

One in three women 40 years of age and older are not familiar with the fact that treatment options for menopause and perimenopause exist.



Key Findings

1

TREATMENT OPTIONS FOR MENOPAUSE AND PERIMENOPAUSE

One in three women 40 years of age and older say they are not familiar (16%) or somewhat not familiar (17%) with the fact that treatment options for menopause and perimenopause exist. Women aged 45 and older are more likely to be familiar (22%) or somewhat familiar (40%) compared to women 40 to 44 years old (nine per cent familiar, 34% somewhat familiar).

2

AWARENESS OF PERIMENOPAUSE

While nearly all women 40 years of age and older say they have heard about menopause (98%), seven in ten say they have heard of perimenopause (70%) and about half say they feel knowledgeable about perimenopause (51%). Although more women aged 40 to 44 have heard about perimenopause (75%) compared to women 45 and older (69%), women 45 and older are more likely to say they are knowledgeable (mean of 6.1) about perimenopause compared to women 40 to 44 years old (mean of 5.1).

3

LOOKING FOR INFORMATION ON SYMPTOMS

Although just over six in ten women 40 years of age or older say they are confident (score of 7-10 out of 10) when it comes to knowing where to look about information on perimenopause and its symptoms (61%), just under four in ten have tried looking for information (39%). When asked where they have gone to, or where they would go, one in two mentioned the internet or Google (general) (49%). Those who have tried looking for information on perimenopause or its symptoms are much more likely to say this (62%) than those who haven't (39%).

Key Findings

4

LEVEL OF COMFORT TALKING ABOUT PERIMENOPAUSE

Women 40 years of age and older are more likely to say they feel comfortable (score of 7-10 out of 10) having discussions about perimenopause with a healthcare practitioner (87%) compared to their friends and family (64%). Women in Atlantic Canada are more likely to be comfortable having discussions about perimenopause with their friends and family (mean of 7.6) compared to women in the Prairies (mean of 6.8)

5

CONSULTING HEALTHCARE PRACTITIONERS

Although six in ten women 40 years of age and older report having experienced at least one symptom of perimenopause or menopause (61% report hot flashes), over one in two women say they have not consulted a healthcare practitioner about symptoms of perimenopause, menopause or pelvic floor disorders (53%). When asked why they haven't done so, they most often say it is because they thought they had no reason to do so, didn't see a need or thought it was a normal experience (29%).

6

WAIT TIMES

Women who have consulted a healthcare practitioner about experiencing symptoms of menopause, perimenopause or pelvic floor disorders report they waited an average of 131 days between the start of the symptoms and consulting a healthcare practitioner. When asked what affected that length of time, about one in ten each say it is because of their ability to get an appointment or connect with a physician (11%), they were hoping it would go away (11%), or they weren't sure what was happening or what to do (nine per cent).

Key Findings

7

WAIT TIMES IN CITY OF TORONTO VS REST OF ONTARIO

Women in Toronto who have consulted a healthcare practitioner about experiencing symptoms of menopause, perimenopause or pelvic floor disorders report waiting for a shorter period of time on average (83 days) between the start of the symptoms and consulting a healthcare practitioner, compared to women in the rest of Ontario (126 days) and BC (165 days). Women in Toronto also report waiting fewer days on average (25 days) between the time they were diagnosed and the time they obtained their treatment(s) compared to women in the rest of Ontario (mean of 42 days).

8

TREATMENT FOR MENOPAUSE/PERIMENOPAUSE

About one in two women 40 years of age and older that have consulted a healthcare practitioner about experiencing symptoms of menopause, perimenopause or a pelvic floor disorder say they were not prescribed any treatment (51%) while the other half say they were (49%). Women in the city of Toronto were the most likely to not have been prescribed any treatment(s) (63%) compared to women in Quebec (42%).

9

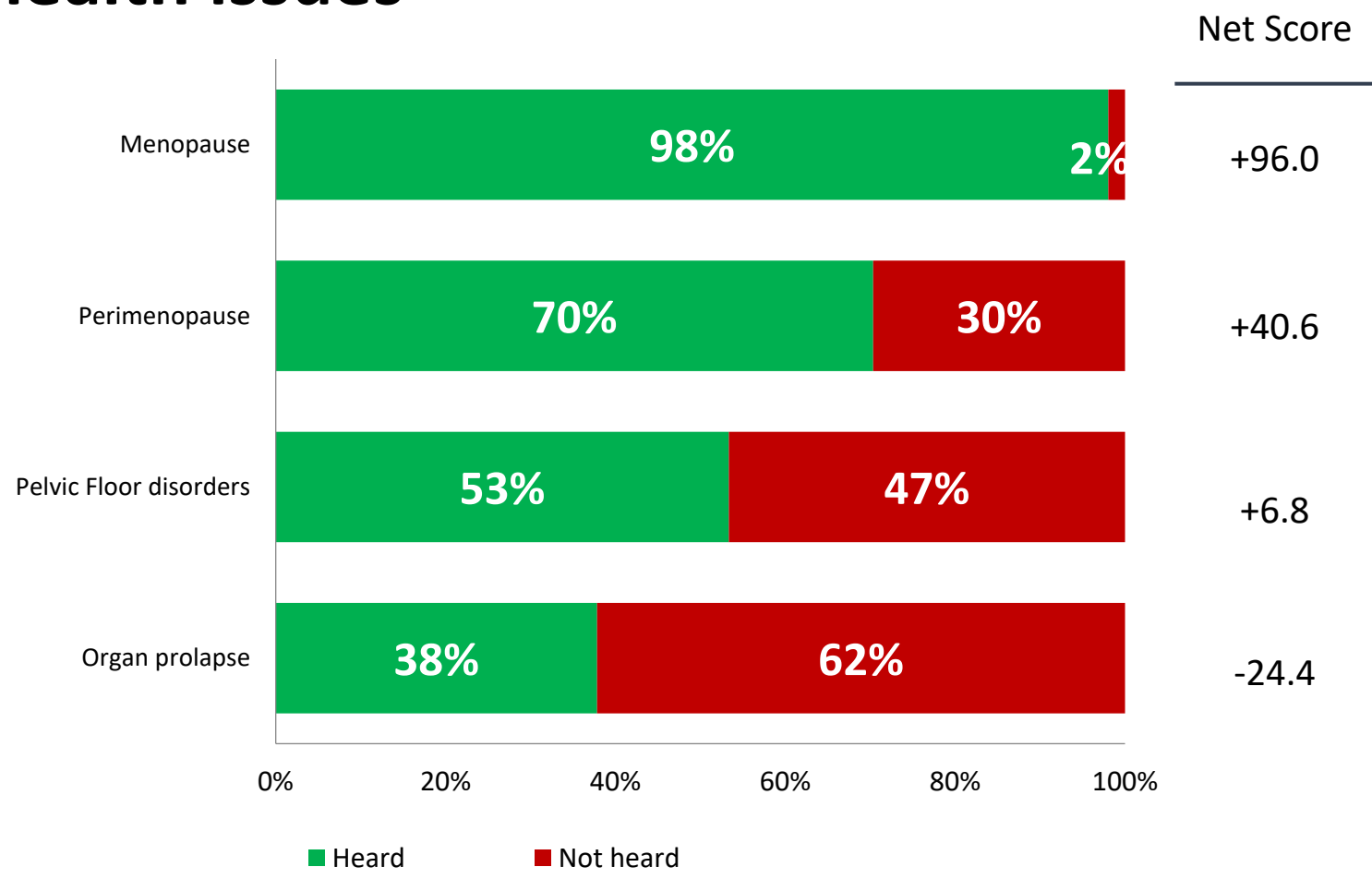
EXPERIENCING AND ASSOCIATING SYMPTOMS

About half of women 40 years of age and older report experiencing symptoms like night sweats (55%), sleep problems (50%), weight gain (48%) and fatigue (48%), however just under one in ten associate each of those symptoms with perimenopause (nine percent for night sweats, seven percent for sleep problems, six percent for weight gain/loss, and five percent for fatigue)

Awareness of mature women's health issues

Q

Prior to today have you heard or not heard of the following:
[RANDOMIZE]



“ Nearly all women 40 years of age and older say they have heard of menopause, with comparatively fewer reporting they have heard of perimenopause. Awareness of pelvic floor disorders and organ prolapse is lower. ”

*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.
 *The net score is the difference between all positive and negative numbers in a question.

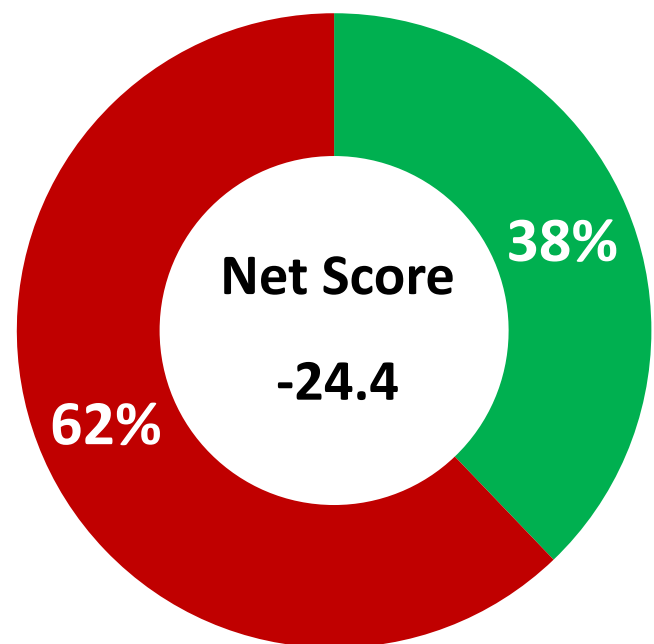
Source: Nanos Research, online representative survey, March 30th to April 1st, 2022, n=1,220 women in Canada, 40 years of age and older.

Awareness of organ prolapse

Q

Prior to today have you heard or not heard of the following:
[RANDOMIZE]

Organ prolapse



■ Heard

■ Not heard

Not heard	40-44 (n=173)	45 plus (n=1035)				
	60.2%	62.4%				
	Atlantic (n=70)	Quebec (n=233)	City of Toronto (n=296)	Rest of Ontario (n=310)	Prairies (n=159)	BC (n=140)
	64.4%	76.7%	60.6%	55.9%	59.4%	54.8%

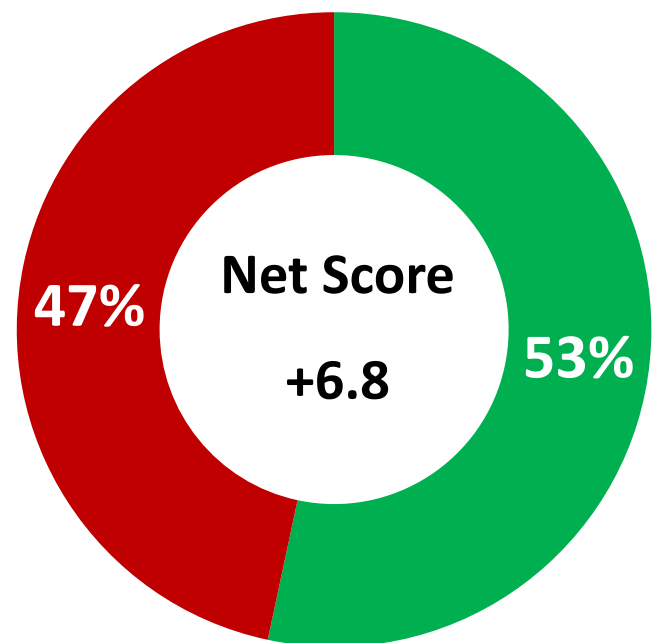
*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1208 women in Canada, 40 years of age and older.

Awareness of pelvic floor disorders



■ Heard

■ Not heard

Q

Prior to today have you heard or not heard of the following:
[RANDOMIZE]

Pelvic Floor disorders

Heard	40-44 (n=173)	45 plus (n=1040)				
	58.5%	52.6%				
	Atlantic (n=69)	Quebec (n=236)	City of Toronto (n=297)	Rest of Ontario (n=311)	Prairies (n=159)	BC (n=141)
	49.6%	60.0%	52.6%	51.3%	46.2%	57.3%

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

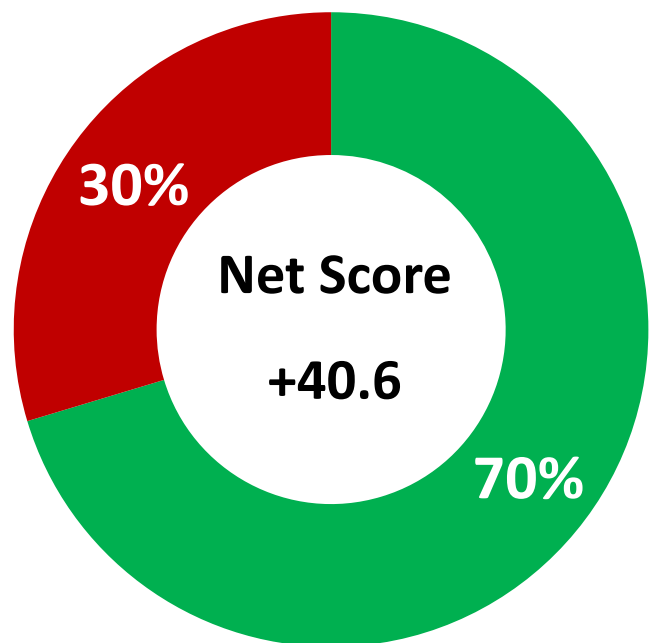
Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1213 women in Canada, 40 years of age and older.

Awareness of perimenopause

Q

Prior to today have you heard or not heard of the following:
[RANDOMIZE]

Perimenopause



■ Heard

■ Not heard

Heard	40-44 (n=172)	45 plus (n=1046)				
	75.8%	69.5%				
	Atlantic (n=69)	Quebec (n=239)	City of Toronto (n=298)	Rest of Ontario (n=311)	Prairies (n=160)	BC (n=141)
	69.4%	63.1%	71.5%	74.7%	71.2%	71.9%

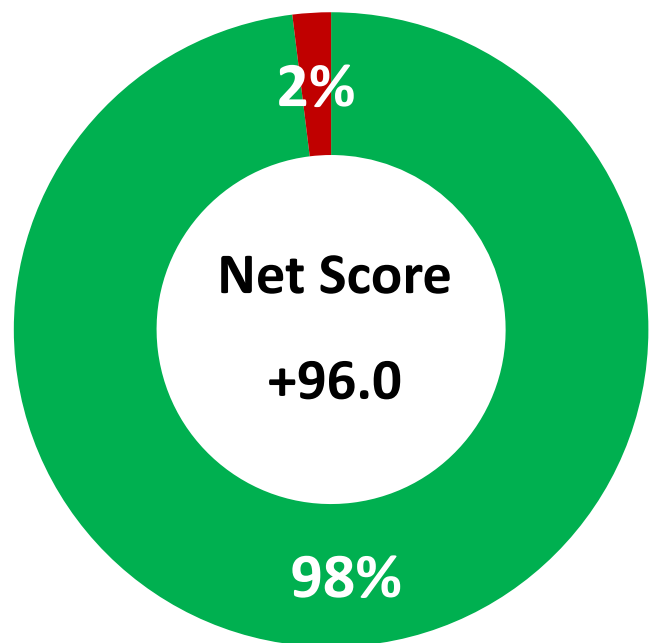
*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1218 women in Canada, 40 years of age and older.

