



12th World Congress
on the **Menopause**
May 19-23 2008
Madrid, Spain

MADRID WILL HOUSE THE 12TH WORLD CONGRESS ON THE MENOPAUSE BETWEEN MAY 19-23 UNDER THE THEME “NEW CHALLENGES IN WOMEN’S HEALTH”

The meeting will analyse present and future strategies for the improvement of menopausal women’ health, including topics such as hormone therapy, new selective estrogen receptor modulators (SERMs) and the treatment of female sexual dysfunction among women with surgery-derived or natural menopause

February 15 is the deadline for *abstracts’* submission prior to final decision of official presentation during the Congress

While Asian women suffer fewer episodes of hot flushes, experience a lower risk of breast cancer and still are significantly afraid of osteoporosis, North American and European women usually present menopause-associated symptoms

Madrid, February 2008.- More than 3.000 experts will meet at the *Palacio Municipal de Congresos* of Madrid between May 19-23 during the 12th World Congress on the Menopause, organised by the International Menopause Society (IMS) and the *Asociación Española para el Estudio de la Menopausia* (AEEM). Under the theme *New challenges in women’s health*, one of this meeting’s most relevant goals is, according to its president, doctor Santiago Palacios, “to analyse how menopausal women’s health is improving around the world and to assess new therapeutic strategies aimed to keep on improving female quality of life during the upcoming years”.

“In this sense”, doctor Palacios explains, “hormone therapy, new selective estrogen receptor modulators (SERMs) and the treatment of sexual dysfunction among women with surgery-derived or natural menopause will become some of the topics of the Congress”. Doctor Santiago Palacios is currently director of the *Instituto Palacios de Salud y Medicina de la Mujer*, ex president of the AEEM and president of the *Fundación Europea Mujer y Salud*.

This expert has dedicated his long professional life to the study of women’s health and more specifically to climaterium. Palacios gives special importance to how relevant it is to be aware of each woman’s needs and to knowing how to diagnose and treat any disorder related to menopause, always having the patient’s quality of life as final goal. “And it is therefore necessary to know the real opinion and perception of every woman when it comes to her health problems and to any available treatment, so that the patient can overcome a specific problem; plus, it is convenient to learn about cultural and social

differences related to race and/or financial and demographic status in the context of the global understanding of menopause”.

As an example of these differences, Asian and South American women suffer fewer episodes of hot flushes than North American and European ones, but these last two groups are usually more concerned about menopause-related symptoms. Asian women, who present a lower risk of developing breast cancer, frequently take their worries to problems associated to osteoporosis.

Menopause, sexual health and quality of life

One of the fields in which gynaecologists must make a higher effort at counting on patients' opinion and perception is, undoubtedly, sexuality.

Around 43% of perimenopausal women suffer from sexual dysfunction, which is one of the most frequent causes of women experiencing a reduction in their sexual satisfaction in their life periods prior to menopause. According to doctor Palacios, “women's sexuality suffers from very significant changes when menopause arrives and even when it has not yet arrived but is close; while some could think the contrary, this is a very important topic for the mature woman and a good sexual health contributes to improving quality of life”. The origin of female sexual dysfunction can be influenced by different elements: biological factors (such as a reduction in testosterone levels -male hormone linked to the sexual impulse-; chronic diseases or early menopause; the intake of specific medicines; psychological problems (depression, anxiety, family and partner problems, etc.); lifestyle habits (obesity, alcohol, smoking); and finally derived from education (social and cultural inhibition).

When speaking about evidence of the efficacy of androgens replacement therapy as treatment against sexual dysfunction associated to androgen insufficiency in clinically affected women, doctor Palacios explains that “results reveal that this therapy is safe and efficient, specially among women with sexual dysfunction risk factors, women with surgery-derived menopause or those who have undergone some kind of pelvic surgery that can act on hormone production”. Never the less, doctor Palacios adds that the use of this treatment is currently being studied as option for women with natural menopause.

Abstracts submission and presentation

February 15th is the deadline for *abstracts'* submission prior to final decision of official presentation during the Congress as poster or oral communication.

Abstracts' submission can be made through the meeting's website www.imsmadrid2008.org, in which all necessary information is published.

For further information:

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