

Mid-Life Matters by Vicki Holmes MD

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Today I want to talk about resources. I spent the weekend at an executive meeting in Winnipeg for SIGMA, Special interest Group in Menopause and Aging. This is a national organization that is relatively new but is already making an impact in educating doctors, nurses, pharmacists and others involved in providing care to midlife women.

We are in the process of developing statements that set the goals for optimal care. As well we are developing booklets that will be provided to doctors to give to patients during office visits.

There is a lot of information on the Internet; unfortunately, much of it is not credible. So I thought today I would discuss credible sources. You can google the following and trust what they have to say on their websites:

- SIGMA, Sigma Canadian Menopause Society, www.sigmamenopause.com
- NAMS, North American Menopause Society, www.menopause.org
- IMS, International Menopause Society, www.imsociety.org
- SOGC, Society of Obstetricians and Gynecologists of Canada, www.sogc.org
- ISSWSH, International Society for the Study of Women's Sexual Health, www.isswsh.org

On these sites you can find recommended guidelines for treatment of common problems related to mid-life matters. All these and more can be found on our website www.menopausecentre.org.

I'm very excited because Canada will be hosting the International Menopause Society in Vancouver in 2018. We are making progress in bringing health concerns of midlife women to the fore right here in Canada as well.