Awareness of menopause



■ Heard

■ Not heard

Q

Prior to today have you heard or not heard of the following:
[RANDOMIZE]

Menopause

Heard	40-44 (n=173)	45 plus (n=1047)				
	98.3%	98.0%				
	Atlantic (n=70)	Quebec (n=240)	City of Toronto (n=299)	Rest of Ontario (n=310)	Prairies (n=160)	BC (n=141)
	99.0%	98.1%	96.6%	98.6%	96.8%	98.4%

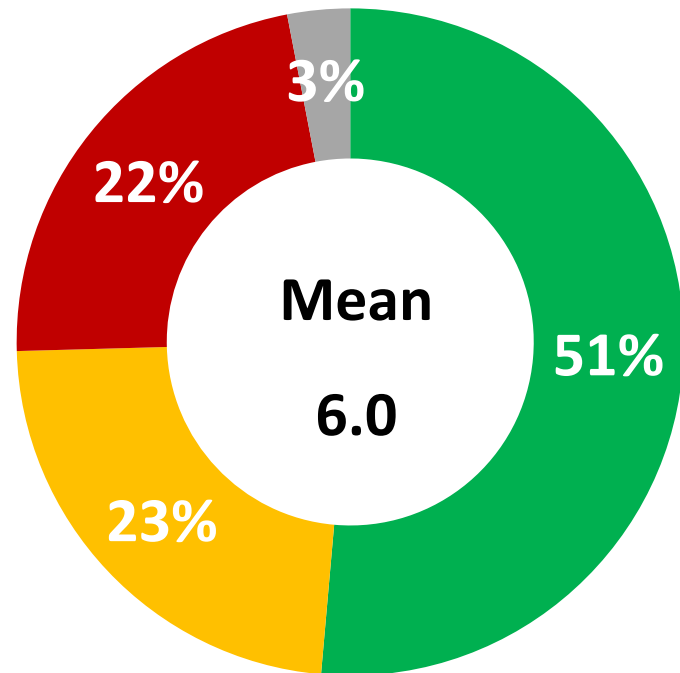
*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1220 women in Canada, 40 years of age and older.

Knowledge of perimenopause



■ Knowledgeable (7-10) ■ Average (4-6)
■ Not knowledgeable (0-3) ■ Unsure

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1219 women in Canada, 40 years of age and older.

Q

Menopause is the time when a person's menstrual period has stopped for 12 consecutive months. Our next few questions are about perimenopause which is the 5 to 8 years before the last menstrual period. It is a time of great hormonal fluctuation.

On a scale of 0 to 10 where 0 is not knowledgeable at all and 10 is a very knowledgeable, how knowledgeable are you about perimenopause?

Mean	40-44 (n=173)	45 plus (n=1046)				
	5.1	6.1				
	Atlantic (n=70)	Quebec (n=238)	City of Toronto (n=299)	Rest of Ontario (n=311)	Prairies (n=160)	BC (n=141)
	6.2	6.0	6.1	6.0	5.7	6.1

Symptoms associated with perimenopause



What symptoms do you associate with perimenopause? [OPEN]

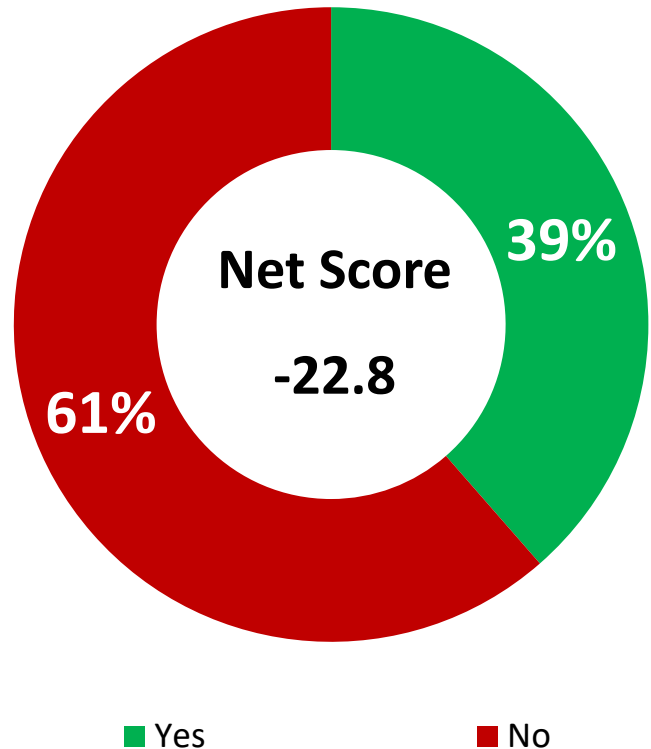
“Women 40 years of age and older most often mention hot flashes as the symptom they associate with perimenopause”

TOP RESPONSES

	Total (n=1189)	Little knowledge (0-3) (n=245)	Average knowledge (4-6) (n=288)	Significant knowledge (7-10) (n=620)	Unsure (n=36)
Hot flashes	47.7%	22.5%	53.9%	55.7%	41.7%
Changes in menstruation (frequency/flow)	37.3%	24.6%	36.9%	44.0%	18.0%
Mood swings/depression/hormonal changes	35.9%	21.2%	42.1%	40.7%	10.9%
None/I don't know any	13.1%	34.1%	7.9%	5.0%	41.5%
Sweating/night sweats	8.9%	3.4%	10.4%	11.0%	-
Sleep disturbance/insomnia	7.0%	1.3%	4.9%	10.7%	-
Aches/pains/cramps	6.5%	3.2%	4.4%	9.0%	5.9%
Weight gain/loss	6.5%	3.2%	7.6%	7.3%	6.5%
Fatigue	4.8%	3.8%	4.3%	5.7%	-

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1189 women in Canada, 40 years of age and older.

Looking for information on perimenopause



Q

Have you ever tried to look for information on perimenopause or its symptoms?

No	40-44 (n=173)	45 plus (n=1039)				
	62.5%	61.3%				
	Atlantic (n=68)	Quebec (n=238)	City of Toronto (n=299)	Rest of Ontario (n=308)	Prairies (n=158)	BC (n=141)
	52.6%	68.9%	60.0%	60.6%	57.6%	60.4%

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1212 women in Canada, 40 years of age and older.

Resources with information on symptoms of perimenopause

“

Close to one in two women 40 years of age and older say they have gone to, or they would go to the internet or Google (general) to learn about symptoms of perimenopause. Those who have tried looking to look for information on perimenopause or its symptoms are much more likely to say this than those who haven't.

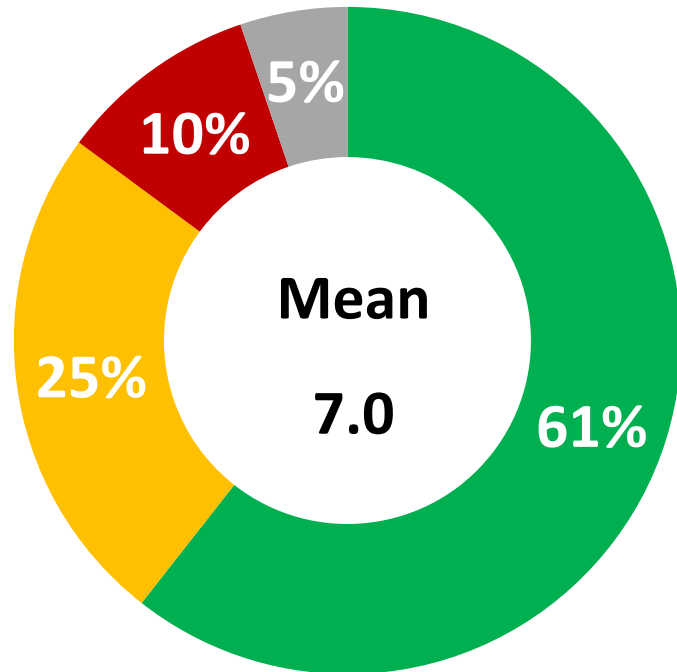
”

Q

What resources have you gone to, or would you go to, to learn about symptoms of perimenopause? [OPEN]

	Total (n=1147)	Has tried looking for information (n=486)	Has not tried looking for information (n=661)
TOP RESPONSES	Internet/Google (general)	49.1%	39.9%
	Medical Professional (family doctor, gynecologist, OB GYN, naturopath, pharmacist, etc.)	39.9%	40.6%
	None	14.4%	23.9%
	Health websites (WebMD, Mayo Clinic, etc.)	11.6%	7.6%
	Family/friends	6.3%	5.8%
	Medical journals/articles/literature	3.9%	2.3%
	Books (general)	3.1%	1.2%

Confidence about knowing where to look about information on perimenopause



■ Confident (7-10) ■ Average (4-6) ■ Not confident (0-3) ■ Unsure

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Q

On a scale of 0 to 10 where 0 is not at all confident and 10 is very confident how confident are you when it comes to knowing where to look about information on perimenopause and its symptoms?

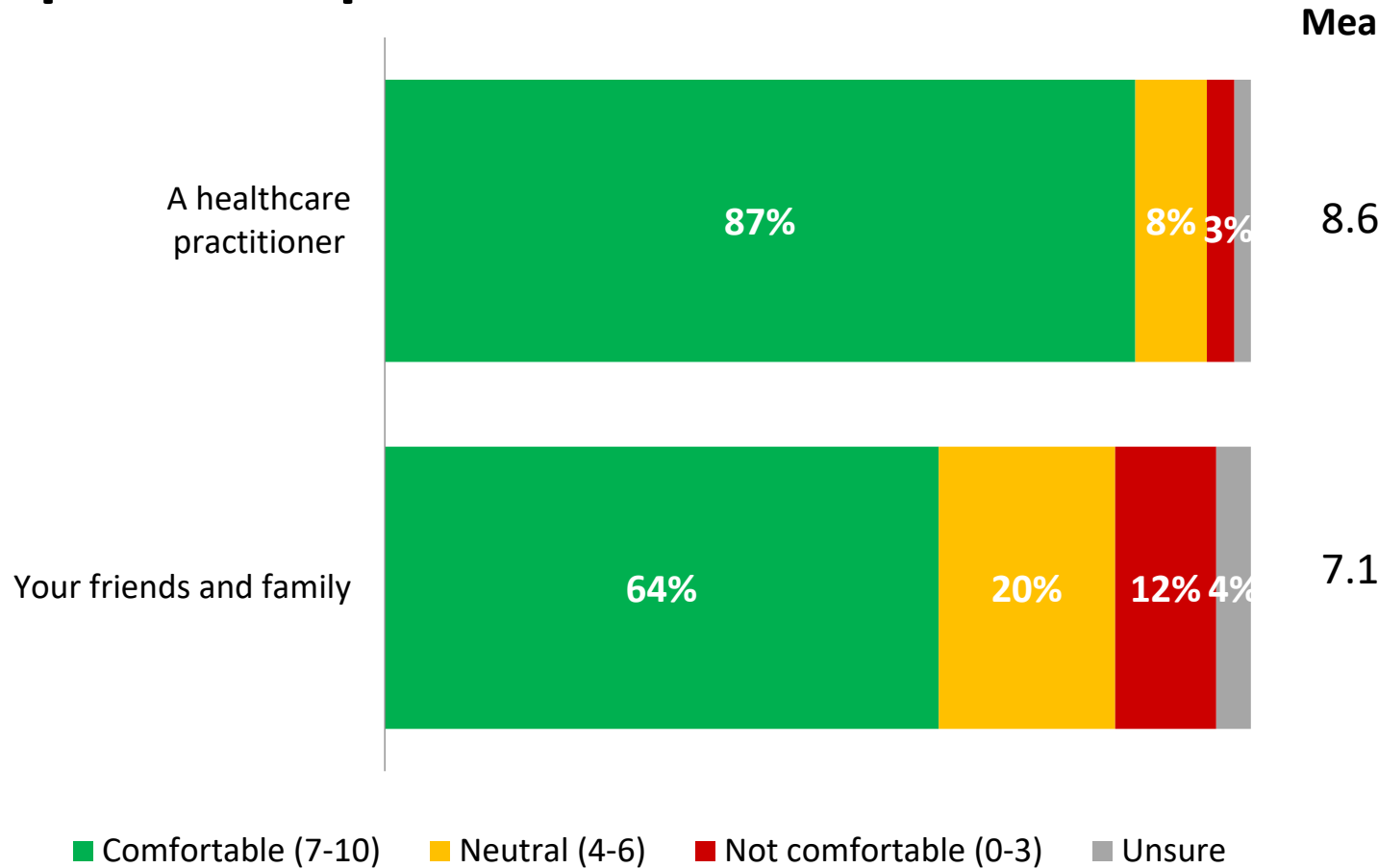
Mean	40-44 (n=173)	45 plus (n=1046)				
	6.7	7.0				
	Atlantic (n=70)	Quebec (n=238)	City of Toronto (n=300)	Rest of Ontario (n=310)	Prairies (n=160)	BC (n=141)
	6.8	7.2	7.2	6.8	6.6	7.2

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1219 women in Canada, 40 years of age and older.

Level of comfort discussing perimenopause

Q

On a scale of 0 to 10 where 0 is not at all comfortable, and 10 is very comfortable, how comfortable are you about having discussions about perimenopause with the following people: [ROTATE]



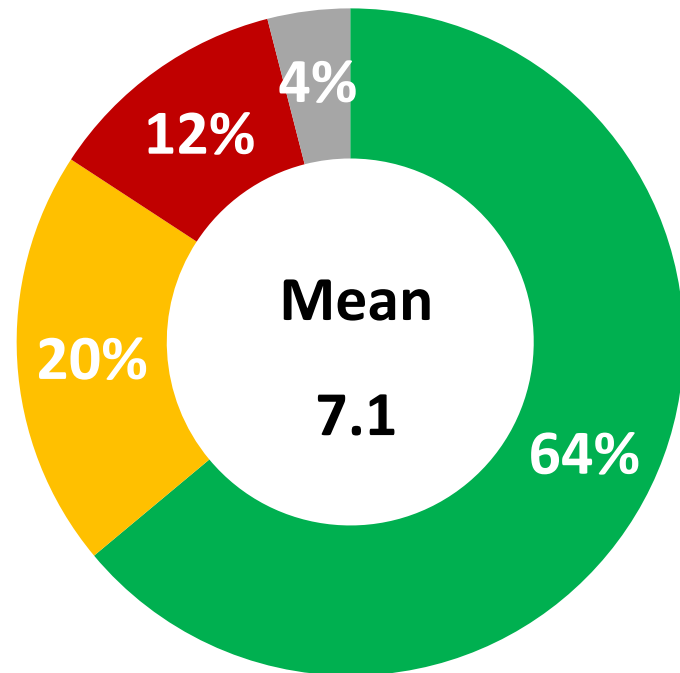
“Women 40 years of age and older are more likely to say they feel comfortable having discussions about perimenopause with a healthcare practitioner compared to their friends and family.”

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1217 women in Canada, 40 years of age and older.

Level of comfort discussing perimenopause with friends and family



■ Comfortable (7-10)
 ■ Neutral (4-6)
 ■ Not comfortable (0-3)
 ■ Unsure

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1217 women in Canada, 40 years of age and older.

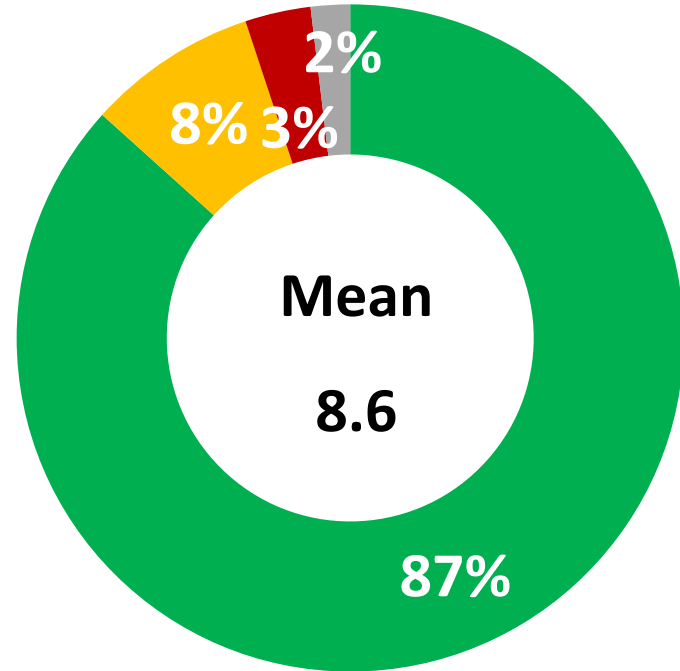
Q

On a scale of 0 to 10 where 0 is not at all comfortable, and 10 is very comfortable, how comfortable are you about having discussions about perimenopause with the following people: [ROTATE]

Your friends and family

Mean	40-44 (n=173)	45 plus (n=1044)				
	7.0	7.1				
	Atlantic (n=69)	Quebec (n=239)	City of Toronto (n=300)	Rest of Ontario (n=309)	Prairies (n=160)	BC (n=140)
	7.6	7.4	7.0	7.0	6.8	6.9

Level of comfort discussing perimenopause with a healthcare practitioner



■ Comfortable (7-10)
 ■ Neutral (4-6)
 ■ Not comfortable (0-3)
 ■ Unsure

*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1215 women in Canada, 40 years of age and older.

