

Canadian *Menopause*  
**COALITION**  
canadienne sur la *ménopause*

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***A change for the better***

Launch of the Canadian Menopause Coalition

Thursday October 15, 2009

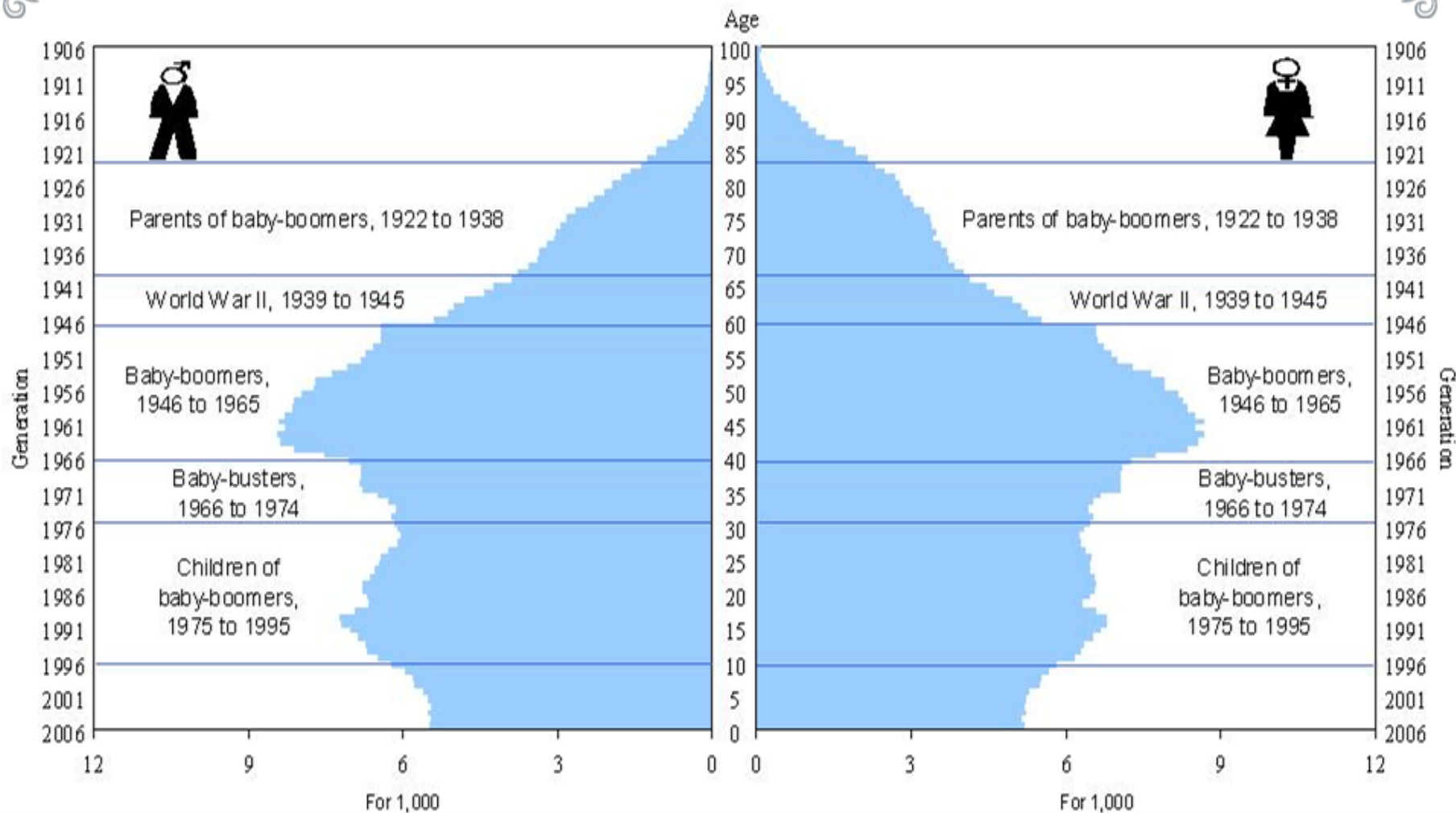
# What is menopause?

