

MENOPAUSE UPDATE – AUGUST 2008

A note from Nancy Siskowic,

There is no “one statement fits all” when discussing the use of estrogen and progesterone in peri and post menopausal women.

Recently the North American Menopause Society (NAMS) released a Position Statement. It is lengthy, but I wanted to quote a few comments from it for you.

In the abstract of the article under ‘conclusions’ it reads: “Recent data support the initiation of HT (hormone therapy) around the time of menopause to treat menopause-related symptoms; to treat or reduce the risk of certain disorders, such as osteoporosis or fractures in select postmenopausal women; or both. The benefit-risk ratio for initiating menopausal HT is favorable close to menopause but decrease with aging and with time since menopause in *previously untreated women*. (the emphasis on the last three words is mine)

The article goes on to discuss and update thinking on just about every aspect of the hormone therapy question.

I will be offering four seminars this fall, and have included a flier with that information. Please consider sending a friend or attending one yourself for an update if you have questions or concerns.

I would love to hear from you in advance if you have particular concerns.

I hope this finds you well! Warm regards,