Menopause topic reference guide

Canadian-first source map and limitations | original edition

Version	1.0	Publication date	20 November 2026
Last clinically reviewed	20 November 2026	Clinical reviewer	Dr. Eduardo Jacques
Privacy	No PHI fields, uploads or storage	Status	Clinically reviewed for publication

General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

How to use this guide

Canadian and Ontario sources are the starting point. U.S., UK and academic sources supplement shared decision-making, non-hormone options, bleeding, bone and cardiovascular context. Source links were opened and checked on 20 November 2026.

Important limitations

- This guide does not diagnose menopause, calculate personal risk or state that anyone is due for a test.
- Hormone therapy, non-hormone medicines, supplements and contraception are discussion topics only; no doses are provided.
- Unexpected or postmenopausal bleeding needs clinical assessment and should not be attributed automatically to menopause.
- International resources do not define Ontario coverage, referral or formulary rules.

Sources opened and checked 20 November 2026

Ontario Health / SOGC menopause quality standard: https://www.sogc.org/common/Uploaded%20files/HUB%20Pages/menopause/qs-menopause-en.pdf

SOGC Guideline 422a: https://sogc.org/common/Uploaded%20files/ACSC/ACSC2024/gui422aCPG2110E.pdf

SOGC Menopause Tool: https://sogc.org/en/en/content/events/HUB-Pages/Menopause-Tool.aspx

Canadian Menopause Society pocket guide: https://www.canadianmenopausesociety.org/sites/default/files/pdf/publications/Pocket%20Guide%20-%20udpated%202023%20Final.pdf

Osteoporosis Canada menopause and bone health: https://osteoporosis.ca/menopause-and-bone-health/

Government of Canada menopause guide: https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/women-diversity-health/health-guide/wdh-menopause-guide.html

Government of Canada clinician guide: https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/women-diversity-health/womens-health-care-clinicians/medical-management-menopause-symptoms.html

HealthLink BC post-menopause: https://www.healthlinkbc.ca/healthwise/post-menopause

The Menopause Society hormone therapy: https://menopause.org/patient-education/menopause-topics/hormone-therapy

The Menopause Society position statements: https://menopause.org/professional-resources/position-statements

NICE NG23 menopause guideline: https://www.nice.org.uk/guidance/ng23/resources/menopause-identification-and-management-pdf-1837330217413

NHS menopause and perimenopause treatment: https://www.nhs.uk/conditions/menopause-and-perimenopause/treatment/

Endotext: The Postmenopausal Women: https://www.ncbi.nlm.nih.gov/sites/books/NBK279050/