



PRESS RELEASE

Date: May 17, 2022

Contact: Andrea Boccelli,
a.boccelli@elsevier.com

Journal *Maturitas* Publishes Position Statement on maintaining postreproductive health

Amsterdam, 17 May 2022 –Journal *Maturitas* today announced the publication of a [position statement](#) by the [European Menopause and Andropause Society](#) (EMAS) on maintaining postreproductive health.

For most women the menopause is a natural and inevitable process due to ovarian ageing that usually occurs in their late 40s or early 50s. It can cause bothersome, disrupting symptoms in some women. Conditions affecting postreproductive health include osteoporosis, cardiovascular disease, cognitive decline, dementia and sarcopenia. Thus the menopause can be considered to be an opportunity to address musculoskeletal and cardiovascular health, smoking, alcohol use and cancer screening.

This care pathway from the European Menopause and Andropause Society (EMAS) provides an updated pathway for monitoring and guidance of women at midlife, focusing on those approaching the end of the reproductive life-cycle, going through the menopausal transition and beyond. EMAS recommends that assessment should be holistic and include menopausal symptoms, personal and family history, cardiovascular and osteoporotic risk factors as well as gynaecological and breast health. Strategies to maintain postreproductive health encompass optimising diet and lifestyle, menopausal hormone therapy and non-estrogen-based options for climacteric symptoms and skeletal conservation should be personalised to individual needs.

These and other recommendations presented in EMAS' position statement are published in the article **Menopause, wellbeing and health: A care pathway from the European Menopause and Andropause Society**

DOI:<https://doi.org/10.1016/j.maturitas.2022.04.008> in *Maturitas* published by Elsevier.

The full text of the article is available without subscription.

About European Menopause and Andropause Society (EMAS)

EMAS promotes the study of midlife health through its journal, congresses, schools and website and encourages the exchange of research and professional experience between members.

Using a range of activities and through its affiliates, EMAS aims to guarantee and provide the same standard of education and information throughout Europe on midlife health in both genders.

Recognizing the issues arising from increased longevity the society also provides articles, patient information, web resources, and referrals for healthcare providers in the field and keeps its members up-to-date. For more information go to: <http://www.emas-online.org>

About *Maturitas*

Maturitas is an international multidisciplinary peer reviewed scientific journal of midlife health and beyond, publishing original research, reviews, consensus statements and guidelines. The scope encompasses all aspects of postreproductive health in both genders ranging from basic science to health and social care. <http://www.maturitas.org/>

About Elsevier

Elsevier is a world-leading provider of information solutions that enhance the performance of science, health, and technology professionals, empowering them to make better decisions, deliver better care, and sometimes make groundbreaking discoveries that advance the boundaries of knowledge and human progress. Elsevier provides web-based, digital solutions — among them [ScienceDirect](#), [Scopus](#), [Elsevier Research Intelligence](#) and [ClinicalKey](#) — and publishes more than 2,500 journals, including [The Lancet](#) and [Cell](#), and more than 33,000 book titles, including a number of iconic reference works. Elsevier is part of [RELX Group plc](#), a world-leading provider of information solutions for professional customers across industries. www.elsevier.com

Media contact

Andrea Boccelli

Elsevier

a.boccelli@elsevier.com