

AMERICAN MEDICAL ASSOCIATION WOMEN PHYSICIANS SECTION

Resolution XXX (Assigned by HOD)
(I-24)

Introduced by: Laurie Lapp, Kylie Ruprecht, Angela Hsu, Sidra Jabeen, Sara Kazyak

Subject: Advancing Menopause Research and Care

Referred to: Reference Committee (Assigned by HOD)

Whereas, roughly 75 million people are currently in perimenopause, menopause, or postmenopause in United States, with 6000 new people entering menopause every day¹; and

Whereas, menopausal and postmenopausal persons face increased health risks, such as cardiovascular disease, osteoporosis, urinary incontinence, and mood disorders, due to the hormonal changes that occur during this period²; and

Whereas, economic costs associated with menopause and postmenopause are substantial, with an annual burden of \$1.8 billion from lost work time and \$26.6 billion in medical expenses³; and

Whereas, when surveyed, only about 30% of OBGYN program directors reported having a menopause curriculum for their residents and 80% of OBGYN residents do not feel prepared to talk to their patients about menopause^{1,4}; and

Whereas, there is a severe need for additional research on menopause, and an expert panel noted there are several existing knowledge gaps regarding menopause, including pathogenesis and treatment of vasomotor symptoms, which has been shown to disproportionately affect women of color^{5,6}; and

Whereas, menopause, similar to other aspects of women's health, is underfunded and lacks the appropriate infrastructure for tracking funding, such as the NIH assigned RCDC number⁷; and

Whereas, in 2023, it was estimated that menopause, which impacts nearly 50% of the population, received \$259 million dollars for research in comparison to Alzheimer's, which affects approximately 10.9% of individuals 65 and older, received \$4 billion dollars^{8,9}; and

Whereas, on March 18, 2024, President Biden signed an executive order to support and advance women's health focusing on increasing investments in women's health research by the NIH, including establishment of a Pathways to Prevention for menopause and menopausal symptoms by the NIH to improve women's health across the lifespan, which highlights the need for ongoing advocacy and research in this area¹⁰; and

Whereas, in the last year, multiple bills have been introduced in Congress calling for expanded access to menopause care and funding for menopause research, including S.4246 - Advancing Menopause Care and Mid-Life Women's Health Act, H.R. 6749 - Menopause Research and Equity Act of 2023; H.R. 8347 - Improving Menopause Care for Veterans Act of 2024¹¹⁻¹³; and

Whereas, the AMA has not sent any federal or state correspondence regarding menopause-related advocacy since at least 2015¹⁴; therefore be it

RESOLVED, that our AMA advocate for increased funding for biomedical and public health research on perimenopause, menopause, and related chronic conditions; and be it further

RESOLVED, that our AMA support expanded training opportunities for medical students, residents, and other health professions trainees to improve care, treatment, and management services for perimenopause, menopause, and related chronic conditions; and be it further

RESOLVED, that our AMA support efforts to increase awareness and education related to menopause, mid-life women's health and related conditions, treatment, and preventative services.

Fiscal Note: Assigned by HOD

Date Received: XX/XX/2024

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RELEVANT AMA POLICY

Sex and Gender Differences in Medical Research H-525.988

Our AMA:

- (1) reaffirms that gender and sex exclusion in broad medical studies questions the validity of the studies' impact on the health care of society at large;
- (2) affirms the need to include people of all sexes and gender identities and expressions in studies that involve the health of society at large and publicize its policies;
- (3) supports increased funding into areas of women's health and sexual and gender minority health research;
- (4) supports increased research on women's health and sexual and gender minority health and the participation of women and sexual and gender minority communities in clinical trials, the results of which will permit development of evidence-based prevention and treatment strategies for all women and sexual and gender minority individuals from diverse cultural and ethnic groups, geographic locations, and socioeconomic status;
- (5) recommends that all medical/scientific journal editors require, where appropriate, a sex-based and gender-based analysis of data, even if such comparisons are negative; and
- (6) recommends that medical and scientific journals diversify their review processes to better represent women and sexual and gender minority individuals;
- (7) supports the FDA's requirement of actionable clinical trial diversity action plans from drug and device sponsors that include women and sexual and gender minority populations;
- (8) supports the FDA's efforts in conditioning drug and device approvals on post-marketing studies which evaluate the efficacy and safety of those products in women and sexual and gender minority populations when those groups were not adequately represented in clinical trials; and
- (9) supports and encourages the National Institutes of Health and other grant-making entities to fund post-market research investigating pharmacodynamics and pharmacokinetics for generic drugs that did not adequately enroll women and sexual and gender minority populations in their clinical trials, prioritizing instances when those populations represent a significant portion of patients or reported adverse drug events.

An Expanded Definition of Women's Health H-525.976

Our AMA recognizes the term "women's health" as inclusive of all health conditions for which there is evidence that women's risks, presentations, and/or responses to treatments are different from those of men, and encourages that evidence-based information regarding the impact of sex and gender be incorporated into medical practice, research, and training.

Encouraging Research of Testosterone and Pharmacological Therapies for Post-Menopausal Individuals with Decreased Libido H-460.886

Our American Medical Association encourages expansion of research on the use of testosterone therapy and other pharmacological interventions in treatment of decreased libido in postmenopausal individuals.