The 2023 nonhormone therapy position statement of The North American Menopause Society.

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The North American Menopause Society (NAMS)

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Overview

Guideline Objective

To update the evidence-based Nonhormonal Management of Menopause-Associated Vasomotor Symptoms (VMS): 2015 Position Statement and to provide direction to guide evidence-based nonhormone management of VMS

Patient Population

Persons experiencing menopause

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Guidance on lifestyle techniques (i.e., cooling, avoiding triggers, exercise/yoga, diet, weight loss); mind-body techniques (i.e., cognitive-behavioral therapy, mindfulness-based interventions, hypnosis, paced respiration, relaxation); and use of nonhormone prescription therapies
- Guidance on use of dietary supplements
- Guidance on alternative treatments, including acupuncture, stellate ganglion block, calibration of neural oscillations, and chiropractic interventions

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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