Q

On a scale of 0 to 10 where 0 is not at all comfortable, and 10 is very comfortable, how comfortable are you about having discussions about perimenopause with the following people: [ROTATE]

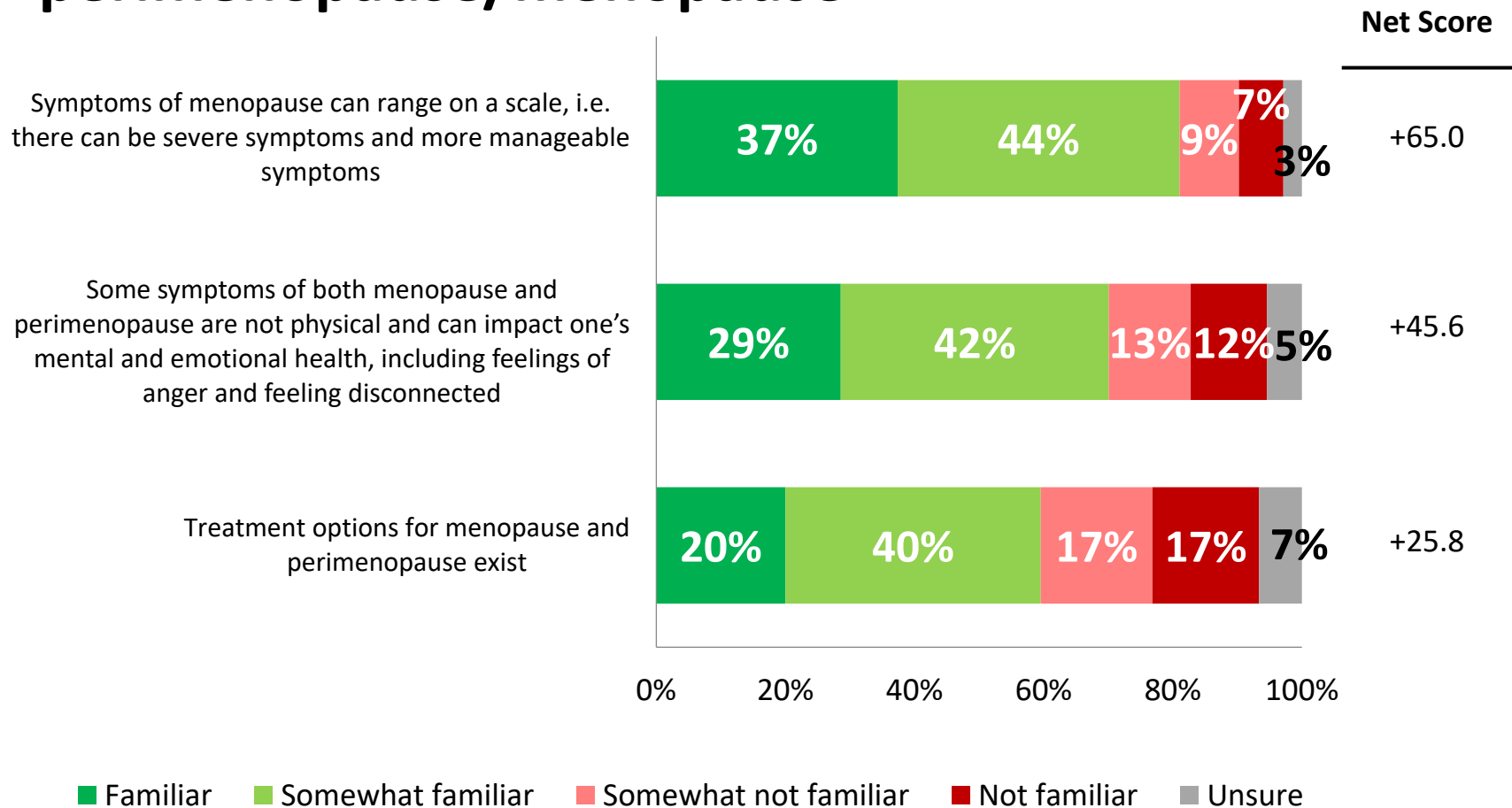
A healthcare practitioner

Mean	40-44 (n=173)	45 plus (n=1042)				
	8.2	8.7				
	Atlantic (n=70)	Quebec (n=237)	City of Toronto (n=299)	Rest of Ontario (n=309)	Prairies (n=160)	BC (n=140)
	8.7	8.8	8.6	8.6	8.6	8.5

Familiarity with perimenopause/menopause

Q

Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]



“

Although a majority of women 40 years of age and older are familiar or somewhat familiar with facts on menopause and perimenopause, they have a higher intensity of familiarity with the fact that symptoms of menopause can range on a scale, and the lowest intensity of familiarity with the fact that treatment options for menopause and perimenopause exist.

”

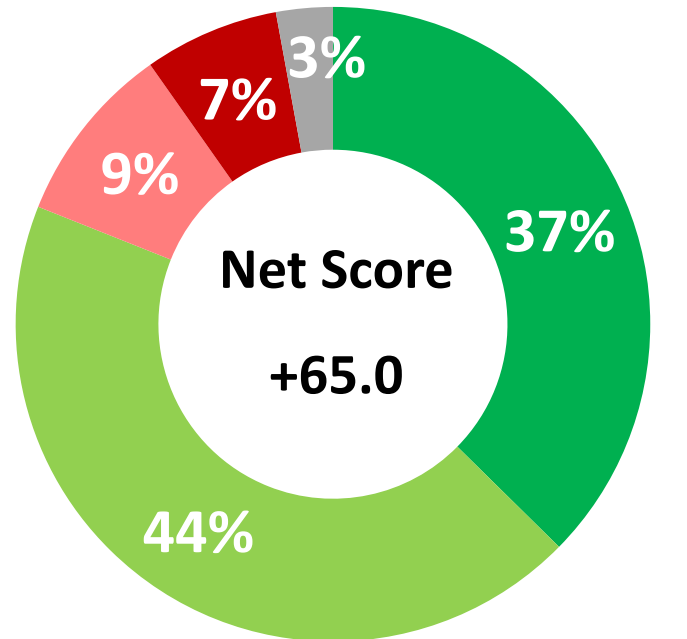
*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1221 women in Canada, 40 years of age and older.

Familiarity with the fact that symptoms of menopause can range on a scale



■ Familiar
■ Somewhat familiar
■ Somewhat not familiar
■ Not familiar
■ Unsure

Q

Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]

Symptoms of menopause can range on a scale, i.e. there can be severe symptoms and more manageable symptoms

Familiar/Somewhat familiar

	40-44 (n=173)	45 plus (n=1046)				
	75.1%	81.9%				
	Atlantic (n=70)	Quebec (n=233)	City of Toronto (n=300)	Rest of Ontario (n=308)	Prairies (n=160)	BC (n=141)
	80.9%	81.6%	82.3%	85.3%	77.7%	73.9%

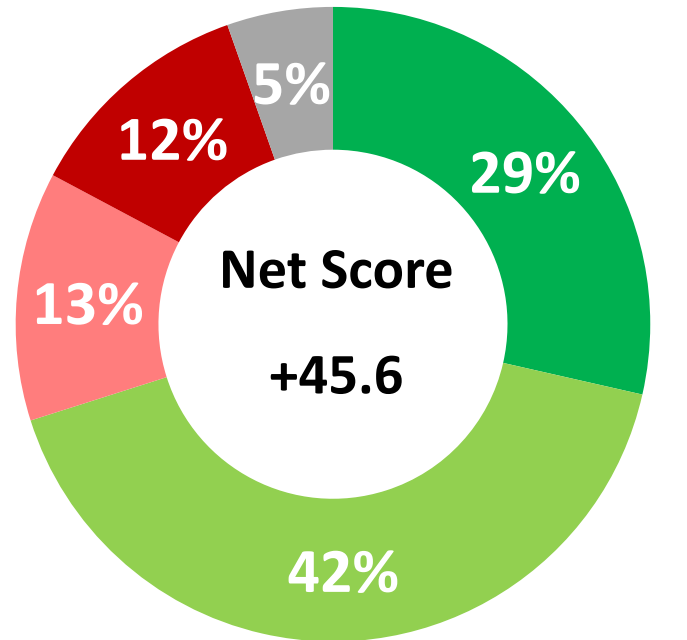
*Weighted to the true population proportion.

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*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1219 women in Canada, 40 years of age and older.

Familiarity with the fact that some symptoms of both menopause and perimenopause are not physical



■ Familiar
■ Somewhat familiar
■ Somewhat not familiar
■ Not familiar
■ Unsure

Q

Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]

Some symptoms of both menopause and perimenopause are not physical and can impact one's mental and emotional health, including feelings of anger and feeling disconnected

Familiar/Somewhat familiar

40-44 (n=173)	45 plus (n=1048)				
63.3%	71.1%				
Atlantic (n=70)	Quebec (n=240)	City of Toronto (n=299)	Rest of Ontario (n=311)	Prairies (n=160)	BC (n=141)
74.3%	73.7%	74.4%	71.0%	69.4%	58.0%

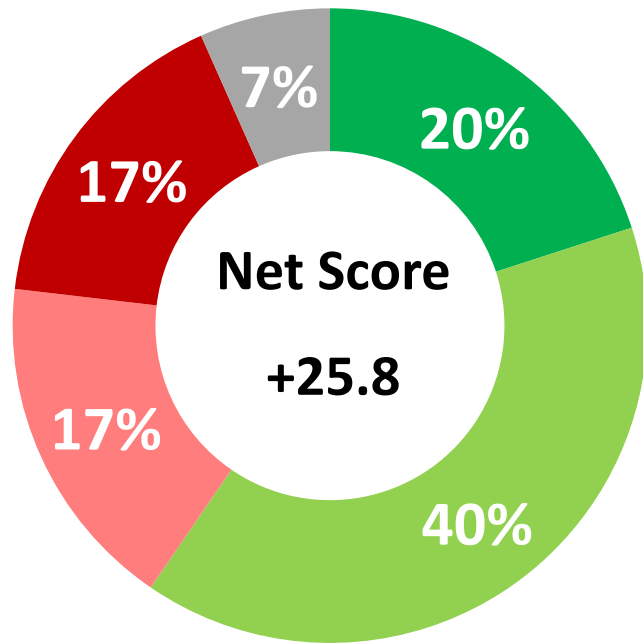
*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1221 women in Canada, 40 years of age and older.

Familiarity with the fact that treatment options for menopause and perimenopause exist



■ Familiar
■ Somewhat familiar
■ Somewhat not familiar
■ Not familiar
■ Unsure

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1221 women in Canada, 40 years of age and older.

Q

Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]

Treatment options for menopause and perimenopause exist

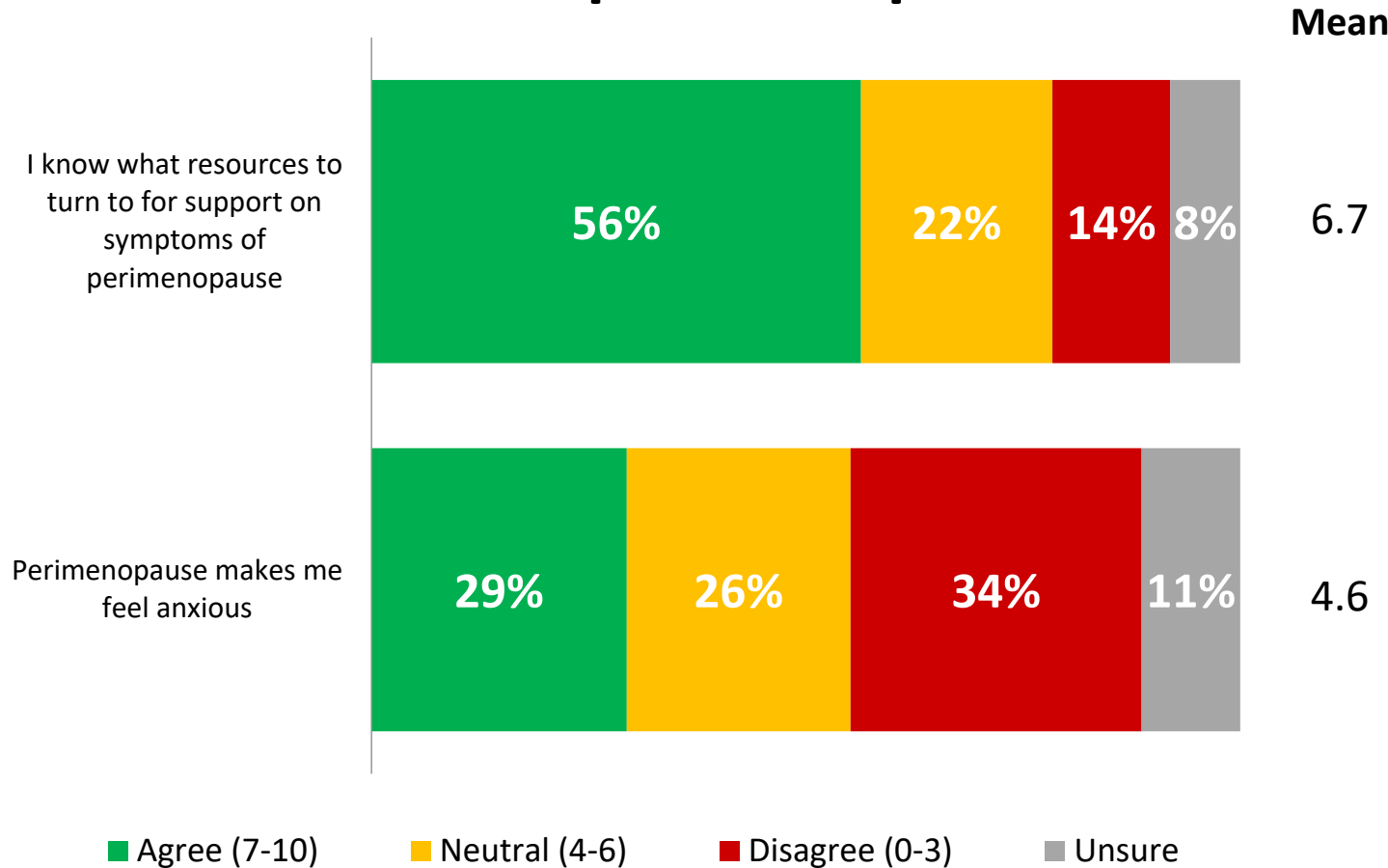
Familiar/Somewhat familiar

40-44 (n=173)	45 plus (n=1048)				
42.9%	62.0%				
Atlantic (n=70)	Quebec (n=240)	City of Toronto (n=300)	Rest of Ontario (n=310)	Prairies (n=160)	BC (n=141)
63.9%	63.7%	57.8%	61.7%	53.7%	53.1%

Levels of agreement with statements about perimenopause

Q

On a scale of 0 to 10 where 0 is strongly disagree and 10 is strongly agree, please rate your level of agreement with the following statements:
[ROTATE]



“

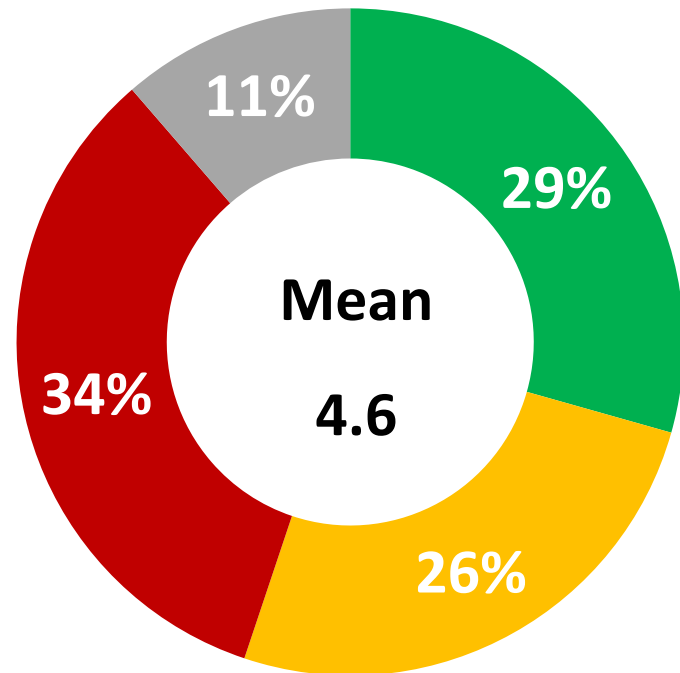
Close to six in ten women say they know what resources to turn to for support on symptoms of perimenopause. Women in Quebec are most likely to say they know what resources to turn to (mean of 7.0) and the least likely to say perimenopause makes them feel anxious (mean of 3.7).

