

Canadian *Menopause*
COALITION
canadienne sur la *ménopause*

A change for the better

Launch of the Canadian Menopause Coalition

Thursday October 15, 2009

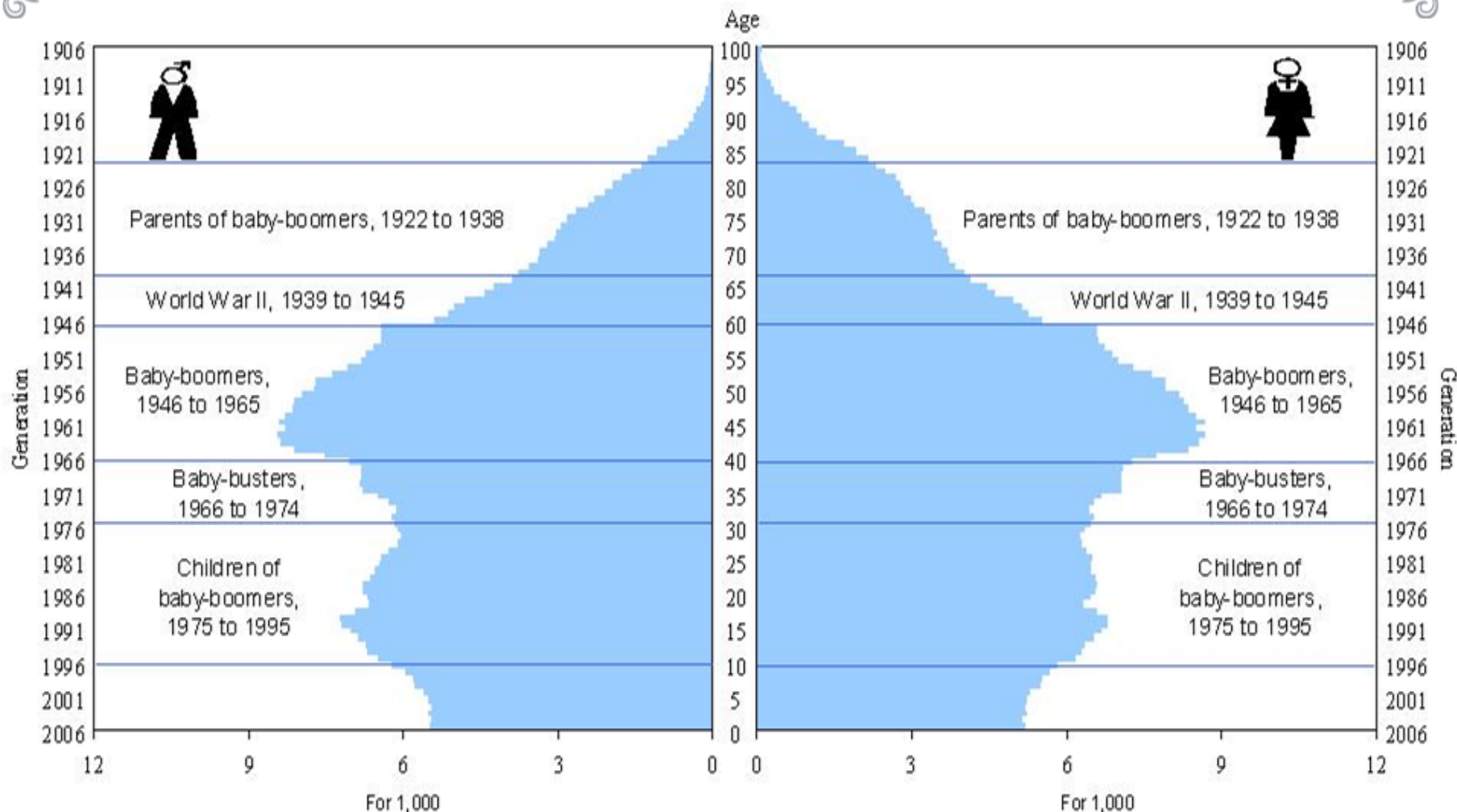
What is menopause?

- The ovaries stop producing female hormones - estrogen and progesterone
- Periods become irregular and then stop
- The ovaries no longer release eggs
- Pregnancy does not occur after menopause

Estrogen and progesterone have many effects in the body:

- Brain
- Breasts
- Heart
- Liver
- Bones
- Vagina
- Skin
- Uterus
- Ovaries

Age pyramid of the Canadian population – 2006



- Established in June 2008
- 14 health organizations
- Evidence-based information about women's overall health during ...
 - perimenopause
 - menopause
 - post-menopause

The Menopause Coalition seeks to:

- increase awareness and understanding
- add clarity and reduce confusion
- simplify, to reduce complexity
- provide complete, coordinated and reliable information

The Menopause Coalition seeks to:

- increase reach and impact
- adopt a more coordinated approach
- ensure consistency and complementarity of messaging

By:

- sharing knowledge
- sharing networks
- sharing resources

Leading cause of death in post menopausal women

94% of risks are modifiable

- Obesity
- High blood pressure
- Smoking
- Stress
- Diet (fruits and vegetables)
- Alcohol
- Blood lipid levels

