

Media release | Thursday 19 September 2024

# Barriers to access highlighted in menopause and perimenopause report

Recommendations in new report will support more Australian women to access care for managing menopause and perimenopause.

Advanced Pharmacy Australia (AdPha) today welcomes the [report into issues related to menopause and perimenopause](#) which addresses the multitude of barriers that currently exist for women accessing appropriate care in this important life stage.

Dr Treasure McGuire FANZCAP (Edu., ObsGyne) - member of the AdPha Women's and Newborn Health Leadership Committee - says the long-awaited report provides 25 recommendations and follows a Senate Inquiry hearing in late July where she and Head of Policy Jerry Yik FANZCAP (Lead&Mgmt, PublicHlth) [provided evidence](#) on behalf of its members.

*'AdPha has strongly advocated for a comprehensive approach to manage perimenopausal and menopausal symptoms, focusing on awareness, education and access to evidence-based treatments.*

*'Our recommendations put forward at the Senate Inquiry and [our submission](#) call for ongoing and urgent research into perimenopause to understand the impact on health outcomes and quality of life. We thank the Committee for adopting the majority of AdPha's recommendations into the final report.*

*'Over 85% of women with bothersome symptoms related to menopause or perimenopause are not receiving evidence-based care. This is despite hormonal and non-hormonal therapies being readily available.*

*'The number of treatment options for women going through menopause has declined over the years, this is a trend that must be reversed.*

*'We are therefore pleased that this report recommends the Australian government takes action on medicine shortages, ensuring menopause hormonal therapies are affordable and accessible, and that the evaluation of menopause hormonal therapies by the Pharmaceutical Benefits Advisory Committee (PBAC) considers quality of life health impacts.*

*'AdPha members are aware there are several menopause hormonal therapies being considered by PBAC at their November 2024 meeting, and we look forward to reading PBAC's assessment and recommendations.*

*'As a lecturer, educator and researcher, I am grateful that the report recommends that menopause and perimenopause are prominently featured in the outcomes for health professional graduates. This will be key to supporting comprehensive and quality care for women, as well as reducing stigma.*

*'Pharmacists are medicines experts in areas ranging from reproductive medicine, pregnancy, labour and delivery, lactation and neonatology, through to gynaecology, perimenopause, menopause and beyond, and play an important role in advocating for women's health.*

*'AdPha members are proud to support this important area of healthcare through our dedicated Women's and Newborn Health Specialty Practice Group which recently released Australia's first [Standard of practice in women's and newborn health for pharmacy services](#) to support women to receive comprehensive pharmacy care.*

*'We welcome the recommendations presented in this latest report to ensure the ongoing needs of women are met safely, appropriately and efficiently.'*

---

**ends**

---

For more information, contact:

**Caroline Barlow**

Media & Stakeholder Relations | [cbarlow@adpha.au](mailto:cbarlow@adpha.au) | 0436 009 138

### **About Advanced Pharmacy Australia:**

Formerly trading as the Society of Hospital Pharmacists of Australia, or SHPA, Advanced Pharmacy Australia (AdPha) is the progressive voice of Australian pharmacists and technicians, built on 80 years of hospital innovation that puts people and patients first. AdPha supports all practitioners across hospitals, transitions of care, aged care and general practice to realise their full potential. We are the peak body committed to forging stronger connections in health care by extending advanced pharmacy expertise from hospitals to everywhere medicines are needed.

[adpha.au](http://adpha.au)