”

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1220 women in Canada, 40 years of age and older.

Agreement that perimenopause makes them feel anxious



■ Agree (7-10)
 ■ Neutral (4-6)
 ■ Disagree (0-3)
 ■ Unsure

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1215 women in Canada, 40 years of age and older.

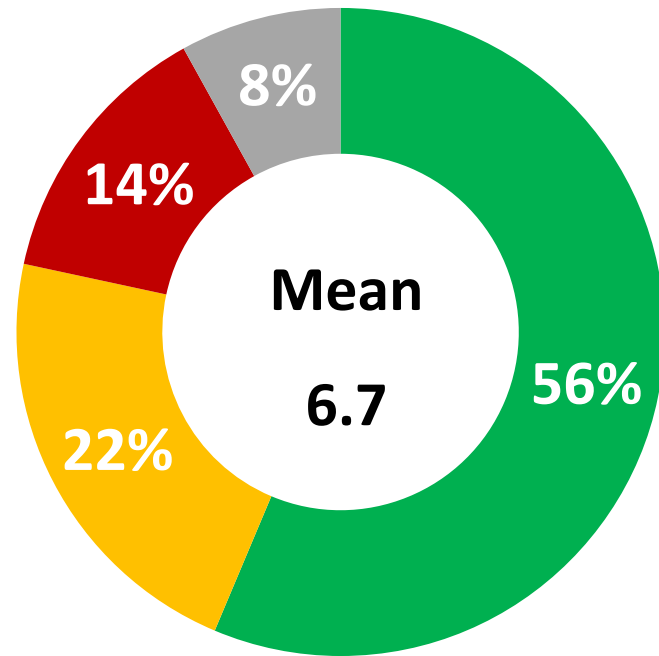
Q

On a scale of 0 to 10 where 0 is strongly disagree and 10 is strongly agree, please rate your level of agreement with the following statements:
[ROTATE]

Perimenopause makes me feel anxious

Mean	40-44 (n=173)	45 plus (n=1042)				
	5.9	4.4				
	Atlantic (n=70)	Quebec (n=240)	City of Toronto (n=295)	Rest of Ontario (n=309)	Prairies (n=160)	BC (n=141)
	5.6	3.7	5.0	4.7	4.9	4.7

Agreement that they know what resources to turn to for support



■ Agree (7-10)
 ■ Neutral (4-6)
 ■ Disagree (0-3)
 ■ Unsure

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1220 women in Canada, 40 years of age and older.

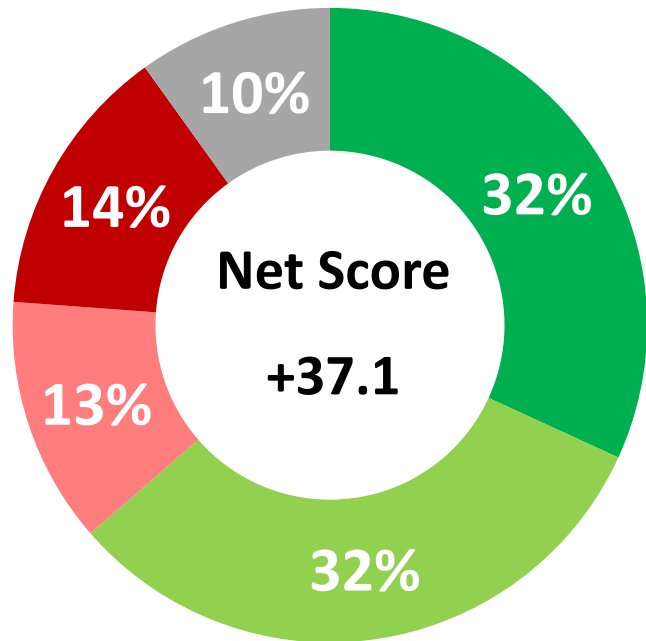
Q

On a scale of 0 to 10 where 0 is strongly disagree and 10 is strongly agree, please rate your level of agreement with the following statements:
[ROTATE]

I know what resources to turn to for support on symptoms of perimenopause

Mean	40-44 (n=173)	45 plus (n=1047)				
	6.2	6.7				
	Atlantic (n=70)	Quebec (n=240)	City of Toronto (n=299)	Rest of Ontario (n=311)	Prairies (n=160)	BC (n=140)
	6.4	7.0	6.8	6.7	6.1	6.9

Likelihood to consult a healthcare practitioner for perimenopause symptoms



■ Likely
■ Somewhat likely
■ Somewhat not likely
■ Not likely
■ Unsure

Q

Are you likely, somewhat likely, somewhat not likely or not likely to consult a healthcare practitioner when you experience symptoms of perimenopause?

Likely/Somewhat likely

40-44 (n=173)	45 plus (n=1045)				
70.4%	62.6%				
Atlantic (n=70)	Quebec (n=239)	City of Toronto (n=298)	Rest of Ontario (n=311)	Prairies (n=160)	BC (n=140)
72.8%	56.8%	68.0%	65.6%	65.6%	61.0%

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1218 women in Canada, 40 years of age and older.

Thoughts on pelvic floor disorders

Q

Our next few questions are about pelvic floor disorders

What comes to mind when you think of a pelvic floor disorder? [OPEN]

“

When asked what comes to mind when they think of a pelvic floor disorder, over one in three women 40 years of age and older mention incontinence or a leaky bladder, while just under one in five say that nothing comes to mind, or they've never heard of it.

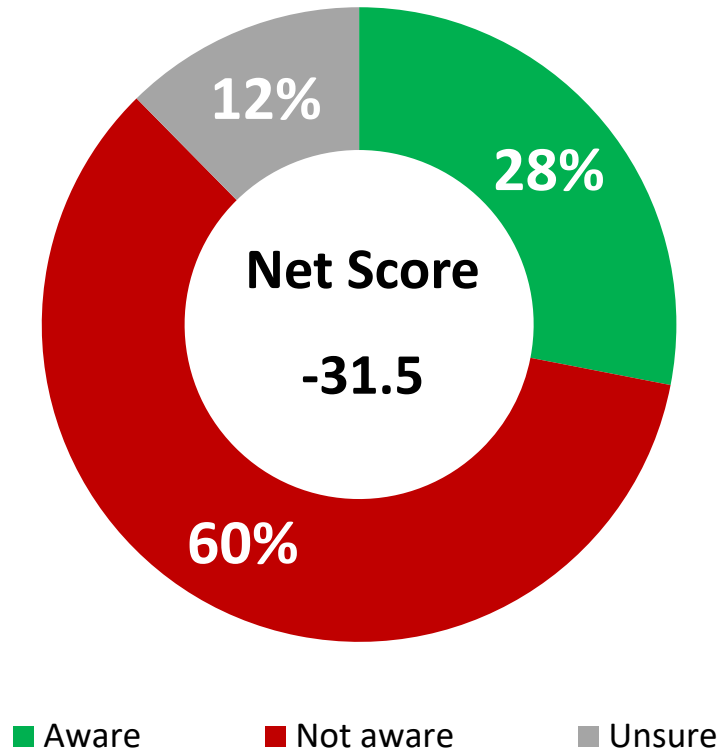
”

TOP RESPONSES

	Frequency (n=1159)*
Incontinence/leaky bladder	36.8%
Nothing/never heard of it	18.1%
Pelvic/uterine/bladder prolapse	12.7%
Pain/discomfort	6.6%
Weakness of pelvic floor/muscles	4.7%
Fecal incontinence/constipation	2.5%
Unsure	19.9%

*Based on up to three mentions

Awareness of prevalence of pelvic floor disorders



Q

Are you aware or not aware that 50% of women over 50 are affected with pelvic floor disorders such as organ prolapse, incontinence, etc.?

Not aware	40-44 (n=173)	45 plus (n=1042)				
	64.2%	58.9%				
	Atlantic (n=69)	Quebec (n=238)	City of Toronto (n=298)	Rest of Ontario (n=309)	Prairies (n=160)	BC (n=141)
	58.1%	61.2%	57.9%	57.4%	63.1%	59.3%

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

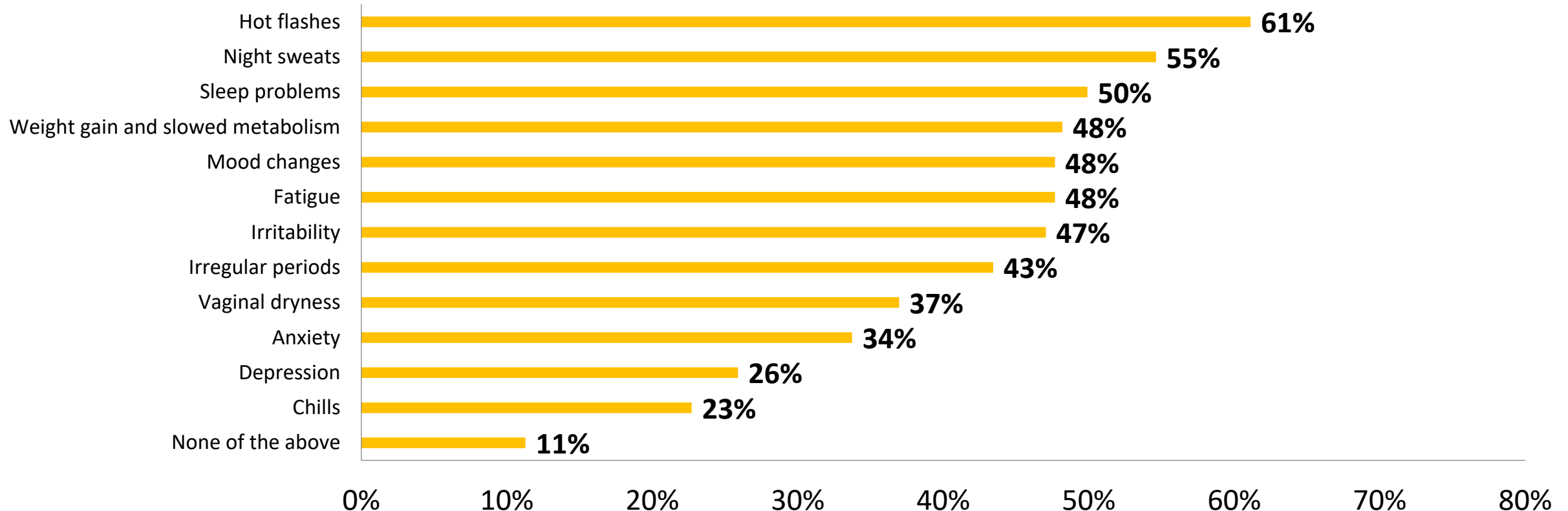
Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1215 women in Canada, 40 years of age and older.

Experiencing symptoms of perimenopause or menopause

Q

Our next few questions are about menopause which is a point in time 12 months after a woman's last period

To the best of your knowledge, have you experienced any of the following symptoms of perimenopause or menopause? [SELECT AS MANY AS APPLY][RANDOMIZE]



*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

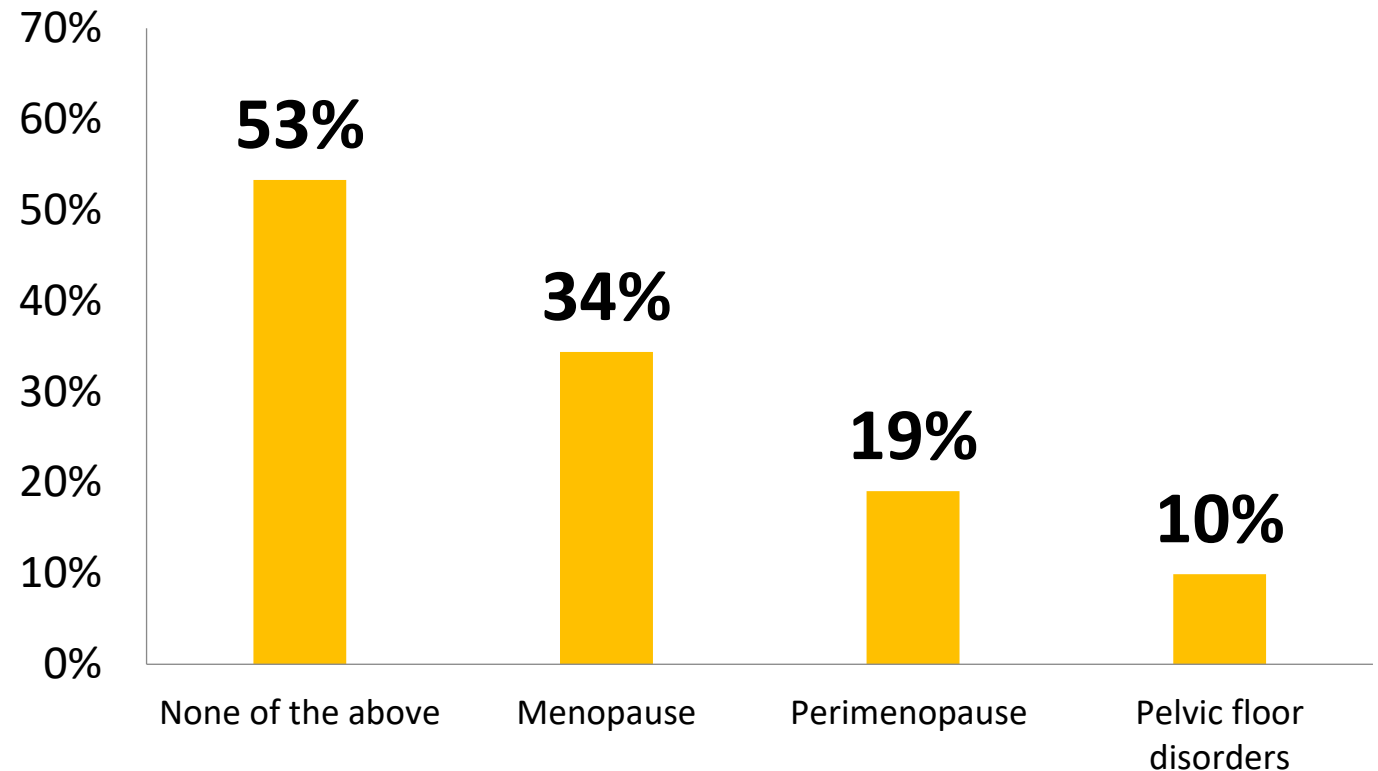
Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1219 women in Canada, 40 years of age and older.

Consulting a healthcare practitioner about experiencing symptoms

Q

Have you consulted a healthcare practitioner about experiencing symptoms of any of the following: [SELECT AS MANY AS APPLY]?

Over one in two women 40 years of age and older say they have not consulted a healthcare practitioner about experiencing symptoms of menopause, perimenopause or pelvic floor disorders. Women aged 40 to 44 years old were more likely to report they have not consulted a healthcare practitioner (72%) compared to women 45 and older (51%)



*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=1217 women in Canada, 40 years of age and older.

Reasons for not consulting healthcare practitioner

“About three in ten women who have not consulted a healthcare practitioner about experiencing symptoms say they have not done so because they thought they had no reason to do so, didn't see a need or thought it was a normal experience. One in four say it is because symptoms were mild.”

Q

[THOSE WHO DID NOT CONSULT A HEALTHCARE PRACTITIONER] Why did you not consult a healthcare practitioner? [OPEN]

	Frequency (n=627)*
TOP RESPONSES	No reason to/didn't see a need/normal experience
	29.4%
	Symptoms were mild
	25.9%
	No symptoms
	11.6%
	Didn't want medication/HRT
	4.2%
	No family doctor
	3.6%
	Didn't have time/haven't gotten around to it
	3.3%
	I didn't realize a doctor could help me
	2.9%
	Not in menopause yet
	2.6%
	Unsure
	3.0%

*Based on up to three mentions

Wait between the start of the symptoms and consulting a healthcare practitioner

Q

[THOSE WHO DID CONSULTED A HEALTHCARE PRACTITIONER] How long did you wait between the start of the symptoms and consulting a healthcare practitioner about them? __ days

“

Women 40 years of age and older who have consulted a healthcare practitioner about experiencing symptoms of menopause, perimenopause or pelvic floor disorders report they waited an average of 131 days between the start of the symptoms and consulting a healthcare practitioner about them (median of 60 days). Women in Toronto report waiting fewer days on average (82 days; median of 45) compared to the rest of Ontario (126 days; median of 60).

