

1. HRT remains a safe and effective treatment option

Canada's leading authority on women's health reassures the public that hormone replacement therapy (HRT) remains a safe and effective option for the short-term treatment of moderate to severe menopausal symptoms. Since publishing its revised guidelines on continuous, combined HRT in 2002, the Society of Obstetricians and Gynecologists of Canada (SOGC) has carefully reviewed all published information from the 2002 Women's Health Initiative (WHI) study, and has found no reason to change its position on HRT. The SOGC notes that, of the 8,000 women on combined, continuous HRT in the WHI study, 97.5% had no adverse outcomes.

How does it apply to your practice? "A woman's decision to take HRT for the relief of distressing menopausal symptoms, whether for the short-term or long-term, should be made following a thorough review with her physician of her medical history, lifestyle, risks, benefits, and reasons for taking HRT," said Dr. David Young, SOGC president. Women considering staying on HRT for more than four years need to review their decision in consultation with their physician on a yearly basis.

Short-term HRT is a Safe and Effective Option for the Treatment of Distressing Menopausal Symptoms: SOGC. Press Release, Ottawa, Ontario, January 13, 2004.

2. Xenical[®] reduces threat of developing Type 2 diabetes

According to results from the landmark XENDOS study, published in the 2004 issue of *Diabetes Care*, patients who achieve weight loss with Xenical[®] (orlistat) have a significantly reduced risk of developing Type 2 diabetes. This is the first time a weight-loss medication has achieved this result. During four years of treatment, over 52% of patients taking Xenical lost more than 5% body weight versus 37% in patients treated with lifestyle changes alone. In addition, almost twice as many Xenical-treated patients lost more than 10% body weight after four years (26% versus 16%).

How does it apply to your practice? There are currently 120 to 140 million people worldwide with Type 2 diabetes, and more than 90% of these individuals are overweight or obese. Xenical, plus lifestyle changes, resulted in early and significant improvements in cardiovascular risk factors that were sustained throughout the study, including blood pressure, waist circumference, and lipids (cholesterol). The study also confirmed that Xenical has a long-term safety profile that is unmatched in the field of weight loss.

Losing Weight With Xenical[®] Significantly Reduces the Threat of Developing Type 2 Diabetes. Press Release, Basel, Switzerland, December 23, 2003.