



The
**Menopause
Society™**

Leading the Conversation

Contact:

The Menopause Society

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Menopause Step-by-Step, A New Monthly Resource Addressing Key Issues About Managing Menopause

Providing concise, straightforward, evidence-based topic summaries of key issues related to understanding and managing menopause

CLEVELAND, Ohio (August 27, 2024)—The Menopause Society is proud to announce the launch of a new monthly series, *Menopause Step-by-Step*, in its journal, *Menopause*. This new education feature is aimed at a level suitable for education of students (medical, nurse practitioners, physician assistants, nurses, pharmacists) residents, and fellows across medical specialties. Topics addressed are also appropriate for practicing clinicians of all types and could also benefit researchers, academic leaders, journalists, and others.

By 2030, 2.3 billion women globally will have reached menopause. In the United States, 6,000 women transition to menopause daily.

“Despite the large number of women affected, menopause training is limited in most medical schools and nursing schools still today,” says Dr. Isaac Schiff, editor-in-chief of *Menopause*. “As a result, many healthcare professionals lack the necessary training and knowledge to confidently provide comprehensive care during this time. This gap in education can lead to misinformation, misdiagnosis, and inadequate treatment options, leaving women to navigate this challenging period with insufficient support.”

Menopause Step-by-Step will provide quality evidence-based guidance for recognizing and managing the most common clinical issues that arise in the care of women during the menopause transition and beyond. The monthly educational feature will address various aspects of menopause, including symptom management, hormone therapy, lifestyle changes, and mental health considerations.

“The Menopause Society is committed to leading the conversation about improving women’s health and healthcare experiences,” says Dr. Cynthia Stuenkel, former president of The Menopause Society and author of the first installment of this new series. “This new resource will improve healthcare professionals’ ability to guide their patients to make smarter healthcare decisions that are right for their specific individual circumstances and needs.”

Clinician familiarity with signs and symptoms of the menopause transition will aid in the recognition, reassurance, and counseling regarding options for symptom relief and the development of preventative strategies by providing healthcare professionals with up-to-date, scientifically backed resources.

“We are very excited to work with acknowledged experts in the various disciplines who have graciously agreed to contribute to these important articles in the new *Menopause Step-by-Step* series,” says Dr. Cheryl Cox Kinney, a member of The Menopause Society’s Board of Trustees and another key content contributor for the new series. “We are all on a lifelong journey of learning to support women in midlife.”

Menopause Step-by-Step will be a regular monthly segment of *Menopause* starting with the September 2024 issue.

For more information about menopause and healthy aging, visit www.menopause.org.

About The Menopause Society

The Menopause Society (formerly The North American Menopause Society) is dedicated to empowering healthcare professionals and providing them with the tools and resources to improve the health of women during the menopause transition and beyond. As the leading authority on menopause since 1989, the nonprofit, multidisciplinary organization serves as the independent, evidence-based resource for healthcare professionals, researchers, the media, and the public and leads the conversation about improving women’s health and healthcare experiences. To learn more, visit www.menopause.org.