”

TOP RESPONSES

	Frequency (n=544)
Mean	131.3 days
Median	60 days
30 days	14.2%
60 days	13.5%
365 days	12.6%
90 days	11.4%
180 days	4.7%

Factors impacting when they consulted with a healthcare practitioner

“

When asked what affected the length of time between the start of the symptoms and when they consulted a healthcare practitioner about them, about one in ten women 40 years of age and older each say their ability to get an appointment or connect with a physician, they were hoping it would go away or they weren't sure what was happening or what to do.

”

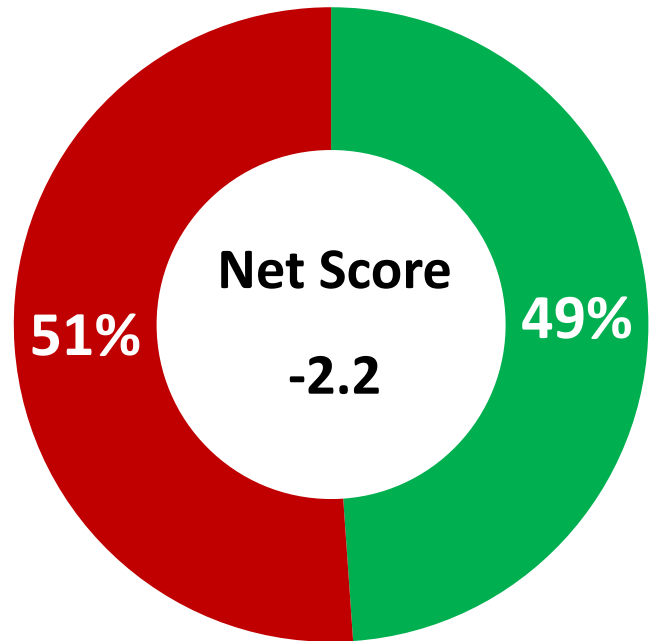
Q

[THOSE WHO DID CONSULTED A HEALTHCARE PRACTITIONER] What affected the length of time between the start of the symptoms and when you consulted a healthcare practitioner about them? [OPEN]

TOP RESPONSES

	Frequency (n=512)
Ability to get an appointment/connect with physician	11.1%
Hoping it would go away	11.0%
Wasn't sure what was happening or what to do	9.9%
The symptoms (heat flashes, etc.)	8.9%
I couldn't function well anymore/symptoms became too much	6.8%
Only had mild symptoms/wasn't worried	6.2%
I waited to be sure it was what it was	6.1%
Doctor told me during an appointment for something else (annual check up, other issue)	5.9%

Prescribed treatment(s) for menopause/perimenopause or pelvic floor disorders



■ Yes

■ No

Q

[THOSE WHO DID CONSULTED A HEALTHCARE PRACTITIONER] Were you prescribed any treatment(s) for menopause/perimenopause or pelvic floor disorders after consulting a healthcare practitioner?

No	40-44 (n=46)	45 plus (n=509)				
	59.8%	50.4%				
	Atlantic (n=32)	Quebec (n=110)	City of Toronto (n=142)	Rest of Ontario (n=147)	Prairies (n=72)	BC (n=52)
	52.6%	42.1%	63.1%	54.7%	50.2%	52.0%

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=555 women in Canada that have consulted a healthcare practitioner about experiencing symptoms, 40 years of age and older.

Time between diagnosis and obtaining treatment



Women 40 years of age and older that have consulted a healthcare practitioner about experiencing symptoms and were prescribed any treatment(s) say that it took on average 42 days between the time they were diagnosed and the time they obtained their treatment(s) (median of 7 days). Women in Toronto report waiting less time on average (25 days; median of 3 days) compared to women in the rest of Ontario (mean of 42 days; median of 7 days).



Q

[THOSE WHO DID CONSULTED A HEALTHCARE PRACTITIONER AND WERE PRESCRIBED TREATMENT] How long did it take between the time you were diagnosed with perimenopause or menopause or a pelvic floor disorder to obtain treatment? ____ days

	Frequency (n=231)
Mean	41.7 days
Median	7 days
1 days	19.2%
0 days	15.5%
30 days	10.3%
60 days	7.4%
2 days	7.1%

TOP RESPONSES

Source: Nanos Research, representative online survey, March 30th to April 1st, 2022, n=231 women in Canada that have consulted a healthcare practitioner about experiencing symptoms and were prescribed any treatment(s) for menopause/perimenopause or pelvic floor disorders , 40 years of age and older.

METHODOLOGY

Nanos conducted an online representative survey of 1,220 women, 40 years of age or older, in Canada with an oversample in the city of Toronto between March 30th and April 1st, 2022. Participants were recruited from a non-probability panel.

The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada.

The research was commissioned by Sinai Health Foundation and was conducted by Nanos Research.

Note: Charts may not add up to 100 due to rounding.



Element	Description
Research sponsor	Sinai Health Foundation
Population and Final Sample Size	1,220 women, 40 years of age or older
Source of Sample	Prodege
Type of Sample	Representative non-probability
Margin of Error	No margin of error applies to this research.
Mode of Survey	Online survey
Sampling Method Base	Non-probability.
Demographics (Captured)	Atlantic Canada, Quebec, City of Toronto, rest of Ontario, Prairies, British Columbia; Women; 40 years or older. Six digit postal code was used to validate geography.
Demographics (Other)	Age, gender, education, income
Field Dates	March 30 th and April 1 st , 2022.
Language of Survey	The survey was conducted in both English and French.
Standards	Nanos Research is a member of the Canadian Research Insights Council (CRIC) and confirms that this research fully complies with all CRIC Standards including the CRIC Public Opinion Research Standards and Disclosure Requirements. https://canadianresearchinsightscouncil.ca/standards/

Element	Description
Weighting of Data	The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada. See tables for full weighting disclosure.
Screening	Screening ensured potential respondents did not work in the market research industry, in the advertising industry, in the media or a political party prior to administering the survey to ensure the integrity of the data.
Excluded Demographics	Individuals younger than 18 years old; individuals without internet access could not participate.
Stratification	By age and gender using the latest Census information (2016) and the sample is geographically stratified to be representative of Canada.
Estimated Response Rate	Not applicable
Question Order	Question order in the preceding report reflects the order in which they appeared in the original questionnaire.
Question Content	All questions asked are contained in the report.
Question Wording	The questions in the preceding report are written exactly as they were asked to individuals.
Research/Data Collection Supplier	Nanos Research
Contact	Contact Nanos Research for more information or with any concerns or questions. http://www.nanos.co Telephone: (613) 234-4666 ext. 237 Email: info@nanosresearch.com .



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ABOUT NANOS

TABULATIONS





2022-2098 – Mt. Sinai – Women survey – STAT SHEET

Our study today is about women's health.

Prior to today have you heard or not heard of the following: [RANDOMIZE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Organ prolapse	Total	Unwgt N	1208	70	233	296	310	159	140	173	1035
		Wgt N	988	74	231	77	310	159	137	129	859
	Aware	%	37.8	35.6	23.3	39.4	44.1	40.6	45.2	39.8	37.6
	Not aware	%	62.2	64.4	76.7	60.6	55.9	59.4	54.8	60.2	62.4

Prior to today have you heard or not heard of the following: [RANDOMIZE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Pelvic Floor disorders	Total	Unwgt N	1213	69	236	297	311	159	141	173	1040
		Wgt N	991	72	234	77	311	159	138	129	862
	Aware	%	53.4	49.6	60.0	52.6	51.3	46.2	57.3	58.5	52.6
	Not aware	%	46.6	50.4	40.0	47.4	48.7	53.8	42.7	41.5	47.4



2022-2098 – Mt. Sinai – Women survey – STAT SHEET

Prior to today have you heard or not heard of the following: [RANDOMIZE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Perimenopause	Total	Unwgt N	1218	69	239	298	311	160	141	172	1046
		Wgt N	998	73	237	77	311	161	138	128	870
	Aware	%	70.3	69.4	63.1	71.5	74.7	71.2	71.9	75.8	69.5
	Not aware	%	29.7	30.6	36.9	28.5	25.3	28.8	28.1	24.2	30.5

Prior to today have you heard or not heard of the following: [RANDOMIZE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Menopause	Total	Unwgt N	1220	70	240	299	310	160	141	173	1047
		Wgt N	999	74	238	78	310	161	138	129	870
	Aware	%	98.0	99.0	98.1	96.6	98.6	96.8	98.4	98.3	98.0
	Not aware	%	2.0	1.0	1.9	3.4	1.4	3.2	1.6	1.7	2.0

Nanos conducted an online survey of 1,220 Canadian women, 40 years of age or older, between March 30th to April 1st, 2022. Columns with n values under 30 have been shaded.

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2022-2098 – Mt. Sinai – Women survey – STAT SHEET

Menopause is the time when a person's menstrual period has stopped for 12 consecutive months. Our next few questions are about perimenopause which is the 5 to 8 years before the last menstrual period. It is a time of great hormonal fluctuation.

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - On a scale of 0 to 10 where 0 is not knowledgeable at all and 10 is a very knowledgeable, how knowledgeable are you about perimenopause?	Total	Unwgt N	1219	70	238	299	311	160	141	173	1046
		Wgt N	998	74	236	77	311	161	138	129	869
		Mean	6.0	6.2	6.0	6.1	6.0	5.7	6.1	5.1	6.1
		Median	7.0	7.0	7.0	7.0	7.0	6.0	7.0	5.0	7.0
	No knowledge at all (0)	%	10.4	12.3	12.6	6.4	9.3	11.5	9.4	6.1	11.1
	1	%	2.8	0.0	3.3	3.3	3.5	1.5	3.3	5.7	2.4
	2	%	3.5	3.6	5.5	4.6	1.5	5.3	1.6	4.9	3.3
	3	%	5.6	3.2	4.7	6.2	5.0	8.0	6.9	8.8	5.2
	4	%	4.7	4.8	3.0	3.7	7.0	2.6	5.2	13.0	3.4
	5	%	10.0	11.2	9.0	8.5	10.1	10.3	11.4	16.6	9.0
	6	%	8.5	9.6	4.0	11.0	9.0	11.2	10.0	12.3	7.9
	7	%	13.7	11.1	15.5	14.6	13.9	14.2	10.4	15.4	13.4
	8	%	15.0	11.0	15.6	17.3	17.1	8.2	17.8	8.5	15.9
	9	%	8.2	11.5	7.7	10.1	7.9	8.0	7.0	1.7	9.2
	A lot of knowledge (10)	%	14.5	17.4	18.2	10.5	12.6	13.0	15.1	5.7	15.8
	Unsure	%	3.0	4.2	0.8	3.7	3.0	6.2	2.0	1.4	3.3

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			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question -What symptoms do you associate with perimenopause? [OPEN]	Total	Unwgt N	1192	69	229	295	303	159	137	169	1023
		Wgt N	975	73	226	77	304	160	134	127	848
	Changes in menstruation (frequency/flow)	%	37.4	29.5	32.9	39.8	41.6	40.1	35.1	33.2	38.0
	Aches/pains/cramps	%	6.5	2.9	3.9	6.8	8.5	8.0	6.4	3.0	7.1
	Anxiety/stress	%	1.6	0.0	2.5	1.1	0.9	3.7	0.6	3.3	1.4
	Dizziness/nausea	%	0.5	0.0	0.4	0.9	0.6	0.0	1.2	0.4	0.5
	Sleep disturbance/insomnia	%	7.0	3.5	11.3	7.5	5.3	3.2	9.5	4.3	7.4
	Hot flashes	%	47.6	59.0	47.0	46.1	49.1	41.5	46.8	48.2	47.5
	Mood swings/depression/hormonal changes	%	35.9	39.6	39.7	33.5	33.8	32.2	37.9	43.9	34.7
	None/I don't know any	%	13.2	12.8	11.0	11.5	12.6	18.4	13.2	7.9	14.0
	Fatigue	%	4.8	1.9	8.0	2.1	4.6	4.0	3.7	6.6	4.5
	Bloating	%	1.1	0.0	0.4	0.3	1.5	3.0	0.0	0.0	1.3
	Weight gain/loss	%	6.5	4.5	4.3	5.5	6.1	10.0	8.3	3.0	7.0
	Sweating/night sweats	%	8.9	13.7	2.6	9.9	12.3	8.7	8.5	12.1	8.4
	Breast pain	%	0.2	0.0	0.8	0.3	0.0	0.0	0.0	0.0	0.2
	Acne/skin issues	%	2.2	1.0	1.2	2.4	2.7	3.7	1.2	5.2	1.7
	Changes in libido	%	1.3	0.0	1.8	1.8	1.2	1.0	1.7	1.7	1.3
	Vaginal dryness	%	1.7	2.3	2.8	1.1	1.7	1.1	0.6	2.1	1.6
	Depression	%	0.8	0.0	1.1	1.0	0.8	1.1	0.0	1.0	0.7
	Brain fog/memory loss	%	0.8	0.0	0.0	0.8	1.5	1.0	0.5	0.7	0.8
	Changes in hair (growth/thinning)	%	0.2	1.0	0.0	0.6	0.0	0.0	0.9	0.0	0.3
	Other	%	2.4	1.9	4.1	2.7	1.8	1.0	2.7	2.6	2.4
	Unsure	%	1.0	0.0	2.3	1.0	0.6	0.6	1.1	2.1	0.9

Nanos conducted an online survey of 1,220 Canadian women, 40 years of age or older, between March 30th to April 1st, 2022. Columns with n values under 30 have been shaded.

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			Question - On a scale of 0 to 10 where 0 is not knowledgeable at all and 10 is a very knowledgeable, how knowledgeable are you about perimenopause?				
			Canada 2022-04	Little knowledge (0-3)	Average knowledge (4-6)	Significant knowledge (7-10)	Unsure
Question -What symptoms do you associate with perimenopause? [OPEN]	Total	Unwgt N	1189	245	288	620	36
		Wgt N	973	211	227	505	29
	Changes in menstruation (frequency/flow)	%	37.3	24.6	36.9	44.0	18.0
	Aches/pains/cramps	%	6.5	3.2	4.4	9.0	5.9
	Anxiety/stress	%	1.6	0.4	2.3	1.9	0.7
	Dizziness/nausea	%	0.5	0.0	1.2	0.5	0.0
	Sleep disturbance/insomnia	%	7.0	1.3	4.9	10.7	0.0
	Hot flashes	%	47.7	22.5	53.9	55.7	41.7
	Mood swings/depression/hormonal changes	%	35.9	21.2	42.1	40.7	10.9
	None/I don't know any	%	13.1	34.1	7.9	5.0	41.5
	Fatigue	%	4.8	3.8	4.3	5.7	0.0
	Bloating	%	1.1	0.0	0.8	1.7	0.0
	Weight gain/loss	%	6.5	3.2	7.6	7.3	6.5
	Sweating/night sweats	%	8.9	3.4	10.4	11.0	0.0
	Breast pain	%	0.2	0.4	0.0	0.2	0.0
	Acne/skin issues	%	2.2	1.3	2.1	2.7	0.0
	Changes in libido	%	1.3	1.6	1.2	1.4	0.0
	Vaginal dryness	%	1.7	0.0	2.0	2.2	3.2
	Depression	%	0.8	1.2	0.0	0.9	0.9
	Brain fog/memory loss	%	0.8	0.0	0.9	1.1	0.0
	Changes in hair (growth/thinning)	%	0.2	0.1	0.4	0.2	0.0
	Other	%	2.4	3.2	1.0	2.8	0.0
	Unsure	%	1.0	3.4	0.4	0.4	0.0

Nanos conducted an online survey of 1,220 Canadian women, 40 years of age or older, between March 30th to April 1st, 2022. Columns with n values under 30 have been shaded.

