

BREAKTHROUGHS in Women's Health

MIDWIFERY

Recent research shows that midwifery services offer **safe personalized birth care** and **high satisfaction with birth experiences**. Through groups like the **National Council of Indigenous Midwives**, there's also greater access to culturally-safe care providers for women in all their diversity.

MENOPAUSE

New research is breaking down menopause stigma, raising knowledge of symptoms and discovering new remedies, including **progesterone** as a possible treatment for night sweats and hot flashes.

FREE CONTRACEPTION IN BC

Informed by **strong partnership** and **research evidence**, the Government of British Columbia began providing **free contraceptives** to residents in April 2023, demonstrating how research can influence high-impact policy changes that better women's health.

SEX AND GENDER IN CLINICAL GUIDELINES

Clinical guidelines are accounting for sex and gender differences, which is critical to precision medicine. For example, cardiovascular guidelines now acknowledge women's unique heart attack symptoms—a vital step in preventing premature deaths for women in Canada.

GENDER-AFFIRMING CARE

Health research by, with and for transgender and gender-diverse people is improving the quality of gender-affirming care, such as **this study examining vaginal and neovaginal microbiomes**.

INVESTMENTS IN WOMEN'S HEALTH RESEARCH

Women's health research has been **historically under-resourced**. But significant new investments like the **National Women's Health Initiative** are closing to gap, opening the door to even more scientific discoveries that will continue to improve women's health outcomes.

