

I would would like to testify in favor of LD 1079.

I remember when I started perimenopause, which I did not know about at the time, when on a vacation on my 45th birthday, I started feeling inexplicably hot. I thought I had a fever and as getting sick, but I never did. But the symptoms persisted. I had never heard of perimenopause. I was worried I had some strange disease. I ultimately learned I had perimenopause when I went to my doctor. I had health insurance, and so had the luxury of care.

But then menopause hit. I could boil water on my head. I was trying to not take estrogen, but it was so bad I could not work or sleep. I finally decided to take the drugs, as and it made all the difference in the world. And it was very safe for me.

I'm an attorney so I am a fairly sophisticated health care consumer. But I knew nothing! And many people do not have the privilege of an education that I did.

These materials are a great idea, and I hope this bill passes.