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			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Have you ever tried to look for information on perimenopause or its symptoms?	Total	Unwgt N	1212	68	238	299	308	158	141	173	1039
		Wgt N	989	72	236	78	306	159	138	129	860
	Yes	%	38.6	47.4	31.1	40.0	39.4	42.4	39.6	37.5	38.7
	No	%	61.4	52.6	68.9	60.0	60.6	57.6	60.4	62.5	61.3

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - What resources have you gone to or would you go to, to learn about symptoms of perimenopause? [OPEN]	Total	Unwgt N	1156	68	213	282	301	155	137	166	990
		Wgt N	948	72	210	73	302	156	134	125	823
	Internet/Google (general)	%	48.7	49.7	44.5	49.9	53.9	45.8	45.8	57.1	47.4
	Medical Professional (family doctor, gynecologist, OB GYN, naturopath, pharmacist, etc)	%	40.1	43.8	41.4	39.3	36.8	40.2	44.0	34.8	40.9
	Health websites (WebMD, Mayo Clinic, etc)	%	11.6	11.3	4.0	10.3	15.0	13.1	15.1	11.7	11.6
	Family/friends	%	6.5	3.0	3.4	7.7	7.1	6.8	10.8	6.7	6.4
	Social media	%	0.5	0.0	0.0	0.6	0.5	1.3	0.8	0.8	0.5
	None	%	14.2	15.5	15.9	12.3	11.9	16.6	14.2	8.9	15.0
	Provincial government/Health Canada	%	1.7	1.4	2.1	0.9	2.0	1.7	1.4	2.2	1.7
	Medical journals/articles/literature	%	3.9	0.0	8.2	4.0	1.4	5.1	3.2	3.2	4.0
	Books (general)	%	3.1	2.7	4.7	3.0	2.4	1.7	4.1	0.7	3.5
	Women's health magazines/resources	%	1.3	0.0	1.3	0.9	0.6	2.1	2.9	1.3	1.3
	Documentary (Loto Meno)	%	0.5	0.0	2.2	0.0	0.0	0.0	0.0	0.7	0.5
	Other	%	2.2	0.0	3.5	2.1	1.9	2.7	1.9	3.8	2.0
	Unsure	%	2.2	3.9	2.3	1.6	2.4	0.7	2.7	1.2	2.3

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			Have you ever tried to look for information on perimenopause or its symptoms?		
			Canada 2022-04	Yes	No
Question - What resources have you gone to or would you go to, to learn about symptoms of perimenopause? [OPEN]	Total	Unwgt N	1147	486	661
		Wgt N	938	378	559
	Internet/Google (general)	%	49.1	62.8	39.9
	Medical Professional (family doctor, gynecologist, OB GYN, naturopath, pharmacist, etc)	%	39.9	38.9	40.6
	Health websites (WebMD, Mayo Clinic, etc)	%	11.6	17.5	7.6
	Family/friends	%	6.3	7.2	5.8
	Social media	%	0.5	1.3	0.0
	None	%	14.4	0.2	23.9
	Provincial government/Health Canada	%	1.8	1.9	1.7
	Medical journals/articles/literature	%	3.9	6.3	2.3
	Books (general)	%	3.1	6.0	1.2
	Women's health magazines/resources	%	1.3	2.8	0.3
	Documentary (Loto Meno)	%	0.5	1.2	0.0
	Other	%	2.3	2.5	2.1
	Unsure	%	2.1	0.4	3.2

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			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - On a scale of 0 to 10 where 0 is not at all confident and 10 is very confident how confident are you when it comes to knowing where to look about information on perimenopause and its symptoms?	Total	Unwgt N	1219	70	238	300	310	160	141	173	1046
		Wgt N	997	74	236	78	310	161	138	129	868
		Mean	7.0	6.8	7.2	7.2	6.8	6.6	7.2	6.7	7.0
		Median	7.0	7.0	8.0	7.0	7.0	7.0	8.0	7.0	8.0
	Not at all confident (0)	%	4.4	6.9	2.5	1.5	5.0	6.9	3.8	1.6	4.9
	1	%	1.1	0.0	1.4	1.4	0.5	0.6	2.8	0.7	1.1
	2	%	1.6	2.6	0.4	1.1	2.6	2.8	0.0	1.7	1.6
	3	%	2.5	1.9	1.8	2.5	4.6	1.0	1.2	1.8	2.6
	4	%	3.6	2.3	5.0	2.4	3.8	2.7	3.2	7.1	3.1
	5	%	12.3	10.3	13.9	11.5	9.4	14.3	15.0	18.3	11.4
	6	%	8.6	9.5	7.9	11.0	8.0	8.9	9.3	11.3	8.3
	7	%	14.6	13.8	12.0	16.7	17.1	17.8	9.1	17.0	14.2
	8	%	16.5	19.0	19.1	16.6	17.8	15.1	8.9	15.1	16.7
	9	%	9.9	9.3	11.6	10.1	11.0	5.6	9.7	5.1	10.6
	Very confident (10)	%	19.6	17.0	20.3	18.5	17.3	17.6	28.3	15.1	20.3
	Unsure	%	5.2	7.5	4.1	6.8	2.9	6.6	8.6	5.2	5.2

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On a scale of 0 to 10 where 0 is not at all comfortable, and 10 is very comfortable, how comfortable are you about having discussions about perimenopause with the following people:
[ROTATE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Your friends and family	Total	Unwgt N	1217	69	239	300	309	160	140	173	1044
		Wgt N	996	73	237	78	309	161	137	129	867
		Mean	7.1	7.6	7.4	7.0	7.0	6.8	6.9	7.0	7.1
		Median	8.0	8.0	8.0	7.0	8.0	7.0	8.0	7.0	8.0
	Not at all comfortable (0)	%	4.9	6.3	3.5	3.5	6.0	3.7	6.0	3.0	5.1
	1	%	1.4	0.0	2.5	2.7	1.0	0.5	1.2	1.3	1.4
	2	%	2.0	0.0	2.8	1.7	1.8	1.7	2.6	1.7	2.0
	3	%	3.5	2.7	1.8	1.9	3.4	7.7	2.9	3.0	3.5
	4	%	3.4	3.6	3.3	3.1	4.0	3.7	1.7	0.9	3.7
	5	%	9.3	8.2	9.9	10.7	7.7	9.3	11.9	10.5	9.2
	6	%	7.6	6.4	5.3	10.6	7.4	12.4	5.6	17.0	6.3
	7	%	12.8	8.7	8.2	16.9	15.6	12.4	14.9	17.4	12.1
	8	%	16.1	14.7	14.8	15.2	17.8	16.2	15.7	15.9	16.1
	9	%	9.5	11.4	11.3	6.5	10.1	6.6	8.9	9.6	9.4
	Very comfortable (10)	%	25.6	35.1	33.3	24.4	21.8	19.9	22.9	18.2	26.7
	Unsure	%	4.0	2.9	3.4	2.8	3.3	5.9	5.7	1.5	4.4

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On a scale of 0 to 10 where 0 is not at all comfortable, and 10 is very comfortable, how comfortable are you about having discussions about perimenopause with the following people:
[ROTATE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - A healthcare practitioner	Total	Unwgt N	1215	70	237	299	309	160	140	173	1042
		Wgt N	995	74	235	78	309	161	137	129	866
		Mean	8.6	8.7	8.8	8.6	8.6	8.6	8.5	8.2	8.7
		Median	10.0	10.0	10.0	10.0	9.0	9.0	10.0	9.0	10.0
	Not at all comfortable (0)	%	1.6	2.6	0.7	2.5	2.2	0.5	1.7	3.6	1.3
	1	%	0.4	0.0	0.8	0.3	0.6	0.0	0.0	0.0	0.5
	2	%	0.2	0.0	0.0	0.6	0.2	0.0	0.6	0.7	0.1
	3	%	1.0	2.3	0.6	0.0	0.9	0.6	2.2	1.5	0.9
	4	%	1.3	0.0	1.0	1.1	1.2	2.2	1.8	0.0	1.5
	5	%	3.3	1.6	3.3	2.5	3.0	3.6	4.8	4.5	3.1
	6	%	3.6	4.2	3.2	3.6	2.9	5.9	3.2	5.7	3.3
	7	%	8.3	7.3	9.5	9.2	8.9	5.0	8.8	10.1	8.0
	8	%	13.1	13.8	9.2	15.7	12.5	17.9	14.0	12.7	13.2
	9	%	14.7	14.3	14.7	11.0	17.6	15.8	9.0	20.9	13.8
	Very comfortable (10)	%	50.5	51.0	55.7	51.9	48.4	45.1	51.9	38.1	52.4
	Unsure	%	1.9	2.9	1.2	1.6	1.5	3.4	2.0	2.3	1.8

Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Symptoms of menopause can range on a scale, i.e. there can be severe symptoms and more manageable symptoms	Total	Unwgt N	1219	70	240	300	308	160	141	173	1046
		Wgt N	997	74	238	78	308	161	138	129	868
		Mean	4.0	5.5	3.6	4.3	2.4	6.2	4.9	5.6	3.8
		Median	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
	Familiar	%	37.4	30.1	30.8	41.2	41.5	39.0	39.4	21.6	39.7
	Somewhat familiar	%	43.7	50.8	50.8	41.1	43.8	38.7	34.5	53.5	42.2
	Somewhat not familiar	%	9.2	5.4	9.5	6.4	8.9	9.4	12.8	13.9	8.5
	Not familiar	%	6.9	8.9	6.7	8.0	5.0	7.1	9.4	6.3	7.0
	Unsure	%	2.9	4.8	2.3	3.4	0.8	5.8	3.9	4.7	2.6

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Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Some symptoms of both menopause and perimenopause are not physical and can impact one's mental and emotional health, including feelings of anger and feeling disconnected	Total	Unwgt N	1221	70	240	299	311	160	141	173	1048
		Wgt N	1000	74	238	78	311	161	138	129	871
	Familiar	%	28.6	28.7	28.5	28.5	27.9	27.0	31.8	17.5	30.2
	Somewhat familiar	%	41.5	45.6	45.2	45.9	43.0	42.4	26.2	45.9	40.9
	Somewhat not familiar	%	12.7	7.1	11.4	10.4	15.0	10.0	17.2	20.6	11.5
	Not familiar	%	11.8	14.7	11.4	10.8	8.7	15.3	14.4	13.1	11.6
	Unsure	%	5.4	3.8	3.4	4.4	5.4	5.3	10.4	2.9	5.8

Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Treatment options for menopause and perimenopause exist	Total	Unwgt N	1221	70	240	300	310	160	141	173	1048
		Wgt N	999	74	238	78	310	161	138	129	870
	Familiar	%	20.0	19.8	23.9	16.5	17.7	22.2	18.1	9.0	21.6
	Somewhat familiar	%	39.5	44.1	39.8	41.3	44.0	31.5	35.0	33.9	40.4
	Somewhat not familiar	%	17.3	9.6	18.0	16.9	19.3	15.9	17.6	25.6	16.1
	Not familiar	%	16.5	14.9	14.0	18.9	13.6	22.6	19.8	24.7	15.3
	Unsure	%	6.7	11.6	4.3	6.4	5.5	7.8	9.5	6.8	6.6

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On a scale of 0 to 10 where 0 is strongly disagree and 10 is strongly agree, please rate your level of agreement with the following statements: [ROTATE]

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Perimenopause makes me feel anxious	Total	Unwgt N	1215	70	240	295	309	160	141	173	1042
		Wgt N	997	74	238	77	309	161	138	129	868
		Mean	4.6	5.6	3.7	5.0	4.7	4.9	4.7	5.9	4.4
		Median	5.0	6.0	4.0	5.0	5.0	5.0	5.0	6.0	5.0
	Strongly disagree (0)	%	18.6	13.9	27.2	15.6	17.3	14.7	15.4	6.2	20.5
	1	%	3.4	2.3	4.7	4.2	2.9	2.8	3.0	2.0	3.6
	2	%	5.9	1.6	7.2	3.7	6.4	5.7	6.1	4.5	6.1
	3	%	5.6	1.3	5.3	5.3	6.5	7.6	4.3	6.5	5.5
	4	%	4.1	9.6	4.8	2.5	4.5	1.6	2.8	4.0	4.1
	5	%	12.8	12.5	14.9	13.9	11.6	11.9	12.7	13.2	12.8
	6	%	8.9	6.5	7.0	11.1	9.3	8.2	11.9	12.9	8.3
	7	%	10.7	15.6	7.2	10.6	10.1	13.7	12.4	20.1	9.3
	8	%	8.3	6.7	7.6	8.7	10.3	7.9	6.1	10.2	8.0
	9	%	3.8	5.8	3.2	7.6	3.6	3.0	3.4	5.0	3.7
	Strongly agree (10)	%	6.5	13.0	3.5	6.0	7.0	8.2	5.3	10.1	6.0
	Unsure	%	11.3	11.2	7.3	10.8	10.5	14.8	16.6	5.3	12.2



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On a scale of 0 to 10 where 0 is strongly disagree and 10 is strongly agree, please rate your level of agreement with the following statements: [ROTATE]

			Region						Age		
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - I know what resources to turn to for support on symptoms of perimenopause	Total	Unwgt N	1220	70	240	299	311	160	140	173	1047
		Wgt N	999	74	238	78	311	161	137	129	870
		Mean	6.7	6.4	7.0	6.8	6.7	6.1	6.9	6.2	6.7
		Median	7.0	7.0	8.0	7.0	7.0	7.0	8.0	6.0	7.0
	Strongly disagree (0)	%	5.2	9.8	3.7	4.0	4.6	8.2	3.9	3.3	5.5
	1	%	1.6	0.0	2.3	1.5	2.3	0.6	1.2	2.3	1.5
	2	%	3.2	0.0	2.8	1.4	4.1	3.8	3.6	2.1	3.3
	3	%	3.5	2.3	4.2	2.9	4.0	2.6	3.5	4.9	3.3
	4	%	3.7	6.1	3.3	4.0	2.5	4.0	5.4	5.6	3.4
	5	%	10.2	12.3	8.7	12.4	8.9	15.6	7.1	14.4	9.6
	6	%	8.1	9.2	8.7	10.4	6.4	9.7	7.2	14.8	7.1
	7	%	14.0	12.3	11.5	15.2	17.3	14.6	10.3	16.0	13.7
	8	%	15.2	14.1	15.6	16.3	15.6	13.7	15.4	11.5	15.7
	9	%	10.7	11.7	8.7	8.8	13.5	9.9	9.1	7.4	11.1
	Strongly agree (10)	%	16.5	13.5	23.2	15.6	14.0	9.6	20.7	10.4	17.4
	Unsure	%	8.0	8.8	7.3	7.4	6.7	7.8	12.7	7.1	8.2

			Region						Age		
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Are you likely, somewhat likely, somewhat not likely or not likely to consult a healthcare practitioner when you experience symptoms of perimenopause?	Total	Unwgt N	1218	70	239	298	311	160	140	173	1045
		Wgt N	998	74	237	78	311	161	137	129	869
	Likely	%	31.8	33.9	25.2	36.7	35.1	28.6	36.1	30.1	32.1
	Somewhat likely	%	31.8	38.9	31.6	31.3	30.6	37.0	24.9	40.3	30.5
	Somewhat not likely	%	12.6	7.9	16.9	11.0	11.9	8.1	15.3	11.8	12.7
	Not likely	%	13.9	14.7	15.6	10.7	12.3	14.7	15.3	7.4	14.9
	Unsure	%	9.9	4.6	10.7	10.4	10.2	11.6	8.4	10.5	9.8

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			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - What comes to mind when you think of a pelvic floor disorder? [OPEN]	Total	Unwgt N	1159	70	223	282	296	156	132	163	996
		Wgt N	946	74	221	74	294	156	127	122	825
	Incontinence/leaky bladder	%	36.8	24.4	50.4	40.0	32.9	32.3	33.3	41.1	36.2
	Pelvic/uterine/bladder prolapse	%	12.7	9.3	11.3	9.4	16.6	10.9	12.0	8.9	13.2
	Pain/discomfort	%	6.6	3.8	3.9	8.4	8.1	8.3	6.0	7.7	6.4
	Occurs post-partum	%	2.3	2.5	1.2	1.3	3.2	3.6	0.9	6.0	1.7
	Problems during intercourse	%	1.5	0.0	2.7	0.3	0.8	1.2	2.6	0.0	1.7
	Weakness of pelvic floor/muscles	%	4.7	7.4	2.5	6.4	4.5	7.3	3.6	2.1	5.1
	Feeling of heaviness	%	0.5	0.0	0.4	1.3	1.2	0.0	0.0	0.0	0.6
	Related to endometriosis	%	0.3	0.0	0.0	0.0	0.9	0.0	0.0	1.6	0.1
	Fecal incontinence/constipation	%	2.5	0.0	2.9	1.9	3.7	1.6	1.4	1.7	2.6
	Occurs in the pelvic area/low pelvis	%	2.2	4.5	2.3	2.0	2.4	1.2	1.4	3.0	2.0
	Kegel exercises	%	1.8	3.1	0.4	1.6	1.2	4.0	2.2	2.6	1.7
	Inflammation	%	0.3	0.0	0.0	0.0	0.5	0.6	0.0	0.8	0.2
	Surgery/mesh insert	%	0.3	0.0	0.0	1.0	0.0	1.1	0.0	0.0	0.3
	Problems with pregnancy/fertility	%	0.4	0.0	0.5	0.9	0.3	0.0	0.7	0.9	0.3
	Occurs to during/around menopause	%	0.1	0.0	0.4	0.3	0.0	0.0	0.0	0.0	0.1
	Nothing/never heard of it	%	18.1	26.2	11.8	13.8	19.5	20.5	20.7	9.1	19.4
	Other	%	2.4	6.7	0.4	5.0	1.8	2.3	3.0	4.6	2.0
	Unsure	%	19.9	19.7	18.4	18.0	21.9	18.4	20.8	18.6	20.1

