



Testimony of Kathleen D. Moneghan, President, Maine Academy of Physician Associates

In support of LD 1079 “An Act to Provide Comprehensive Perimenopause and Menopause Education”.

Senator Ingwersen, Representative Meyer, and members of the Health Human Services Committee, my name is Kathleen Moneghan. I am the President of the Maine Academy of Physician Associates (MEAPA), a Dover-Foxcroft resident, and I practice medicine in Occupational Health and Urgent Care. MEAPA is a non-profit organization that represents over 1,000 PAs practicing in Maine and the patients we care for. Today, I am testifying on behalf of MEAPA in support of LD 1079 “An Act to Provide Comprehensive Perimenopause and Menopause Education”.

Physician Assistants (PAs) along with our physician and nursing colleagues, recognize the importance of reducing barriers to access health care, this includes access to education and information on women’s health. PAs at minimum are master’s degree educated, generalist trained medical providers, providing care in all areas of healthcare, from primary care settings, urgent care/emergency departments to medical and surgical specialties. Despite this level training, the medical community shares a similar a feeling of unpreparedness for conversations with their patients on menopause education and treatment. Furthermore, there is an overwhelming lack of research in this very important era in a woman’s life. A topic often not discussed, women may not know or understand the signs and symptoms that may be related to biological changes consistent with perimenopause or menopause and therefore may not know when to seek medical care and discuss potential treatment options. Providing education for this population will help to reduce the possible stigma related to these changes and increase awareness and treatment. It will also help providers with patients experiencing these symptoms feel more prepared to have the important conversations needed to diagnose and treat their patients more effectively.

MEAPA feels that this is an important initiative for menstruating patients and hope that you vote “ought to pass” on LD 1079.

Thank you for your time and consideration,

Kathleen Moneghan, DHA, MPAS, PA-C
President, Maine Academy of Physician Associates