

The 10-point guide to the integral management of menopausal health

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Elsevier journal *Maturitas*, today announced the publication of a [position statement](#) by the European Menopause and Andropause Society (EMAS) covering the ten- point guide to the integral management of menopausal health. This has been written to mark the 10th EMAS Congress in Madrid May 20-22, 2015.

With increased longevity and more women becoming centenarians, management of the [menopause](#) and post-reproductive health is of growing importance as it has the potential to help promote health over several decades. Women have individual needs and the approach needs to be personalized. The position statement provides a short integral guide for all those involved in menopausal health.

For most women the menopause is a natural and inevitable process due to ovarian ageing which usually occurs in women in their late 40s or early 50s. However, it can be induced earlier by medical intervention such as bilateral oophorectomy or iatrogenic ablation of ovarian function by chemotherapy, radiotherapy or treatment with gonadotrophin-releasing hormone analogues. Discussions with patients about the menopause are becoming more complex because of the wide range of therapeutic options, the controversies regarding [menopausal hormone therapy](#) and the increasing use of alternative and complementary therapies.

EMAS is therefore producing a simple ten point guide to help physicians and allied health professionals from all specialties deal with menopausal

and post-reproductive health. It covers diagnosis, screening for diseases in later life, treatment and follow up.

It must be remembered that [women](#) have individual needs and the approach needs to be personalized.

These and other recommendations presented in EMAS' position statement are published in the article: "EMAS Position statement: the ten point guide to the integral management of menopausal [health](#)" ([doi:10.1016/j.maturitas.2015.02.003](https://doi.org/10.1016/j.maturitas.2015.02.003)) in *Maturitas* published by Elsevier.

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