy, given the availability of multiple formulations and doses of FDA-approved bioidentical hormones, specifically estradiol and progesterone.
- NAMS continued to work with FDA to remove the black-box warning from local vaginal estrogen therapies and challenged the European Medicines Agency statement on vaginal estradiol creams indicating it would likely result in women's avoiding a safe, effective, and much-needed treatment for genitourinary syndrome of menopause.
- NAMS organized the Workshop on Normal Reference Ranges for Estradiol in Postmenopausal Women in September 2019. The aim of the workshop was to review existing analytical methodologies for measuring estradiol in postmenopausal women and to assess existing data and study cohorts of postmenopausal women for their suitability to establish normal postmenopause reference ranges. The report from the Workshop will be published in *Menopause* during 2020.
- In 2019, *Menopause* marked its 26th year of publication. Five *Menopause* articles ranked in the Medscape Top 10 most-frequently read articles by obstetricians and gynecologists for 2019. *Menopause* also launched a new feature, video summaries of articles prepared by the authors, for subscribers.

## OUR MISSION

To promote the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging.

The NAMS Mission is being fulfilled through the work of dedicated health professionals from multiple disciplines who comprise the membership of the Society. At year-end 2019, our 2,276 members from 41 countries included primarily physicians (71%), with most being obstetricians-gynecologists or reproductive endocrinologists, followed by nurse practitioners (16%) and many other healthcare specialists and research scientists focused on the field of menopause.

## NAMS 2019 MEMBERSHIP DEMOGRAPHICS



- Six *Practice Pearls* on the topics of adnexal masses in menopausal women, clinical care of women with intermediate breast cancer risk, salpingectomy to reduce risk of ovarian cancer in women at average risk, identification and management of urinary incontinence in midlife women, molecular breast imaging, and taking a fresh look at mood, hormones, and menopause. Each *Practice Pearl* offered members the opportunity to earn continuing education credits.
- We continued the successful e-newsletters for our members, including the quarterly *Menopause Care Updates*, featuring summaries and in-depth commentaries on recent scientific articles chosen to inform and influence current clinical menopause practice. The bimonthly *Menopause e-Consult* continued to present questions and cases commonly seen in a menopause specialist's practice, with recognized experts providing their opinions and practice advice.
- NAMS Past President, Dr. Marla Shapiro, continued to lead our comprehensive video series for clinicians and women about important midlife health issues. Topics of videos launched during 2019 included
  - New Depression Guidelines
  - Hormone Therapy: What Are We Doing in 2019?
  - Pharmacologic and Nonpharmacologic Options for Arousal and Orgasm Issues
  - GSM Treatment Options for Survivors of Breast Cancer and Those at High Risk of Breast cancer
  - The Latest Rap About the Pap: What Clinicians Need to Know
  - Sexual Health: Office-based Assessment and Communication Skills
  - Midlife Depression
- Weight Gain at Menopause
- Bone Density Assessment
- The Role of the Physical Therapist in the Treatment of Female Sexual Dysfunction
- Cardiovascular Update: What Clinicians Need to Know
- Advances in Our Understanding of the Etiology/ Mechanisms of Vasomotor Symptoms
- The number of NAMS Certified Menopause Practitioners (NCMPs) reached an all-time high during 2019, growing to more than 1,241 healthcare providers.
- Our outreach to increase awareness of NAMS as the go-to source for credible information on menopause and midlife women's health continued. NAMS was featured in high-profile professional and consumer media outlets, including *Reader's Digest*, *US News and World Report*, *AARP*, *ABC News*, *Prevention*, *Los Angeles Times*, *New York Times*, *Oprah*, *CNN*, and many others.
- In June 2019, NAMS was saddened to announce the departure of Dr. JoAnn Pinkerton as she stepped down as NAMS Executive Director. Since 2015, NAMS had been pleased to share Dr. Pinkerton's time with the University of Virginia.
- In July 2019, NAMS was pleased to announce the appointment of Dr. Stephanie Faubion as NAMS Medical Director. Dr. Faubion, a long-time member of NAMS, served on numerous Society committees and on the Board of Trustees.
- In September 2019, Dr. Wulf Utian, NAMS Founding Executive Director, announced his retirement from the Board of Trustees. Dr. Utian's contributions to the organization over the past 30 years are unparalleled, and his guidance, friendship, and wisdom will be missed by all.

