

FOR IMMEDIATE RELEASE

World Menopause Month: New era of conversation welcome, fuels need for evidence-based information, says Menopause Foundation of Canada

The Menopause Foundation of Canada launches free events and expert-backed resources

TORONTO, October 1, 2025 – This World Menopause Month, the Menopause Foundation of Canada (MFC) is celebrating the progress being made in breaking the silence around menopause while urging women to navigate the growing surge of information with care. With new resources including a first-ever Canadian Menopause Society-endorsed Symptom Tracker, MFC is helping to ensure women have the facts they need to make informed choices with confidence and clarity.

“There is strong momentum of conversation online, in healthcare settings, even in workplaces that is helping to break long-standing taboos about this universal stage of life,” says Janet Ko, MFC’s President and Co-founder. “That we’re more openly talking about menopause is very good news. And with more than 10 million women in Canada aged 40-plus, which is the prime time for perimenopause and menopause, the need to balance awareness and evidence-based information has never been more important.”

Backed by a Medical Advisory Board of some of the top menopause specialists in the country, MFC is committed to ending the stigma of menopause, to ensuring women have access to care and treatment options through their menopause journey, and that they are supported in the workplace. Along with a [comprehensive website](#), MFC’s [groundbreaking research reports](#) have set the standard for evaluating the impact of menopause on women, the healthcare system, and the economy. This October, MFC is offering new and updated free resources and events, including:

MFC Resources

***Updated* MenoPause Symptom Tracker — now officially endorsed by the Canadian Menopause Society (CMS).**

The MenoPause Symptom Tracker is a practical tool designed for women to track their symptoms, so they are better equipped for conversations with their health care provider. Originally launched in 2022 and created with the guidance of MFC’s Medical Advisory Board, the expanded MenoPause Symptom Tracker is now also endorsed by the Canadian Menopause Society. [Learn more here](#).



"Trusted resources are essential to women's health. By endorsing the MenoPause Symptom Tracker, the Canadian Menopause Society supports women and their clinicians in working together to improve menopause care." **Nese Yuksel, President, Canadian Menopause Society**

***New* Guide: How to Assess Virtual and Private Menopause Clinics**

Access to quality menopause care can be a challenge, and virtual and private menopause clinics are a growing option. But with choice, and often cost, comes questions: How do you know if the care is reputable, reliable, and right for you? This guide also clarifies **bioidentical hormone therapy**—a marketing term often used for compounded products—and how unregulated products differ from Health Canada–approved therapies. [Learn more here.](#)

***New* Menopause Works Here™ Manager's Guide**

Canadian employers are increasingly seeing the powerful opportunity to support women in the prime of their careers. The new Manager's Guide provides guidance for People Leaders on fostering a supported, productive and engaged team across this and all life stages, so all can reach their full potential. [Learn more about MFC's award-winning Menopause Works Here campaign and the new Manager Guide here.](#)

MFC Events

Menopause Illuminated: Take Charge of the Menopause Journey

October 16, 2025, 6:30-7:30 p.m. ET

Dr. Michelle Jacobson, one of Canada's leading OBGYN menopause experts, in conversation with Janet Ko, will cover the science, the symptoms, and the supports available in a comprehensive and candid webinar designed to inform and empower women and those who support them. [Learn more and register here.](#)

Menopause Works Here™ Employer Best Practices Session

October 7, 2025, 1:30-3:00 p.m. ET

In this first-of-its-kind webinar for employers and People Leaders, a panel featuring Janet Ko and HR leaders from Sun Life, BMO Canada, PwC Canada, and IKEA Canada will discuss the exciting opportunity employers have to support women in the prime of their careers. [Learn more and register here.](#)

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



Menopause Foundation
of Canada

treatment and creating menopause inclusive workplaces. Learn more at
MenopauseFoundationCanada.ca

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