

The SOGC and CMS acknowledge World Menopause Day

October 18, 2021

October 18 is World Menopause Day.

Emerging research is giving new options and providing clearer guidance on how to maximize health and quality of life for those entering or experiencing menopause. The Society of Obstetricians and Gynaecologists of Canada (SOGC) are proud to have collaborated with the Canadian Menopause Society (CMS) to update their Clinical Practice Guidelines on Menopause for health care providers.

As Canada's population grows older, there are approximately 5,000,000 women who are premenopausal, in the transition, or have recently become menopausal. According to the International Society for the Study of Women's Sexual Health, "by 2030, using the age of 50 years as a proxy for menopause, the world population of postmenopausal women will be around 1.2 billion, with an incidence of 47 million reaching menopause each year." With half of a woman's life spent in post-menopause, it is important to know what can be done maintain their health during this time and for the years to come.

Over the next several weeks the SOGC will be hosting virtual forums for SOGC members and non-members to learn about the new guidance from experts in the field. On October 29th 2021, the CMS and the SOGC will be hosting a national virtual meeting in which each of the guidelines will be presented and discussed.

For more information, visit <https://www.menopauseandu.ca/>, <https://www.sigmamenopause.com/>, and <https://www.imsociety.org/>

