

Rose Belanger
Presque Isle
LD 1079

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March 28, 2025

100 State House Station
Augusta, ME 04333

Testimony in Support of LD 1079 An Act to Provide Comprehensive Perimenopause and Menopause Education

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

My name is Roseanna Belanger, and I live in Presque Isle. I am a person with a disability and a member of Speaking Up for Us. I am here today to express my strong support for LD 1079, which seeks to provide comprehensive education on perimenopause and menopause.

Although I am not yet at the age when most women experience menopause, I believe it is essential to have access to education about the process before it happens.

Understanding the symptoms and changes that occur during perimenopause and menopause will help me and others prepare, rather than being caught off guard by unfamiliar and potentially alarming symptoms.

For many women, the lack of education around menopause can lead to fear and confusion. Symptoms such as hot flashes, mood changes, and other physical and emotional effects can be overwhelming, especially when there is no prior knowledge of what to expect. Having access to education ahead of time will allow women to recognize symptoms, seek medical guidance, and make informed decisions about their health.

This bill will not only help me but will also benefit countless other women by ensuring they have the knowledge they need to navigate this stage of life with confidence. Without proper education, many may worry unnecessarily or struggle to find accurate information when symptoms arise. Providing comprehensive menopause education will empower women to take charge of their health and well-being.

I urge you to support LD 1079 to ensure that all women have access to the education and resources they need to understand perimenopause and menopause before they experience it.

Thank you for your time and consideration. I am available to answer any questions via email.

Roseanna Belanger,

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Board Chair for Speaking Up for Us
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