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Are you aware or not aware that 50% of women over 50 are affected with pelvic floor disorders such as organ prolapse, incontinence, etc.?	Total	Unwgt N	1215	69	238	298	309	160	141	173	1042
		Wgt N	994	73	236	77	309	161	138	129	865
	Aware	%	28.1	25.5	24.6	31.1	31.6	25.4	28.7	22.9	28.8
	Not aware	%	59.6	58.1	61.2	57.9	57.4	63.1	59.3	64.2	58.9
	Unsure	%	12.4	16.4	14.2	11.0	11.0	11.5	12.0	12.9	12.3

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Our next few questions are about menopause which is a point in time 12 months after a woman's last period

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - To the best of your knowledge, have you experienced any of the following symptoms of perimenopause or menopause? [SELECT AS MANY AS APPLY][RANDOMIZE]	Total	Unwgt N	1219	70	238	300	310	160	141	172	1047
		Wgt N	998	74	236	78	310	161	138	128	870
	Irregular periods	%	43.4	45.4	37.8	45.4	43.5	48.7	44.6	31.6	45.2
	Vaginal dryness	%	37.0	35.3	41.9	30.6	35.3	36.7	37.0	20.5	39.4
	Hot flashes	%	61.1	68.1	61.3	55.8	62.1	64.4	54.0	31.6	65.4
	Chills	%	22.7	28.7	21.0	21.3	22.0	27.9	18.6	18.8	23.3
	Night sweats	%	54.6	58.0	58.4	47.2	52.8	52.7	56.8	33.2	57.8
	Sleep problems	%	49.9	59.3	54.2	48.2	46.2	51.2	45.4	43.7	50.8
	Mood changes	%	47.7	46.9	48.1	47.4	47.9	50.8	43.4	45.6	48.0
	Weight gain and slowed metabolism	%	48.2	47.1	44.4	39.8	54.9	48.0	45.0	41.9	49.1
	Depression	%	25.9	30.0	17.8	26.6	29.7	27.1	27.2	30.9	25.2
	Anxiety	%	33.7	34.0	30.0	34.7	34.5	36.2	34.8	37.4	33.2
	Irritability	%	47.0	54.4	52.0	40.6	47.0	44.9	40.9	45.0	47.3
	Fatigue	%	47.7	50.5	52.6	45.0	46.8	45.9	43.2	44.2	48.2
	None of the above	%	11.3	5.4	10.6	13.1	12.0	11.3	12.9	26.2	9.1
	Experienced before menopause	%	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.7	0.0
	Do not remember	%	0.3	0.0	0.0	0.0	0.0	1.5	0.5	0.0	0.4
	Incontinence/pelvic floor issues	%	0.3	0.0	0.4	0.0	0.6	0.0	0.0	0.0	0.3
	Not in menopause yet	%	0.3	0.0	0.0	1.0	0.3	0.0	0.8	0.2	0.3
	Itchy skin	%	0.1	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1
	Nausea	%	0.2	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.2
	Other	%	0.2	0.0	0.4	0.0	0.2	0.0	0.0	0.7	0.1
	Cramps	%	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.1
	Headache	%	0.1	0.0	0.0	0.3	0.3	0.0	0.0	0.0	0.1
	Weepiness	%	0.1	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1
	Vaginal odor	%	0.1	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.2
	Low libido	%	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1
	Heavier periods	%	0.3	0.0	0.6	0.7	0.2	0.0	0.0	0.0	0.3
	Shorter attention span	%	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0
	Acne	%	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.1
	Hair loss	%	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.1
	Facial hair growth	%	0.2	0.0	0.0	0.0	0.0	0.0	1.2	0.0	0.2
	Memory loss	%	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0

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2022-2098 – Mt. Sinai – Women survey – STAT SHEET

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Have you consulted a healthcare practitioner about experiencing symptoms of any of the following: [SELECT AS MANY AS APPLY]?	Total	Unwgt N	1217	70	237	300	310	160	140	172	1045
		Wgt N	996	74	235	78	310	161	137	128	868
	[Menopause]	%	34.4	35.6	40.5	31.8	33.8	29.9	31.3	7.7	38.3
	[Perimenopause]	%	19.1	22.4	10.5	26.1	21.8	21.3	19.2	17.2	19.3
	[Pelvic floor disorders]	%	9.9	10.0	10.5	7.0	9.6	12.0	8.9	9.1	10.0
	[None of the above]	%	53.3	53.7	51.9	52.8	51.7	53.6	59.2	72.4	50.5

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			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question – [IF HAS NOT CONSULTED] Why did you not consult a healthcare practitioner? [OPEN]	Total	Unwgt N	627	37	118	149	159	84	80	121	506
		Wgt N	507	39	114	39	157	83	75	90	417
	No symptoms	%	11.6	8.7	14.7	10.7	11.7	9.6	11.0	19.8	9.8
	Symptoms were mild	%	25.9	26.2	32.4	22.6	23.3	22.1	27.2	16.9	27.8
	No reason to/didn't see a need/normal experience	%	29.4	23.7	29.3	36.1	30.0	29.8	27.6	19.3	31.6
	No family doctor	%	3.6	1.8	6.8	2.1	3.8	2.3	1.5	3.0	3.8
	Didn't think I would be taken seriously	%	0.9	0.0	1.6	0.0	0.6	2.4	0.0	0.0	1.1
	Don't like/trust my doctor/doctors generally	%	1.4	0.0	0.0	0.7	1.1	2.0	4.8	0.9	1.5
	I will if needed/symptoms worsen	%	1.7	6.6	0.8	0.7	3.0	0.0	0.0	5.0	0.9
	Didn't know what to ask/say	%	0.1	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.1
	I plan to/have an appointment	%	1.2	0.0	1.5	1.2	2.4	0.0	0.0	2.3	0.9
	Spoke to a family member/friend	%	0.6	5.0	0.0	1.1	0.6	0.0	0.0	0.0	0.8
	COVID-19	%	2.1	1.8	0.8	4.1	3.4	0.9	1.5	2.8	1.9
	Didn't have time/haven't gotten around to it	%	3.3	0.0	4.1	3.6	3.6	3.1	3.0	3.6	3.2
	I don't usually consult a doctor about anything	%	1.2	0.0	0.9	0.7	2.2	1.2	0.9	1.0	1.3
	Consulted other information sources	%	1.7	5.0	0.0	0.0	2.0	2.3	2.1	1.1	1.9
	Didn't want medication/HRT	%	4.2	2.5	3.2	0.0	7.2	2.1	5.2	0.0	5.2
	Embarrassed/ashamed/didn't feel comfortable	%	1.3	5.0	0.0	1.2	1.2	0.9	2.2	1.1	1.4
	Already been through menopause/not an issue now	%	2.1	0.0	1.6	1.6	2.2	3.9	1.9	0.0	2.5
	Dealing with other health issues/not a priority	%	1.3	2.5	0.8	1.3	0.0	5.3	0.0	1.0	1.4
	Not in menopause yet	%	2.6	1.8	1.5	5.1	3.0	2.3	2.6	9.4	1.1
	Other	%	2.9	3.0	2.3	4.3	3.6	3.3	1.5	6.6	2.2
	I didn't realize a doctor could help me	%	2.9	2.5	0.0	4.5	1.8	4.5	7.0	0.9	3.3
	A doctor can't do anything/wouldn't help	%	0.6	0.0	0.0	1.2	0.6	1.2	0.9	1.0	0.5
	Hard for me to get to appointments/doctor not available	%	1.8	1.8	1.6	0.5	2.8	1.1	1.1	2.1	1.7
	My symptoms were unrelated/thought they were something else	%	0.9	0.0	2.0	0.7	0.0	1.0	1.5	1.0	0.9
	Unsure	%	3.0	1.8	1.5	1.9	1.8	6.5	5.1	5.5	2.5

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2022-2098 – Mt. Sinai – Women survey – STAT SHEET

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - How long did you wait between the start of the symptoms and consulting a healthcare practitioner about them?	Total	Unwgt N	544	32	107	141	142	69	53	46	498
		Wgt N	451	34	109	36	144	71	55	35	415
		Mean	131.3	81.8	149.9	82.7	126.3	135.2	165.2	109.4	133.2
		Median	60.0	30.0	90.0	45.0	60.0	90.0	100.0	60.0	60.0
	0	%	2.0	0.0	1.4	3.8	2.6	1.3	2.8	0.0	2.2
	1	%	1.9	6.8	2.3	0.0	1.8	0.0	2.1	0.0	2.1
	2	%	1.1	0.0	0.0	4.5	1.2	1.3	1.5	3.1	1.0
	3	%	0.9	0.0	1.7	1.3	0.5	1.3	0.0	3.2	0.7
	4	%	0.2	0.0	0.8	0.6	0.0	0.0	0.0	0.0	0.3
	5	%	2.1	3.4	0.0	2.6	5.2	0.0	0.0	4.1	2.0
	6	%	0.2	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.2
	7	%	1.9	2.9	1.7	1.9	1.2	3.3	2.1	0.7	2.0
	8	%	0.5	0.0	0.8	0.0	0.0	0.0	2.9	0.0	0.6
	10	%	2.6	5.7	2.4	5.8	1.9	1.2	2.9	2.7	2.6
	11	%	0.2	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.2
	12	%	0.5	5.7	0.0	0.6	0.0	0.0	0.0	0.0	0.5
	14	%	2.8	6.2	0.9	1.1	1.7	5.2	4.9	5.1	2.6
	15	%	1.3	2.1	2.9	0.6	1.3	0.0	0.0	4.4	1.1
	20	%	0.8	0.0	0.0	5.0	1.3	0.0	0.0	0.7	0.8
	21	%	0.9	3.4	0.0	1.3	0.6	2.4	0.0	4.8	0.6
	22	%	0.1	0.0	0.0	0.7	0.0	0.0	0.0	0.7	0.0
	30	%	14.2	20.2	14.0	18.1	15.1	12.6	7.9	13.2	14.3
	31	%	0.2	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2
	33	%	0.1	0.0	0.0	1.4	0.0	0.0	0.0	0.7	0.1
	35	%	0.2	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.2
	40	%	0.4	0.0	0.0	0.0	0.0	2.4	0.0	2.7	0.2
	45	%	0.7	0.0	0.0	1.3	1.9	0.0	0.0	2.7	0.6
	48	%	0.2	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.2
	50	%	0.9	0.0	2.1	0.0	0.6	1.3	0.0	0.0	1.0
	55	%	0.2	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.2
	56	%	0.2	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.2
	60	%	13.5	13.5	14.7	15.5	12.9	17.3	6.3	10.5	13.7
	62	%	0.2	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.2
	80	%	0.4	0.0	0.0	0.0	0.5	0.0	2.1	0.0	0.5
	90	%	11.4	5.4	12.6	11.1	9.9	13.7	13.8	15.3	11.1
	100	%	3.8	0.0	2.3	4.8	4.4	2.3	9.1	0.0	4.1
	109	%	0.2	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.2
	120	%	2.9	0.0	3.5	3.0	3.7	0.0	5.0	3.4	2.8

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150	%	1.7	3.4	0.0	0.6	4.3	0.0	0.0	0.0	1.8
156	%	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.1
160	%	0.3	0.0	0.0	0.0	0.0	0.0	2.1	0.0	0.3
170	%	0.2	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.2
180	%	4.7	3.4	7.8	3.4	3.1	7.1	1.3	2.4	4.9
190	%	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0
200	%	3.2	4.9	2.3	2.2	1.8	8.3	1.3	2.7	3.2
210	%	0.2	2.1	0.0	0.0	0.0	0.0	0.0	2.0	0.0
240	%	0.6	0.0	0.9	0.0	1.3	0.0	0.0	0.0	0.7
275	%	0.2	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.2
300	%	2.0	0.0	0.8	0.6	1.9	1.6	7.0	0.0	2.1
350	%	0.3	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.4
360	%	0.2	0.0	0.8	0.6	0.0	0.0	0.0	0.0	0.2
365	%	12.6	7.0	14.0	5.5	10.4	13.2	23.1	9.5	12.9
375	%	0.2	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2
400	%	0.2	0.0	0.0	0.0	0.0	1.6	0.0	0.0	0.3
450	%	0.2	0.0	0.0	0.0	0.7	0.0	0.0	2.7	0.0
500	%	1.0	0.0	0.0	0.0	2.5	1.3	0.0	0.0	1.1
600	%	0.9	0.0	3.1	0.0	0.6	0.0	0.0	2.4	0.8
700	%	0.4	0.0	0.8	0.6	0.0	1.2	0.0	0.0	0.5
730	%	0.7	0.0	0.9	0.0	0.6	0.0	2.1	0.0	0.7
786	%	0.2	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.2
800	%	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0



2022-2098 – Mt. Sinai – Women survey – STAT SHEET

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - What affected the length of time between the start of the symptoms and when you consulted a healthcare practitioner about them? [OPEN]	Total	Unwgt N	512	29	104	125	135	69	50	41	471
		Wgt N	429	30	107	33	135	71	52	33	395
	Ability to get an appointment/connect with physician	%	11.1	21.2	18.0	7.6	10.1	6.2	2.7	18.5	10.5
	Anxiety	%	0.5	0.0	1.9	0.6	0.0	0.0	0.0	0.0	0.6
	Money/affording to see the doctor	%	0.2	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.3
	None/nothing/I didn't wait	%	4.5	0.0	5.4	8.5	2.1	4.6	8.8	3.4	4.6
	Symptoms were not new, used to getting them	%	0.4	0.0	0.0	0.6	0.7	0.0	1.4	0.0	0.5
	I was busy	%	4.7	3.3	5.7	1.9	3.5	8.8	2.7	8.0	4.4
	Didn't think the doctor could help me/didn't want to see a doctor or take hormone replacement	%	2.6	0.0	0.8	1.3	4.5	2.6	3.8	2.6	2.6
	I don't remember	%	2.9	3.8	4.5	1.6	2.6	2.4	1.4	0.0	3.2
	I pushed through/continued living life with the symptoms	%	5.2	6.4	1.7	3.2	5.1	6.1	11.5	0.0	5.6
	I couldn't function well anymore/symptoms became too much	%	6.8	9.4	5.0	10.1	5.3	7.0	10.4	0.8	7.3
	COVID	%	2.8	3.8	5.4	1.9	3.3	0.0	0.0	2.8	2.8
	Only had mild symptoms/wasn't worried	%	6.2	11.8	6.5	4.4	4.8	3.8	10.6	5.4	6.3
	Denial	%	1.5	0.0	0.0	1.9	1.1	4.7	1.6	0.0	1.6
	Did research on my own	%	0.6	0.0	0.8	0.6	1.3	0.0	0.0	0.0	0.7
	Embarrassment/didn't feel comfortable bringing it up with my doctor	%	0.8	3.8	0.0	1.4	0.7	0.0	1.4	0.0	0.8
	Doctor told me during an appointment for something else (annual check up, other issue)	%	5.9	3.8	3.1	3.3	6.8	9.9	6.6	9.0	5.6
	Hoping it would go away	%	11.0	7.9	6.4	8.6	14.8	15.4	7.5	11.4	10.9
	Fear/scared	%	0.2	0.0	0.0	0.6	0.6	0.0	0.0	0.0	0.2
	Wasn't sure what was happening or what to do	%	9.9	5.6	8.3	17.4	10.0	13.6	5.7	2.9	10.5
	Other	%	2.0	0.0	0.9	9.8	2.6	0.0	1.4	0.8	2.1
	I already knew/expected the symptoms to come	%	1.9	0.0	0.9	0.6	1.7	0.0	8.9	0.0	2.1
	I thought it was a normal thing women went through	%	2.0	10.3	0.9	1.3	0.0	1.2	6.0	0.0	2.1
	I waited to be sure it was what it was	%	6.1	3.8	3.0	5.1	8.2	11.4	1.4	10.5	5.7
	I had other health issues	%	1.9	0.0	0.8	0.0	4.0	1.3	1.6	0.0	2.0
	I didn't wait	%	0.9	0.0	0.9	0.6	2.0	0.0	0.0	0.0	1.0
	The symptoms (heat flashes,	%	8.9	2.3	23.8	4.9	4.0	2.2	6.9	20.9	7.9
	Unsure	%	5.2	9.7	2.5	6.6	4.7	7.6	5.4	8.5	5.0