- 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



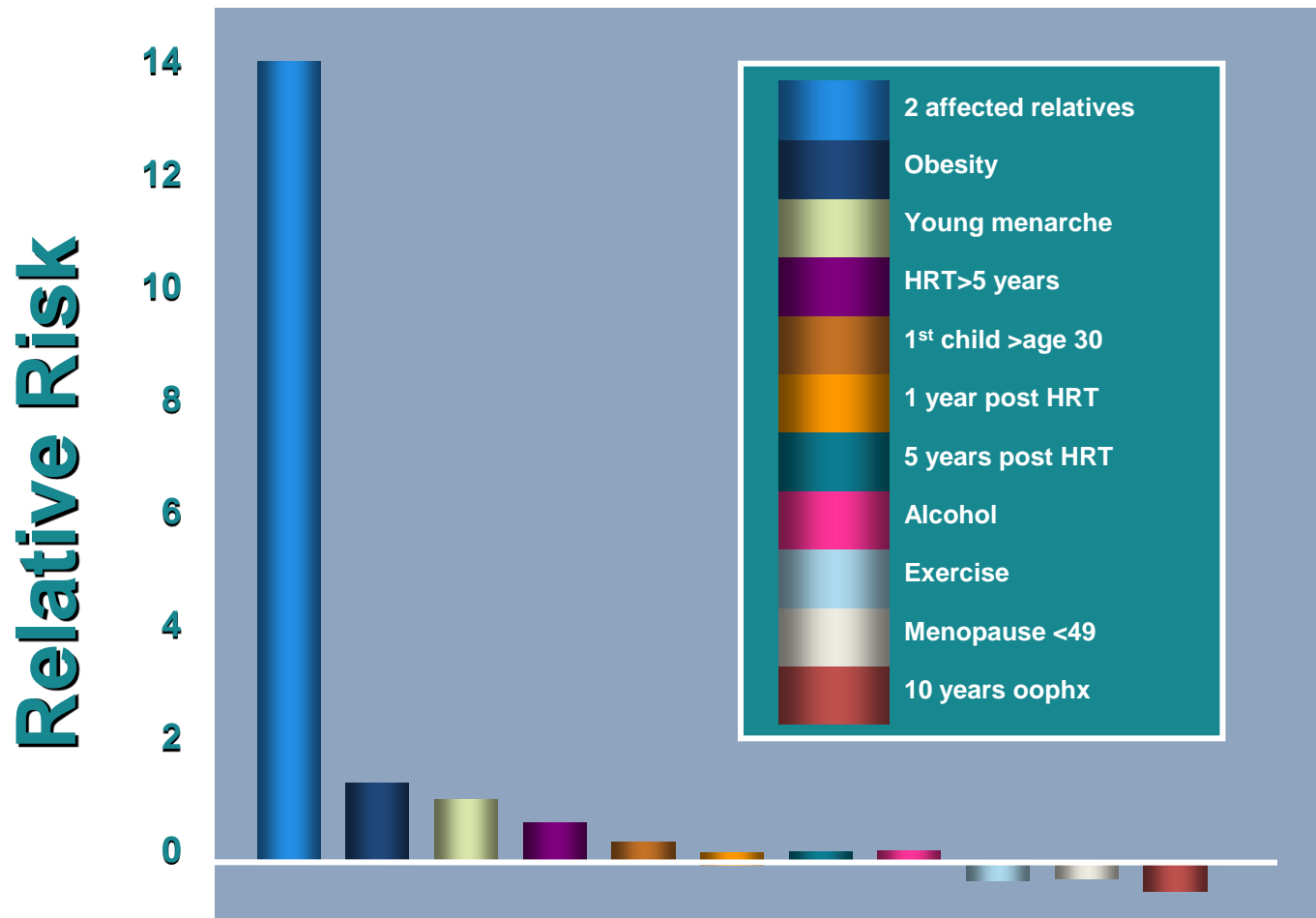
1 in 4 women over 50 has osteoporosis

- 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**

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CANADIAN  
 PHARMACISTS  
 ASSOCIATION

ASSOCIATION DES  
 PHARMACIENS  
 DU CANADA



The College of  
 Family Physicians  
 of Canada

Le Collège des  
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Osteoporosis Canada  
 Ostéoporose Canada



Ovarian Cancer Canada  
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Society of Rural Physicians of Canada  
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