

Menopause & Andropause-what can we add?

G Samsioe¹

¹ Department of Obstetrics & Gynecology, Lund University Hospital, Lund, Sweden

Media reporting on andropause and particularly menopause follows along the line of “bad news is news-good news is no news”. This leads to a highly unbalanced information which sadly enough impacts profoundly on the general public but also on decision makers at various positions in our society. Media report that menopause and andropause are associated with an increase in all kinds of diseases and symptoms and when attempting to combat this by hormone therapy side effects are unacceptable and extremely common. Our prime role is to enhance a balanced discussion of scientific results. Research sensations simply do not exist and all new studies must be interpreted with care and appropriately put into context. In clinical research one new study can not eradicate results of prior art. Clinical scientists must be more active in the general debate. To ensure reliability we must communicate in a language easy to comprehend. We need to improve our image as the very appropriate source of scientific information but also lead the way to define and identify data that is missing and urgently needed. We need to explain gender differences and that these differences are not entirely due to the hormonal situation. We need also to emphasize much more the pivotal importance of lifestyle at all ages but particularly as age advances. Society should not be more medicalized. Preventing a chronic disease is more cost-effective than treating it once. This is particularly prudent when lifestyle modifications are the prime tool to achieve it.