

Menopause Matters

Foundations of Menopausal Hormone Therapy
Event Summary



Event Date: March 3rd, 2026

Location: Holiday Inn Vancouver Centre

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We recognize that this event took place on the unceded territories of the Sḵwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and səliłwətaʔ (Tsleil-Waututh) Peoples, on whose traditional homelands we are grateful to be living, playing and working together.

Background

On October 21, 2025, the Vancouver **Primary Care Networks (PCNs)** hosted an in-person engagement event that brought together primary care providers, clinical partners, and community organizations to explore patient-centered approaches to menopause care.



In response to feedback from this event, the **Vancouver Division of Family Practice** hosted a follow-up education session, **Menopause Matters: Foundations in Menopausal Hormone Therapy**, to build on the conversations and learning from October 2025 and provide clinicians with deeper clinical guidance on menopausal hormone therapy.

Overview

The **Menopause Matters: Foundations in Menopausal Hormone Therapy (MHT)** engagement event held on **Tuesday, March 3rd, 2026**, and convened family physicians, nurse practitioners, and allied health professionals from across Vancouver Primary Care Networks to strengthen knowledge and confidence in menopausal hormone therapy within menopause care.

The session featured presentations from **Dr. Dedeshya Holowenko**, clinician with the **Complex Menopause Clinic** at **BC Women's Hospital**, and **Chen Shen**, Clinical Pharmacist and Pharmacy Educator with the **Provincial Academic Detailing Service**.



150+

Family Physicians, Nurse Practitioners, IPT Clinicians, community partners and speakers attended the evening

[Click **here** to download the PowerPoint presentation.](#)



Vancouver
Division of Family Practice
An FPSC Initiative



Vancouver
Primary Care Network

Key Themes from Dr. Holowenko's Presentation

Family Physician Consultant, Complex Menopause Clinic, BC Women's Hospital



1. Addressing Gaps in Menopause Education

Continuing education and knowledge sharing to ensure providers feel confident supporting patients through this transition was a key theme. Dr. Holowenko shared the [M06.ca](https://m06.ca) and [RACE eCASE](#) as reliable resources for primary care providers to access.

2. Understanding the Menopause Transition

The presentation reviewed the stages of menopause, including perimenopause & early menopause, and highlighted the importance of recognizing symptoms early and initiating appropriate treatment when needed. Clinical considerations for premature and early menopause were also discussed.

3. Genitourinary Syndrome of Menopause (GSM)

Common symptoms of GSM were explored. The importance of proactive screening and the role of clinical examination in identifying GSM was highlighted by Dr. Holowenko.

4. Safety and Effectiveness of Hormone Therapy

Common misconceptions surrounding MHT were addressed, reinforcing that it remains a safe and effective treatment option when used appropriately and based on individualized risk assessment.

5. Risk Assessment and Clinical Decision-Making

Dr. Holowenko explored considerations related to breast cancer risk and hormone therapy, including the use of available breast cancer risk assessment tools and strategies for evaluating patient risk factors when determining treatment options.

6. Interdisciplinary Approaches to Menopause Care

The value of team-based care & collaboration across disciplines was emphasized, including the role of pharmacists & specialists in supporting medication management & complex menopause cases.

Key Themes from Chen Shen's Presentation

Academic Detailing Pharmacist & Educator, BC Provincial Academic Detailing Service



1. New Menopause Hormone Therapy coverage under the National Pharmacare Plan

Chen covered several medication costs per month and shared the most recently updated guidelines for coverage of menopausal hormone therapy (MHT) under the National Pharmacare Plan as of March 2026. For more information and benefit lists, please click [HERE](#).

2. Treatment of Genitourinary Syndrome of Menopause

A key takeaway was that vaginal estrogen therapies have the strongest evidence for treating vaginal dryness and dyspareunia associated with GSM. Participants also learned about appropriate product selection and treatment regimens. See [BC PAD's Medication for Menopause Drug Table](#).

3. Evidence-Based Management of Vasomotor Symptoms

The presentation reviewed pharmacological treatment options for managing vasomotor symptoms. Chen highlighted current evidence supporting different medication options and the regulatory framework that informs medication approvals for menopause-related symptoms.

4. Safety Considerations for Vaginal Estrogen

Chen clarified that certain vaginal estrogen products have established endometrial safety profiles and do not require progestogen co-prescribing, an important clinical consideration for providers initiating treatment.

5. Resources Shared

BC PAD shared several resources on current evidence and drug information for MHT such as:

- [What is the role of Duavive in the management of menopause symptoms?](#)
- [How effective is vaginal estrogen for the prevention of recurrent urinary tract infections associated with the genitourinary syndrome of menopause \(GSM\)?](#)

Check out BC PAD Refills Newsletter (including previous editions) for more [HERE](#)

Key Takeaways

- Menopausal Hormone Therapy remains a safe and effective treatment option for patients when prescribed appropriately and based on individual risk assessment.
- Vaginal estrogen is the most effective treatment for Genitourinary Syndrome of Menopause and can significantly improve symptoms such as vaginal dryness and dyspareunia.
- Multiple pharmacological options exist to manage menopausal symptoms, including both hormonal and non-hormonal treatments for vasomotor symptoms.
- Early recognition and proactive management of menopause symptoms in primary care can significantly improve patient quality of life and health outcomes.

Key Resources

MQ6.ca

Menopause Management
Tools

RACE CONNECT

eCASE

*(Electronic Consultative
Access to Specialist
Expertise)*

**BC PAD Service
Topic Offerings HERE.**

*Including 'Medications for
menopause-associated
vasomotor and genitourinary
symptoms'*



Evaluation

Overall feedback from participants was very positive and demonstrated strong interest in continued learning related to menopause care.

100%

said they would attend another PCN Engagement Event in the future

What Did You Like About the Event?

Expert Presenters

Many attendees appreciated the opportunity to learn from experienced clinicians with specialized expertise in menopause care.

Practical Clinical Insights

Participants valued the practical prescribing tips, case-based insights, and clear explanations of hormone therapy options.

Relevant and Timely Topic

Providers noted that menopause care is important but often under-addressed topic in primary care education.

Opportunity for Engagement

The session provided space for clinicians to ask questions, discuss clinical challenges, and connect with colleagues interested in improving menopause care.



What Could Have Been Improved?

- More time for questions and discussion
- Additional case-based examples or clinical scenarios
- Development of practical tools such as prescribing pathways or treatment algorithms
- Continued sessions exploring more complex menopause cases



Next Steps

Our aim is to build on this engagement event with various learning opportunities, resources, and initiatives to support primary care provider's practice in women's health.

Connect with your Community Network Manager!

If you want to know more about accessing PCN resources, supports or want to connect with other folks in your PCN, your first point of contact is your PCN's Community Network Manager (CNM).

Find your CNM contact information [here](#).

Be Involved with our Membership, Engagement & Collaboration Team!

This team leads the Vancouver Division Women's Health Committee. Please keep an eye out for future events, capacity building and quality improvement activities on various Women's Health topics, including menopause!

The Women's Health Committee is open to all Physician Members, if you are interested in getting involved please reach out to your CNM! Or sign up [here](#).

A special thanks to **Melissa Yan from BC Cancer** and **Manish Khullar from Provincial Academic Detailing Service** for their collaboration in supporting this event.

