

## Editorial

# The improvement of health and disease prevention for the middle-aged woman: The state of the Art IV International Symposium of the Portuguese Menopause Society October 20, 2007 Lisbon, Portugal

Women are nowadays expected to live much longer than before. This being the case it is the duty of the medical profession to actively contribute to let them have a good quality of life.

After the menopause many of them may suffer from vasomotor symptoms that can be easily treated.

They may also develop a metabolic syndrome that is a major risk factor for cardiovascular dis-

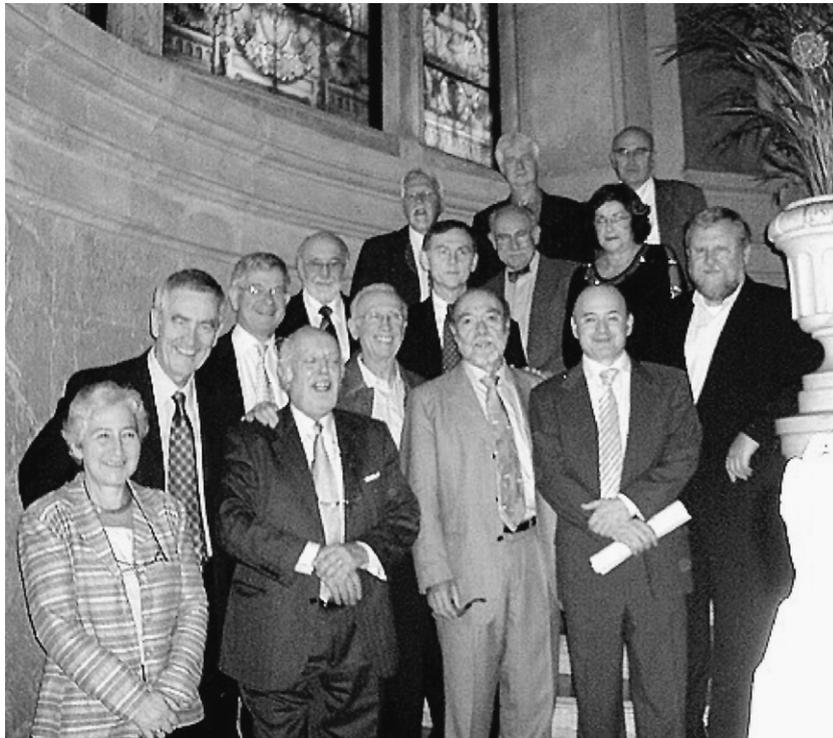


Photo 1. The participants of the Portuguese Menopause Symposium.

ease and breast cancer. It can also be effectively treated.

The bones may lose calcium and collagen faster than during the reproductive years. This can also be prevented.

Vaginal changes due to the lack of estrogens may interfere with their sexuality, a problem that can be treated, too.

Many of the treatments involve the use of sex hormones. This is a cause of concern by many women and by their attending doctors as a consequence of the misinformation spread around the World, since 2002, by misconducted epidemiological studies, like the Women's Health Initiative (WHI). Today these studies have been reviewed by many doctors and by the investigators themselves and one has established that such hormonal treatments are safe if started soon after the menopause and before 60 years of age.

Therefore, the purpose of this symposium was to discuss the State of the Art and to contribute to a better understanding of all these problems.

This 4th International Symposium of the Portuguese Menopause Society follows three other ones on "Hormones and Heart" [1], "Hormones and Cancer" [2] and "Transatlantic confrontation of opinions" [3] with which the Portuguese Menopause Society has covered

the entire field of the menopause and thus fulfilled its duty to let women add more life to their coming years and more years to their life (Photo 1).

## References

- [1] Neves-e-Castro M. What is next? In: Neves-e-Castro M, et al., editors. *Menopause and the heart*. London: Parthenon; 1999. p. 133–4.
- [2] Neves-e-Castro M. Where are we now? In: Neves-e-Castro M, Wren BG, editors. *Menopause hormones and cancer*. London: Parthenon; 2001. p. 141–5.
- [3] Neves-e-Castro M, Menopause Sousa M. Transatlantic confrontation of opinions. *Maturitas* 2005;51:38–9.

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