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Friday FACTS

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"Leadership, Partnership, and Championship"

TASK FORCE ISSUES CAUTION ON COMBINED HORMONE THERAPY

The U.S. Preventive Services Task Force recently recommended against the use of combined estrogen and progestin therapy for preventing cardiovascular disease and other chronic conditions in postmenopausal women.

The Task Force found evidence for both benefits and harms of combined estrogen and progestin therapy, one of the most commonly prescribed hormone regimens. However, the Task Force concluded that harmful effects of the combined therapy are likely to exceed the chronic disease prevention benefits for most women.

The Task Force further concluded that the evidence is insufficient to recommend for or against the use of estrogen alone for prevention of chronic conditions in postmenopausal women who have had a hysterectomy.

The hormone therapy recommendations and background evidence for clinicians are available on the AHRQ Web site at <http://www.ahrq.gov/clinic/3rduspstf/hrt/hrtrr.htm> as well as the *Annals of Internal Medicine* Web site at <http://www.acponline.org/journals/annals/hrt.htm>. Previous Task Force recommendations, summaries of the evidence, and related materials are available from the AHRQ Publications Clearinghouse by calling (800) 358-9295 or sending an e-mail to ahrqpubs@ahrq.gov <<mailto:ahrqpubs@ahrq.gov>>.



**DoD Population
Health & Health Promotion
Conference 2002
Now Available**

Presentations from the DoD Population Health & Health Promotion Conference held in Baltimore in August are now available at <http://chppm-www.apgea.army.mil/fhp/2002Pres/DODSched.asp>. If you click on a presentation title and you receive a message that the presentation is not available, this is at the speaker's request.

October is Breast Cancer Awareness Month

The Komen Foundation offers a 7 minute virtual self breast exam demonstration with live model. It shows the mammacare method of self breast exam. Visit: <http://www.komen.org/bse/> for addition information.



Steroid Abuse Programs

Dr Lin Goldberg of the Health Promotion and Sports Medicine at Oergon Health and Science University has developed some prevention and early intervention strategies to reduce the use of steroids among teens! He and his colleagues have found some successes with the ATLAS (Athletes Training & Learning to Avoid Steroids) Program. It targets not only steroids but also alcohol and other drugs, supplements and addresses exercise and nutrition behaviors. They are working on a program for female athletes- ATHENA (Athletes Targeting Healthy Exercise and Nutrition Alternatives). For additional information on ATHENA- <http://www.ohsu.edu/som-hpsm/athena.html> and for ATLAS <http://www.atlasprogram.com>

**THE SWEETEST OF ALL SOUNDS IS
PRAISE. -Xenophon**