

# NAMS updates position statement on menopausal hormone therapy

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Hormone therapy remains the most effective treatment for vasomotor

symptoms (VMS) and genitourinary syndrome of menopause, according to a position statement issued by the North American Menopause Society (NAMS) and published online July 7 in *Menopause*.

Stephanie S. Faubion, M.D., from the Mayo Clinic in Jacksonville, Florida, and colleagues reviewed the 2017 Position Statement, evaluated new literature, assessed the evidence, and developed updated recommendations on [hormone therapy](#) in menopause.

The authors note that hormone therapy remains the most [effective treatment](#) for VMS and genitourinary syndrome of menopause and can prevent [bone loss](#) and fracture. Risks associated with hormone therapy vary according to factors such as type, dose, duration of use, timing of administration, and whether a progestogen is used. Using the best available evidence, treatment should be individualized to maximize benefits and minimize risks; the benefits and risks of continuing therapy should be evaluated periodically. Low-dose vaginal estrogen therapy or other therapies are recommended for bothersome genitourinary syndrome of menopause symptoms not relieved with over-the-counter therapies in women without indications for use of systemic hormone therapy.

"NAMS is pleased to announce the release of its updated [position statement](#) on hormone therapy," Faubion said in a statement. "Since our last position statement on hormone therapy published in 2017, there have been important additions that further clarify the balance of risks and benefits of hormone therapy options for menopause symptoms."

Several authors disclosed financial ties to the pharmaceutical industry.

**More information:** [NAMS Position Statement](#)



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