



**Maine Medical
Association**



**TESTIMONY OF THE MAINE MEDICAL ASSOCIATION
AND
THE MAINE OSTEOPATHIC ASSOCIATION**

In Support Of

**LD 1079- An Act to Provide Comprehensive Perimenopause and Menopause
Education**

Joint Standing Committee on Health and Human Services
Room 209, Cross Building, Augusta, Maine
Friday, March 28, 2025

Good afternoon, Senator Ingwersen, Representative Meyer, and Members of the Joint Standing Committee on Health and Human Services. My name is Anne Sedlack, and I am the Director of Advocacy at the Maine Medical Association. I am submitting this testimony supporting LD 1079- An Act to Provide Comprehensive Perimenopause and Menopause Education on behalf of the Maine Medical Association and Maine Osteopathic Association

The Maine Medical Association (MMA) is a professional organization representing over 4,000 physicians, residents, and medical students in Maine. MMA's mission is to support Maine physicians, advance the quality of medicine in Maine, and promote the health of all Maine people. The Maine Osteopathic Association (MOA) is a professional organization representing more than 1,200 osteopathic physicians, residents, and medical students in Maine whose mission is to serve the Osteopathic profession of the State of Maine through a coordinated effort of professional education, advocacy, and member services to ensure the availability of quality osteopathic health care to the people of this State.

The MMA and MOA's legislative committees have joined to advocate with one voice. We have all determined that we should testify in support of LD 1079 for several reasons.

This bill is important because our country frequently has significant gaps in accessing quality women's health care. The Society for Women's Health Research Menopause Working Group has identified gaps in both patient and provider education. Although the MMA and MOA firmly believe that our current U.S. health care system produces some of the world's most eminent clinicians and health care facilities, we acknowledge that we are not immune to experiencing these gaps.

Limited understanding of menopause by patients and clinicians contributes to delays in recognizing the menopause transition and engaging in symptom management. By addressing menopause equity, LD 1079 aims to ensure that all individuals in Maine, regardless of socioeconomic status or geographic location, have access to necessary information and resources that avoid these unnecessary delays and challenges.

LD 1079 is also beneficial because increased menopause awareness and education can encourage individuals to seek preventative care and early intervention for menopause related health issues, which can potentially reduce the risk of more severe health problems later on.

The bill seeks to increase public understanding of menopause and menstrual health, empowering individuals to make informed decisions and promoting overall well-being. This aligns with the Maine Medical Association's mission to advance the quality of medicine and promote the health of all Maine people.

Thank you for considering the thoughts of Maine's physicians, and we hope you support LD 1079.

Thank you,

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