

November 5, 2019

Honourable Minister Shandro
423 Legislature Building,
10800-97 Avenue
Edmonton, AB T5K 2B6

Dear Minister Shandro:

It is my pleasure to introduce The Women's Health Coalition of Alberta (The WHC). The WHC is a growing movement empowering people to speak openly, learn freely and engage with purpose to address menstrual, sexual and reproductive health.

The WHC is a network of women and people who care about, and for women. The coalition includes health care, community, and business leaders that are committed to collaborating to stand up for women's health. I have attached our mandate, purpose and priorities statement for your information.

There is no such diagnosis as "that time of the month", it should not hurt to have sex, bleeding excessively is never normal,, AND it shouldn't be hard to talk about.

Women of all ages are commonly vulnerable, unsupported and at risk when they do not have a specific diagnosis – this is the first and most impactful challenge in women's health.

Many women suffer in silence and put off clinical support due to family and/or professional demands. They are too often made to believe that pain is 'normal for a woman' or worse, that they are just 'depressed', 'crazy' or 'lazy'. When they finally take steps, they are often past early diagnosis options which can result in costly and life-altering consequences that could have been avoided - a hysterectomy is not the only option

Young people often don't have a general practitioner, rarely have a gynecologist, and are discouraged from exploring their sexual health and identity. New conversations are already taking place in schools...they need to be taken to the next level.

Conditions and severity of symptoms of menopause are as complex and unique as every woman who experiences them. Hot flashes are only the tip of the iceberg. Sex and aging should not be a taboo subject and coping without a health professional doesn't make sense.

There is so much to talk about! The WHC is hosting a Founding Members Reception on November 26, 2019 – it would be our honor to have you join us for this important conversation. You can learn more at www.TheWHC.ca. We would also welcome the opportunity to meet with you to discuss and explore new approaches to women’s health policies and programs.

Thank you in advance for taking an interest in women’s health. Please contact me for more information or if you are able to join us.

Kindest regards,

Carmen Wyton

Carmen Wyton, Founder
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Attachments