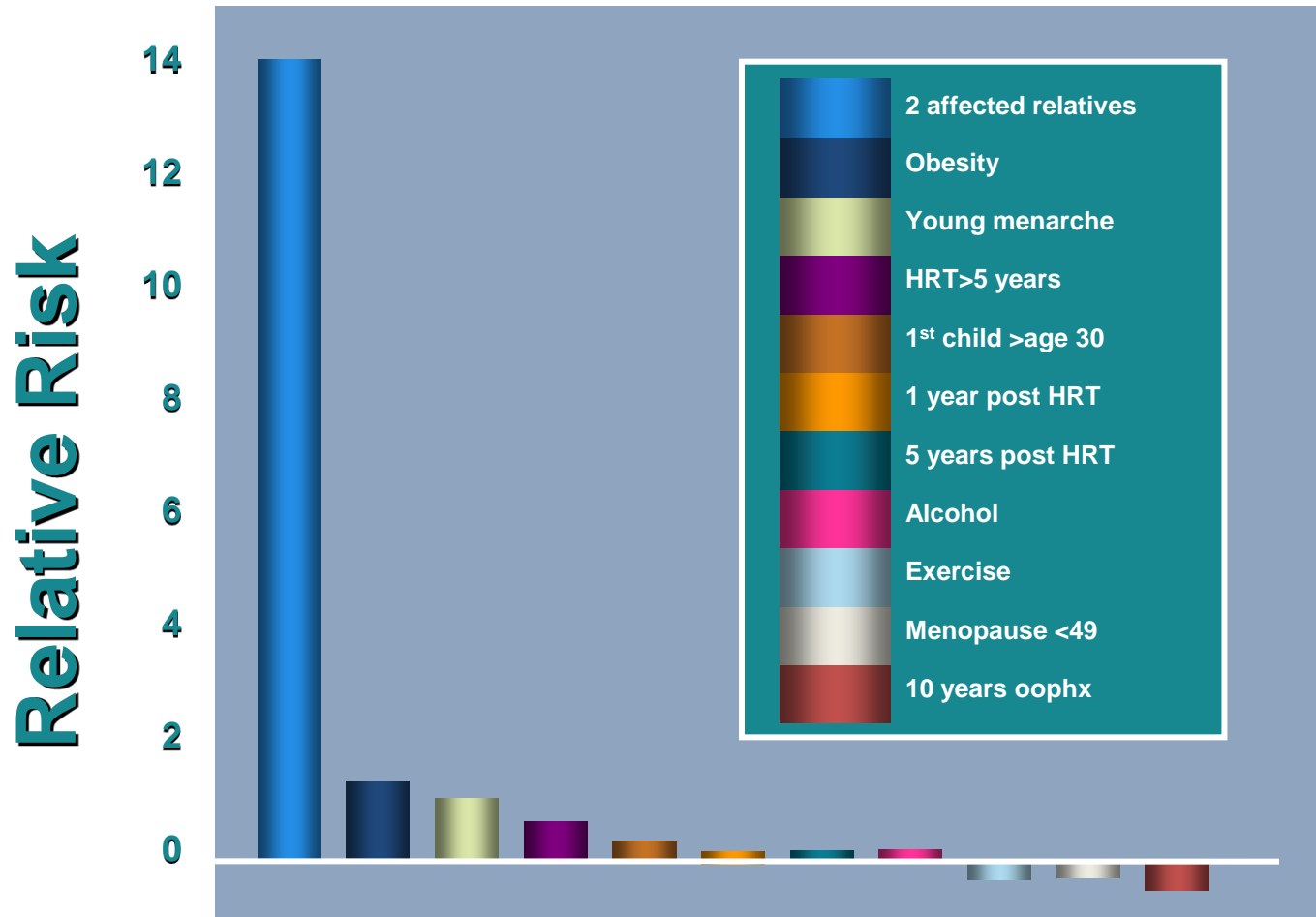
1 in 4 women over 50 has osteoporosis

- Pain day in and day out
- Changes in body shape
- Loss of body height
- Loss of self-esteem
- Unsteady gait
- Fear of falling

It is never too late to stop further bone loss.

Research published in the *British Medical Journal* said 55% of deaths from cancer and heart disease could have been avoided **IF** women:

- never smoked
- exercised a minimum of 30 minutes a day of at least moderate intensity, such as brisk walking
- ate a healthy diet low in red meat and trans fats
- kept their weight in check



Within 3 years, half of women have symptoms of urogenital atrophy that will worsen with time:

- Bladder urgency and frequency
- Recurrent urinary tract infections (UTI)
- Vaginal dryness
- Painful intercourse

Thank you for your attention

Canadian *Menopause*
COALITION
canadienne sur la *ménopause*



CANADIAN
PHARMACISTS
ASSOCIATION

ASSOCIATION DES
PHARMACIENS
DU CANADA



The College of
Family Physicians
of Canada

Le Collège des
médecins de famille
du Canada



Federation of Medical
Women of Canada
Fédération des femmes
médecins du Canada



Osteoporosis Canada
Ostéoporose Canada



Ovarian Cancer Canada
Cancer de l'ovaire Canada



Society of Rural Physicians of Canada
Société de la médecine rurale du Canada