

## **SAAOG 2017 Abstract**

### **The Options for Nonhormonal Treatment of Vasomotor Symptoms Associated with Menopause: Fact and Fiction**

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Vasomotor symptoms affect more than 75% of midlife women, and usually last 5-7 years. Hormone replacement therapy is the primary treatment, but other options are needed for personal preferences and medical indications. Surveys show that 50-80% of women are using nonhormonal therapies. Based on levels of evidence, NAMS has a recent position statement outlining the recommended options. This discussion will review the recommendations and provide accurate information to treat patients safely and effectively with vasomotor symptoms.