The 2020 genitourinary syndrome of menopause position statement of The North American Menopause Society.

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The North American Menopause Society (NAMS)

The NAMS 2020 GSM Position Statement Editorial Panel. The 2020 genitourinary syndrome of menopause position statement of The North American Menopause Society. Menopause. 2020 Sep;27(9):976-992. [197 references] PubMed

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Overview

Guideline Objective

To update and expand the 2013 position statement on the management of the genitourinary syndrome of menopause (GSM)

Patient Population

Postmenopausal women with GSM

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Screening and patient education
- Guidance on routine endometrial surveillance and transvaginal ultrasound for asymptomatic women, and biopsy if spotting/bleeding
- Guidance on treatment options based on disease severity, including nonhormone lubricants, low-dose vaginal estrogen therapy (ET), vaginal dehydroepiandrosterone (DHEA), ospemifene, systemic ET, progestogen, and energy-based therapies
- Management of patients with history of breast or endometrial cancer
- Follow-up as long as symptoms are present

Note: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

No supporting documents available.

Implementation Tools

No implementation tools available.

Patient Education

No patient education materials available.

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