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## **AARP Maine Testimony in Support of LD 1079 An Act to Provide Comprehensive Perimenopause and Menopause Education**

Greetings Senator Ingwersen, Representative Meyer and members of the Committee on Health and Human Services. My name is Bridget Quinn, Associate State Director of Advocacy and Outreach for AARP Maine.

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. On behalf of our nearly 200,000 members statewide, thank you for the opportunity to share testimony today. Today I am testifying in support of LD 1079.

Some 75 million women in the U.S. are in perimenopause, menopause or postmenopause, yet 3 in 4 women who seek medical care for their symptoms are left untreated, according to the national nonprofit [Let's Talk Menopause](#). This organization, Let's Talk Menopause, also reports 4 out of 5 ob-gyn residents admit being ill-prepared to discuss this life stage with patients. Another study from 2023 from North American Menopause Society, found that less than a third of ob-gyns took a menopause curriculum as part of their training programs.

Lack of adequate treatment creates cascading effects on people who menstruate. AARP's 2024 survey *The Economic Impact of Menopause* shows how lack of appropriate care and education on perimenopause and menopause can have on those experiencing symptoms. First, there is a direct hit to pocketbooks, AARP's survey estimates that women spend about \$13 billion a year to treat their menopause symptoms. Broken down this accounts for over \$10 billion on nonmedical treatments, over \$4.5 million on copays, and over \$2.7 billion on hormone replacement therapy (HRT).<sup>1</sup>

Lack of support can then lead to workplace impacts for those experiencing symptoms. The Mayo Clinic estimates the costs of worker productivity losses due to menopausal symptoms to be about \$1.8 billion and related health care costs total over \$24 billion. Over 1 in 3 female workers say menopause has a negative impact on their work-life.

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<sup>1</sup> Sauer, Jennifer, Laura Mehegan, Alicia R. Williams, Aisha Cozad, Cheryl Lampkin, Monica Ekman. *The Economic Impact of Menopause: A survey of Women 35+ and Employers*. Washington, DC: AARP Research, January 2024. <https://doi.org/10.26419/res.00720.001>



Perimenopause can start as early as one's mid-30s —meaning that approximately 50 million women in the U.S. labor force ages 35 and older are currently entering or experiencing menopause. We are talking about a significant number of Mainers. The legislation before will help more women by providing them with the opportunity to talk to their health care providers about menopause, and ensure that they don't have to 'power-through' symptoms when professional support could have been available.

For these reasons we urge this committee to support LD 1079. Thank you for the opportunity to testify if you have any questions, please contact me at [bquinn@arp.org](mailto:bquinn@arp.org) or at 207-272-8563.

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