



March 27, 2025

Re: LD 1079, An Act to Provide Comprehensive Perimenopause and Menopause Education

To: Senator Ingwersen, Representative Meyer, and members of the Health and Human Services Committee

The Maine Chapter of the Freedom From Religion Foundation (MC-FFRF) writes in support of LD 1079, An Act to Provide Comprehensive Perimenopause and Menopause Education.

Perimenopause and menopause are significant life stages that every woman experiences, yet these transitions are often clouded by misinformation and stigma. Many women struggle with the physical, emotional, and psychological changes that come with these transitions, yet receive little support or education from healthcare providers, society, or even family. Comprehensive education about perimenopause and menopause is essential to empowering women to navigate this natural phase of life. This education can reduce misconceptions, improve health outcomes, enhance mental and emotional well-being, and help women feel more in control of their bodies and lives.

There has been a societal tendency to view menopause as something to be feared or avoided, framing it as the end of femininity or vitality. However, menopause is a natural biological process, not a medical condition to be stigmatized or dreaded. Comprehensive education about perimenopause and menopause can normalize the conversation around them. This can reduce the feelings of isolation that many women experience and help foster a more supportive and open environment for discussion. Just as we have normalized discussions around puberty, pregnancy, and menstruation, it is equally important to remove the stigma around perimenopause and menopause, helping women understand that they are not alone in this process.

Comprehensive education about perimenopause and menopause is essential for women to better understand what is happening to their bodies during these transitions. Many women enter perimenopause unaware of the wide range of symptoms they may experience. These symptoms, while natural, can be overwhelming if not properly understood and managed.

With proper education, women can be better prepared for the changes they will encounter and make informed decisions about how to manage them. Understanding what perimenopause and menopause are and the various symptoms and changes that come with them enables women to seek appropriate medical help, adopt lifestyle changes, or utilize self-care strategies. This can prevent unnecessary anxiety and reduce the fear of the unknown, leading to a healthier and more positive experience.



A critical aspect of comprehensive menopause education is ensuring that women are informed about the potential health risks associated with this stage of life. Educating women about these risks and offering strategies for prevention and care can lead to better long-term health outcomes.

Comprehensive menopause education should address not only the physical aspects of menopause but also the emotional and psychological impacts. Educating women about the mental health challenges they may face during this time and normalizing these experiences can help reduce the stigma and encourage women to seek help when needed.

One of the most important reasons for comprehensive menopause education is to recognize the diversity of experiences women may have during this transition. Menopause does not affect all women in the same way; factors such as race, socioeconomic status, access to healthcare, and cultural attitudes can all play a role in how women experience and cope with perimenopause and menopause.

For example, research has shown that lower-income women may have less access to healthcare, making it harder for them to receive adequate treatment for menopause-related issues. Tailoring menopause education to acknowledge and address these unique needs ensures that no group of women is left behind.

While comprehensive education about perimenopause and menopause is critical, it is equally important that healthcare providers are proactive in discussing this stage of life with their patients. By making menopause a regular topic of conversation during annual check-ups, healthcare providers can help women feel more comfortable discussing their concerns and seeking advice.

The key to improving women's experiences during perimenopause and menopause lies in education that is evidence-based, inclusive, and empowering. We must ensure that women have the resources they need to understand what is happening to their bodies, seek the care and treatment they need, and live fulfilling lives throughout this stage. Comprehensive menopause education is not just an issue of healthcare; it is an issue of respect, dignity, and equality for all women.

MC-FFRF urges the committee to vote "Ought To Pass".

Thank you for your time and consideration.

-Ray Vensel, President