

# New edition of 'The Menopause Guidebook' helps women looking for facts, not myths

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There is much debate surrounding how a woman entering the stages of menopause, or in the throes of this life stage, can or should manage symptoms, and now there are more options than ever before, adding extra confusion to the mix. To help make the process easier for women and educate pre-, peri- and postmenopausal women about making smarter healthcare choices, The North American Menopause Society (NAMS) has published its eighth edition of "The Menopause Guidebook," a go-to resource for women looking for answers to commonly asked questions—just in time for September's Menopause Awareness Month.

"Women have traditionally viewed [menopause](#) as a dreaded phase of their lives and believed they had little control over it," says Dr. Wulf Utian, executive director for NAMS. "However, through resources such as the [menopause.org](#) website and the Guidebook, we are looking to educate and empower women so that they can better control their symptoms and actually thrive during this life stage. The more women know about what is happening to their bodies and understand their [options](#), the better choices they can make about treatment and lifestyle."

Because the Guidebook was created by medical practitioners who specialize in the study and management of menopause, it provides practical and proven recommendations that reflect the latest medical advances and scientific studies. In it, women will learn about

- The benefits and risks associated with hormone therapy

- Information on nonhormone and hormone options used to manage symptoms such as hot flashes
- Treatment options for the genitourinary syndrome of menopause (GSM), the thinning of the vaginal walls that can, among other problems, lead to painful sexual intercourse and decreased desire
- The latest FDA-approved options for managing menopause symptoms
- Risks associated with the use of bioidentical and compounded hormones, which are not regulated or approved by the FDA
- Prevention techniques and strategies for managing a wide array of common health problems during a woman's midlife, including osteoporosis, cardiovascular disease, and diabetes
- The latest nonpharmacologic solutions and products for hot flashes, as well as lifestyle changes that have proven effective in lessening hot flashes and night sweats

For [women](#) looking for answers or to order a copy of "The Menopause Guidebook," please visit <http://www.menopause.org/gb8>.

Provided by The North American Menopause Society

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