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On Behalf Of:
Committee: House Committee On Behavioral Health and Health
Care
Measure, Appointment or Topic: HB3064

As an OBGYN, I have cared for women going through perimenopause and menopause over the last 2 decades. It is a critical transition during a woman's life that is marked by profound physiological changes, yet it remains poorly researched and understood, and many women endure significant side effects for years that disrupt their life. Symptoms can be profound and can include not just hot flashes, but significant sleep disturbances, mood changes, joint pain, cognitive changes, fatigue and headaches. We completed a study last summer demonstrating that 62% of Oregonians with moderate to severe menopausal symptoms were not receiving any treatment. These symptoms can lead to disruptions in daily activities, reduced work productivity, diminished emotional well-being, strained interpersonal relationships and overall lower quality of life.

This bill is an important first step towards improving access to menopausal care in our state.