



THE NORTH AMERICAN
MENOPAUSE SOCIETY

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**NAMS CONFIRMS ITS SUPPORT OF FDA WARNING ABOUT
CUSTOM-COMPOUNDED BIOIDENTICAL HORMONE THERAPY**

CLEVELAND, Ohio (February 5, 2009)—In the aftermath of the considerable viewership of two recent segments of The Oprah Winfrey Show about the use of custom-compounded bioidentical hormone therapy for treatment of menopause-related symptoms such as hot flashes, The North American Menopause Society (NAMS) confirms its support of the US Food and Drug Administration (FDA) and other scientific organizations that have warned women about the potential harm from these products.

The term “bioidentical hormone therapy” is often used to describe a medication containing estrogen, progesterone, or other hormones that are chemically exact duplicates of hormones produced by women, primarily in the ovaries. Many of these bioidentical hormones are commercially available in several well-tested, FDA-approved, brand-name prescription drugs.

Concern arises with the bioidentical hormone medications that are custom-mixed (“custom-compounded”) recipes prepared by a pharmacist following an individual prescriber’s order for a specific patient. These medications do not have FDA approval because individually mixed recipes have not been tested to prove that the active ingredients are absorbed appropriately or provide predictable levels in blood and tissue. Further, there is no scientific evidence

about the effects of these compounded medications on the body—both good and bad. For more information about bioidentical hormone therapy for menopause, see the NAMS Web site at www.menopause.org/bioidentical.aspx. For more information about menopausal hormone therapy in general, see the NAMS position statement at www.menopause.org/PSHT08.pdf.

The Mission of NAMS, a nonprofit scientific organization, is to promote the health and quality of life of women through an understanding of menopause. The Society's membership of 2,000 professionals representing a variety of disciplines—including clinical and basic science experts from medicine, nursing, pharmacy, anthropology, sociology, psychology, and complementary/alternative medicine—makes NAMS uniquely qualified to serve as the definitive resource for health professionals and the public for accurate, unbiased information about menopause. (www.menopause.org)

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