

FOR IMMEDIATE RELEASE

**Menopause Foundation of Canada Marks International Women’s Day with
Launch of Exciting New Resources and Expanded Medical Advisory Board**
*Latest evidence-based tools aim to inform, empower, and support health equity
for women navigating menopause*

TORONTO, March 6, 2026 – The Menopause Foundation of Canada (MFC) is introducing two powerful new resources for women this International Women’s Day (IWD), the latest in its library of evidence-based tools backed by a newly expanded Medical Advisory Board of some of Canada’s top menopause specialists. The spirit of these resources, designed to empower women to take action through the major health transition of menopause, aligns with the United Nations’ IWD 2026 theme, “Rights. Justice. Action. For ALL Women and Girls.”

The new resources, available free on MFC’s website, include:

- [Menopause Essentials™](#) – explore every stage of menopause in this interactive digital experience (also available as a downloadable pdf). Identify where you are in the menopause journey, learn what to expect, and connect to expert information on symptoms, treatments and more, to support your health, work, and wellbeing.
- [Take Charge of Your Menopause Care](#) – your healthcare practitioner is an important partner. This new guide, available to download, covers how to find care, to prepare for your appointment, and to have a high-quality discussion so you and your provider can work together to get the care that best fits your needs, and your life.

These guides are the most recent in MFC’s collection of free, evidence-based resources, which also includes the Canadian Menopause Society-endorsed Menopause Symptom Tracker™, a guide to navigating emerging private/virtual care options, and many others.

“Menopause Essentials and Take Charge of Your Menopause are the latest tools from the Menopause Foundation of Canada aimed at helping to close the knowledge gap and support women in accessing the care they deserve,” said Dr. Shafeena Premji, Alberta-based menopause-certified General Practitioner and member of MFC’s Medical Advisory Board. *“On International Women’s Day and every day, I am proud to support MFC and its drive to provide free, evidence-based menopause information women can count on.”*

MFC’s Medical Advisory Board recently expanded, with the addition of menopause-certified Family Physicians Dr. Sheila Wijayasinghe, from Toronto, Ontario, and Dr. Omolayo



Famuyide, from Winnipeg, Manitoba.

“I am delighted to have Dr. Wijayasinghe and Dr. Famuyide join the group of leading menopause specialists from across Canada on our Medical Advisory Board,” said Janet Ko, MFC’s president and co-founder. “With their guidance, we continue to push the envelope with information and resources that make a meaningful difference.”

About the Menopause Foundation of Canada

The Menopause Foundation of Canada (MFC) is a national non-profit advocacy organization created to raise awareness of the impact of menopause on women and society. MFC’s mission is to eliminate the social stigma and taboos associated with menopause. The organization is dedicated to closing the menopause knowledge gap, improving access to menopause care and treatment and creating menopause inclusive workplaces. Learn more at

MenopauseFoundationCanada.ca

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