# OUR DONORS

*NAMS extends its sincere appreciation to the donors who have generously supported the NAMS Mission. Your contributions have touched the lives of many women. NAMS is a §501(c)(3) nonprofit scientific organization.*

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**These donors have designated all or a portion of their contribution to be used in support of the fund indicated below.**

Susan E Appt, DVM  
*In support of the Trainee Annual Meeting Scholarship Fund*  
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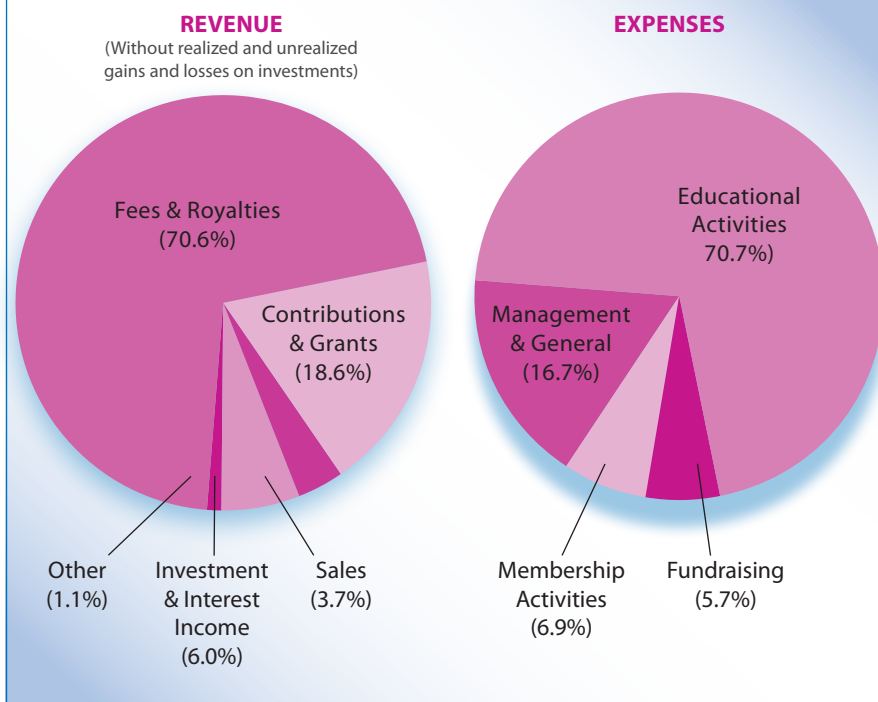
## NAMS Statement of Activities

	For the year ended December 31, 2019	For the year ended December 31, 2018
Membership Fees	\$ 599,330	\$ 559,500
Contributions and Grants	576,103	728,068
Meeting Fees and Exhibits	1,112,274	936,922
Competency Exam Fees	111,950	99,475
Royalty Income	362,136	541,094
Sales of Educational Materials	114,907	74,004
Investment/Interest Income	186,006	175,759
Net Realized and Unrealized Gains/Loss on Investments	705,173	(425,075)
Other	33,892	37,263
<b>Revenue and Support</b>	<b>\$ 3,801,771</b>	<b>\$ 2,727,010</b>
Membership Activities	\$ 185,713	\$ 181,201
Educational Activities	1,907,828	1,662,328
Management and General	452,000	497,985
Fundraising	155,062	147,750
<b>Expenses</b>	<b>\$ 2,700,603</b>	<b>\$ 2,489,264</b>

*This financial information is extracted  
from the audited financial statements  
available at the NAMS Central Office.*

## DISTRIBUTION OF REVENUE AND EXPENSES STATEMENT OF ACTIVITIES

As of December 31, 2019



## NAMS Statement of Financial Position

	December 31, 2019	December 31, 2018
Cash	\$ 1,398,001	\$ 1,296,429
Investments (at fair value)	5,647,191	4,811,340
Other	63,241	16,458
<b>Assets</b>	<b>\$ 7,108,433</b>	<b>\$ 6,124,227</b>
Liabilities	\$ 320,510	\$ 319,081
Net Assets	6,727,923	5,685,146
Long-Term Deferred Revenue	60,000	120,000
<b>Total Liabilities and Net Assets</b>	<b>\$ 7,108,433</b>	<b>\$ 6,124,227</b>

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