

PETITION

Fund Menopausal Hormone Therapy for Women in Ontario

To the Legislative Assembly of Ontario:

WHEREAS millions of women in Ontario are in perimenopause, menopause or postmenopause, and the average woman will spend nearly half of her life in this stage;

WHEREAS 95% of women report menopause symptoms, an average of seven each, including hot flashes, night sweats, disrupted sleep, brain fog, anxiety, joint pain and genitourinary symptoms, and three in four say these symptoms disrupt their daily lives;

WHEREAS the loss of estrogen at menopause raises the risk of osteoporosis and of heart disease, the leading cause of death for women in Canada, creating avoidable costs for Ontario's health system;

WHEREAS Ontario Health's 2025 Menopause Quality Standard recommends menopausal hormone therapy (MHT, formerly called HRT) as the first treatment to offer for hot flashes and night sweats, and identifies out of pocket costs as a barrier to care that falls hardest on immigrant, racialized and lower income women;

WHEREAS American data cited in the same Quality Standard show that Black women are 60% more likely to experience frequent, bothersome hot flashes, yet half as likely to start hormone therapy;

WHEREAS most Ontario women under 65 have no public coverage for MHT, which can cost around \$100 a month, so access depends on income and private insurance rather than medical need;

WHEREAS unmanaged menopause symptoms cost the Canadian economy an estimated \$3.5 billion a year, including \$3.3 billion in income lost by women who reduce their hours or leave work;

WHEREAS Manitoba and British Columbia now provide menopausal hormone therapy at no cost to their residents, while Ontario has not signed a national pharmacare agreement with the federal government;

We, the undersigned, petition the Legislative Assembly of Ontario as follows:

1. Provide full public coverage of menopausal hormone therapy for every Ontario resident with a prescription, with no deductible or copayment, as Manitoba and British Columbia now do;
2. Pursue a pharmacare agreement with the federal government under the *Pharmacare Act* to help fund this coverage, without delaying provincial action;
3. Collect and publicly report provincial data on menopause care, treatment and outcomes, as called for in Ontario Health's Menopause Quality Standard.

Name (printed)	Address, including postal code (printed)	Signature

Signatories must be residents of Ontario. Original signatures only, written directly on this page.

Petitions to the Legislative Assembly of Ontario become publicly accessible documents. This includes all signatory information.

Return signed pages to: Lulu Vibert, mod+women, 30 Beech Avenue T20, Toronto, Ontario M4E 3H2 · modwomen.co