

## Editorial

# Evidence-Based Clinical Practice Guidelines on Menopause and Postmenopausal Osteoporosis (2019–2020): A Step toward Implementation of Menopausal Medicine

The Indian Menopause Society (IMS), established in 1995, is committed to fostering general well-being of the mature and elderly Indian woman. The IMS family, as we fondly call ourselves, is unique and we believe in a holistic approach towards managing the midlife, which goes beyond the scope of pharmacotherapy. The IMS membership is open to professionals, allied specialists, and any individual interested in working towards the society's goals. In the history of IMS, 2020 is the silver jubilee year, and we are honored and privileged to take over the duties of the Journal of Mid-Life Health. We are committed to deliver evidence-based quality science by the medium of this journal with the help of our IMS family.

The first issue is dedicated to publishing the updated 2019–2020 IMS Guidelines on menopause and another on postmenopausal osteoporosis (PMO). According to the Institute of Medicine, 1990, "Clinical practice guidelines are systematically developed evidence and experience-based statements to assist practitioner and patient decisions about appropriate health care to specific clinical circumstances." The most significant benefit that could be achieved by guidelines is to improve health outcomes, but this is possible only when the guideline is implementable. In menopausal medicine, there is a considerable lacuna in the area of translating the science and knowledge on menopausal health in terms of the presence of dedicated menopause clinics. The first menopausal clinic was started in the early 1970s by Wolf Utian, a legend and pioneer in menopausal health. In India, the IMS founder president, Rama Vaidya, created a multidisciplinary unit called MAITERYI for menopausal care. The question is, where are we today after 50 years? There is an urgent need by the public and private sectors to introspect and find solutions.

There has been extensive research, dissemination of knowledge in the field of menopause, yet dedicated clinics are few, and there is a need for promoting active and healthy aging for the increasing numbers of mature women. Confidence building among professionals in the management of this multidisciplinary specialty should start early. Perhaps, it would be appropriate



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to have menopausal medicine basics as a part of the Attitude Ethics Communication-based new curriculum for undergraduates and postgraduates in the relevant specialties as per the Medical Council of India. A subspecialty on menopausal medicine needs to be developed with a dedicated training program. Further, to achieve the goal, this issue of the Journal features the Executive Summary of the Guidelines on Menopause and PMO. The monogram on menopause (available on the IMS website) has a section on the practical aspects of managing a menopausal clinic, which includes "*Setting up of a Menopause Clinic*," a menopause pro forma and clinical pathways. The monogram also covers the social aspects of midlife like lifestyle management, travel, insurance, and economics of menopause management. It is important to place that the said guidelines have been prepared and compiled by an extensive peer-reviewing process, with scientific inputs and contributions by internal, external experts, thus expanding the acceptability in the Indian context and keeping an international relevance at the same time. We appreciate and thank Dr. Anna Fenton, Dr. Thomas Paul, Dr. Nitin Kapoor, Dr. Kripa Elizabeth Cherian, for contributing a relevant commentary.

Finally, one must remember that clinical guidelines are only one medium of option for improving the quality of health care, and to publish by Journal Midlife Health shall increase its outreach to all the stakeholder and health-care providers. We would appreciate to receive comments based on scientific evidence and the experience on the guidelines so that they can be further revised and updated in the future.

We hope that you enjoy reading this issue and implement it in your practice.

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