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			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - Were you prescribed any treatment(s) for menopause/perimenopause or pelvic floor disorders after consulting a healthcare practitioner?	Total	Unwgt N	555	32	110	142	147	72	52	46	509
		Wgt N	461	34	112	37	150	75	54	35	426
	Yes	%	48.9	47.4	57.9	36.9	45.3	49.8	48.0	40.2	49.6
	No	%	51.1	52.6	42.1	63.1	54.7	50.2	52.0	59.8	50.4

			Region							Age	
			Canada 2022-04	Atlantic	Quebec	City of Toronto	Rest of Ontario	Prairies	British Columbia	40 to 44	45 and older
Question - How long did it take between the time you were diagnosed with perimenopause or menopause or a pelvic floor disorder to obtain treatment? ___ days	Total	Unwgt N	231	14	57	45	60	31	24	15	216
		Wgt N	218	16	61	13	68	36	25	13	204
		Mean	41.7		46.5	24.8	42.4	30.1			42.8
		Median	7.0		3.0	3.0	7.0	2.0			7.0
	0	%	15.5		20.1	19.0	12.2	21.6			15.7
	1	%	19.2		23.1	21.7	18.1	12.7			19.0
	2	%	7.1		3.9	5.3	2.8	22.2			6.9
	3	%	4.4		4.1	5.8	8.3	0.0			4.7
	4	%	0.3		0.0	0.0	0.0	2.0			0.3
	5	%	2.5		0.0	3.2	5.3	2.3			2.3
	7	%	6.7		5.7	0.0	3.7	3.1			7.2
	10	%	2.9		1.4	0.0	4.2	0.0			2.6
	12	%	0.4		1.4	0.0	0.0	0.0			0.4
	14	%	2.9		0.0	0.0	4.2	4.5			3.1
	15	%	1.1		2.4	0.0	0.0	0.0			1.1
	20	%	1.1		0.0	5.8	1.4	0.0			1.2
	21	%	0.5		1.6	0.0	0.0	0.0			0.5
	30	%	10.3		11.8	16.8	9.5	13.4			9.7
	40	%	0.3		0.0	0.0	0.0	2.0			0.3
	45	%	0.4		0.0	0.0	1.1	0.0			0.4
	60	%	7.4		7.9	12.7	6.1	6.8			7.3
	76	%	0.4		0.0	0.0	1.1	0.0			0.4
	90	%	5.6		5.4	4.9	10.6	2.7			5.0
	100	%	1.2		0.0	1.6	0.0	0.0			1.3
	120	%	1.7		1.4	1.6	2.8	0.0			1.8
	150	%	0.1		0.0	1.6	0.0	0.0			0.1
	160	%	0.9		0.0	0.0	2.8	0.0			0.9
	180	%	1.8		1.4	0.0	2.3	4.4			1.9
	189	%	0.4		0.0	0.0	1.4	0.0			0.5
	200	%	0.4		1.4	0.0	0.0	0.0			0.4
	300	%	0.4		1.4	0.0	0.0	0.0			0.4
	350	%	0.7		2.4	0.0	0.0	0.0			0.7
	365	%	3.6		3.3	0.0	2.3	2.6			3.9

Nanos conducted an online survey of 1,220 Canadian women, 40 years of age or older, between March 30th to April 1st, 2022. Columns with n values under 30 have been shaded.

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Our study today is about women's health.

Prior to today have you heard or not heard of the following: [RANDOMIZE]

			With which of the following do you best identify yourself?															
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - Organ prolapse	Total	Unwgt N	1201	983	21	83	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	983	841	17	50	14	5	2	2	3	6	2	3	5	13	21	0
	Aware	%	37.8	39.1		17.8												
	Not aware	%	62.2	60.9		82.2												

Prior to today have you heard or not heard of the following: [RANDOMIZE]

			With which of the following do you best identify yourself?															
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - Pelvic Floor disorders	Total	Unwgt N	1206	987	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	986	843	17	51	14	5	2	2	3	6	2	3	5	13	21	0
	Aware	%	53.4	55.3		39.7												
	Not aware	%	46.6	44.7		60.3												

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Prior to today have you heard of or not heard of the following: [RANDOMIZE]

		With which of the following do you best identify yourself?																
		Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other	
Question - Perimenopause	Total	Unwgt N	1211	992	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	993	850	17	51	14	5	2	2	3	6	2	3	5	13	21	0
	Aware	%	70.4	71.4		59.3												
	Not aware	%	29.6	28.6		40.7												

Prior to today have you heard of or not heard of the following: [RANDOMIZE]

With which of the following do you best identify yourself?																		
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - Menopause	Total	Unwgt N	1213	994	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	994	851	17	51	14	5	2	2	3	6	2	3	5	13	21	0
	Aware	%	98.0	99.2		85.9												
	Not aware	%	2.0	0.8		14.1												

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Menopause is the time when a person's menstrual period has stopped for 12 consecutive months. Our next few questions are about perimenopause which is the 5 to 8 years before the last menstrual period. It is a time of great hormonal fluctuation.

		With which of the following do you best identify yourself?																
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - On a scale of 0 to 10 where 0 is not knowledgeable at all and 10 is a very knowledgeable, how knowledgeable are you about perimenopause?	Total	Unwgt N	1212	993	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	993	850	17	51	14	5	2	2	3	6	2	3	5	13	21	0
		Mean	6.0	6.1		5.3												
		Median	7.0	7.0		6.0												
	No knowledge at all (0)	%	10.4	10.4		12.1												
	1	%	2.9	2.4		3.9												
	2	%	3.5	3.6		0.9												
	3	%	5.6	5.4		6.9												
	4	%	4.7	4.6		4.6												
	5	%	10.0	9.4		16.7												
	6	%	8.5	7.9		11.6												
	7	%	13.7	14.5		12.6												
	8	%	14.9	15.3		14.2												
	9	%	8.2	8.1		5.9												
	A lot of knowledge (10)	%	14.5	15.4		4.9												
	Unsure	%	3.0	2.9		5.8												

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			With which of the following do you best identify yourself?															
			Canada 2022- 04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question -What symptoms do you associate with perimenopause? [OPEN]	Total	Unwgt N	1185	971	21	82	28	8	6	4	6	6	4	5	6	13	25	0
		Wgt N	970	829	17	50	14	5	2	2	3	5	2	3	4	13	21	0
	Changes in menstruation (frequency/flow)	%	37.4	38.3		30.7												
	Aches/pains/cramps	%	6.6	6.4		6.1												
	Anxiety/stress	%	1.6	1.6		2.3												
	Dizziness/nausea	%	0.5	0.6		0.0												
	Sleep disturbance/insomnia	%	6.9	7.4		8.0												
	Hot flashes	%	47.5	47.9		45.9												
	Mood swings/depression/hormonal changes	%	35.8	36.3		33.2												
	None/I don't know any	%	13.2	13.2		11.6												
	Fatigue	%	4.8	4.9		3.9												
	Bloating	%	1.1	1.3		0.0												
	Weight gain/loss	%	6.4	6.2		1.9												
	Sweating/night sweats	%	8.9	8.7		13.5												
	Breast pain	%	0.2	0.3		0.0												
	Acne/skin issues	%	2.2	2.2		2.4												

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		With which of the following do you best identify yourself?															
		Canada 2022- 04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Changes in libido	%	1.3	1.4		0.5												
Vaginal dryness	%	1.7	1.7		1.5												
Depression	%	0.8	0.7		1.5												
Brain fog/memory loss	%	0.8	0.8		0.0												
Changes in hair (growth/thinning)	%	0.2	0.3		0.0												
Other	%	2.4	2.4		0.4												
Unsure	%	1.0	1.2		0.0												

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			With which of the following do you best identify yourself?															
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - Have you ever tried to look for information on perimenopause or its symptoms?	Total	Unwgt N	1205	989	20	84	28	8	6	4	6	7	4	5	6	12	26	0
		Wgt N	984	845	15	51	14	5	2	2	3	6	2	3	4	11	21	0
	Yes	%	38.6	38.5		45.2												
	No	%	61.4	61.5		54.8												

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			With which of the following do you best identify yourself?															
			Canada 2022- 04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - What resources have you gone to or would you go to, to learn about symptoms of perimenopause? [OPEN]	Total	Unwgt N	1150	942	21	84	27	7	5	3	6	4	2	5	6	13	25	0
		Wgt N	944	807	17	51	13	4	1	2	3	3	1	3	4	13	21	0
	Internet/Google (general)	%	48.8	48.3		58.5												
	Medical Professional (family doctor, gynecologist, OB GYN, naturopath, pharmacist, etc)	%	40.2	41.9		24.8												
	Health websites (WebMD, Mayo Clinic, etc)	%	11.7	11.7		8.9												
	Family/friends	%	6.5	5.7		16.6												
	Social media	%	0.5	0.5		2.7												
	None	%	14.1	14.2		11.9												
	Provincial government/Health Canada	%	1.8	1.6		2.2												
	Medical journals/articles/literature	%	3.9	4.1		5.3												
	Books (general)	%	3.1	3.6		0.0												
	Women's health magazines/resources	%	1.3	1.3		0.0												
	Documentary (Loto Meno)	%	0.5	0.6		0.0												
	Other	%	2.2	2.0		4.5												
	Unsure	%	2.1	2.0		8.1												

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With which of the following do you best identify yourself?																		
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - On a scale of 0 to 10 where 0 is not at all confident and 10 is very confident how confident are you when it comes to knowing where to look about information on perimenopause and its symptoms?	Total	Unwgt N	1212	993	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	992	849	17	51	14	5	2	2	3	6	2	3	5	13	21	0
		Mean	7.0	7.0		6.2												
		Median	7.0	7.0		7.0												
	Not at all confident (0)	%	4.3	4.6		6.4												
	1	%	1.1	1.0		0.0												
	2	%	1.6	1.6		4.2												
	3	%	2.5	2.1		1.9												
	4	%	3.5	3.5		4.5												
	5	%	12.3	11.4		21.4												
	6	%	8.7	8.6		4.4												
	7	%	14.6	14.9		18.1												
	8	%	16.5	16.2		18.7												
	9	%	9.9	10.0		8.5												
	Very confident (10)	%	19.7	20.9		7.0												
	Unsure	%	5.2	5.2		4.9												

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On a scale of 0 to 10 where 0 is not at all comfortable, and 10 is very comfortable, how comfortable are you about having discussions about perimenopause with the following people: [ROTATE]

			With which of the following do you best identify yourself?															
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - A healthcare practitioner	Total	Unwgt N	1208	991	21	83	28	8	6	4	6	7	4	5	6	13	26	0
		Wgt N	990	849	17	50	14	5	2	2	3	6	2	3	4	13	21	0
		Mean	8.6	8.7		8.2												
		Median	10.0	10.0		9.0												
	Not at all comfortable (0)	%	1.6	1.5		0.0												
	1	%	0.4	0.5		0.0												
	2	%	0.2	0.0		0.0												
	3	%	1.0	1.1		1.4												
	4	%	1.3	1.1		0.4												
	5	%	3.3	3.4		4.9												
	6	%	3.6	3.3		11.1												
	7	%	8.4	8.4		13.3												
	8	%	13.1	12.8		16.1												
	9	%	14.7	14.2		24.2												
	Very comfortable (10)	%	50.6	52.0		24.9												
	Unsure	%	1.9	1.8		3.7												

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On a scale of 0 to 10 where 0 is not at all comfortable, and 10 is very comfortable, how comfortable are you about having discussions about perimenopause with the following people: [ROTATE]

		With which of the following do you best identify yourself?																
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - Your friends and family	Total	Unwgt N	1211	993	21	84	28	8	6	4	6	7	4	5	7	12	26	0
		Wgt N	992	850	17	51	14	5	2	2	3	6	2	3	5	12	21	0
		Mean	7.1	7.1		6.9												
		Median	8.0	8.0		7.0												
	Not at all comfortable (0)	%	4.9	5.1		0.0												
	1	%	1.4	1.5		0.4												
	2	%	2.0	2.1		2.3												
	3	%	3.4	3.4		0.5												
	4	%	3.4	2.8		9.1												
	5	%	9.3	8.7		14.7												
	6	%	7.6	7.8		7.2												
	7	%	12.9	12.7		22.8												
	8	%	16.2	15.5		14.5												
	9	%	9.5	9.7		14.0												
	Very comfortable (10)	%	25.5	26.6		9.1												
	Unsure	%	4.0	4.0		5.4												

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Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]

			With which of the following do you best identify yourself?															
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - Symptoms of menopause can range on a scale, i.e. there can be severe symptoms and more manageable symptoms	Total	Unwgt N	1212	993	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	992	849	17	51	14	5	2	2	3	6	2	3	5	13	21	0
	Familiar	%	37.4	39.6		13.8												
	Somewhat familiar	%	43.7	43.2		50.4												
	Somewhat not familiar	%	9.2	8.6		14.3												
	Not familiar	%	6.8	5.8		18.0												
	Unsure	%	2.9	2.8		3.4												

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Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]

			With which of the following do you best identify yourself?															
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - Some symptoms of both menopause and perimenopause are not physical and can impact one's mental and emotional health, including feelings of anger and feeling disconnected	Total	Unwgt N	1214	995	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	995	852	17	51	14	5	2	2	3	6	2	3	5	13	21	0
	Familiar	%	28.6	30.3		6.3												
	Somewhat familiar	%	41.6	40.8		45.5												
	Somewhat not familiar	%	12.7	12.0		24.8												
	Not familiar	%	11.8	11.8		15.6												
	Unsure	%	5.3	5.1		7.9												

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Are you familiar, somewhat familiar, somewhat unfamiliar or unfamiliar with the following: [RANDOMIZE]

			With which of the following do you best identify yourself?															
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - Treatment options for menopause and perimenopause exist	Total	Unwgt N	1214	995	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	994	852	17	51	14	5	2	2	3	6	2	3	5	13	21	0
	Familiar	%	20.0	21.7		4.6												
	Somewhat familiar	%	39.6	40.6		29.6												
	Somewhat not familiar	%	17.2	16.5		31.1												
	Not familiar	%	16.6	15.0		28.2												
	Unsure	%	6.6	6.2		6.5												

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On a scale of 0 to 10 where 0 is strongly disagree and 10 is strongly agree, please rate your level of agreement with the following statements: [ROTATE]

			With which of the following do you best identify yourself?															
			Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
Question - Perimenopause makes me feel anxious	Total	Unwgt N	1208	989	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	992	849	17	51	14	5	2	2	3	6	2	3	5	13	21	0
		Mean	4.6	4.4		5.6												
		Median	5.0	5.0		6.0												
	Strongly disagree (0)	%	18.6	20.8		2.3												
	1	%	3.4	3.3		6.4												
	2	%	5.9	6.2		5.6												
	3	%	5.6	5.6		3.6												
	4	%	4.1	4.2		0.0												
	5	%	12.9	11.7		20.9												
	6	%	8.9	8.3		17.2												
	7	%	10.8	10.5		13.8												
	8	%	8.3	8.2		12.1												
	9	%	3.9	3.5		3.1												
	Strongly agree (10)	%	6.4	6.7		3.6												
	Unsure	%	11.2	11.0		11.4												

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On a scale of 0 to 10 where 0 is strongly disagree and 10 is strongly agree, please rate your level of agreement with the following statements: [ROTATE]

		With which of the following do you best identify yourself?																
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Question - I know what resources to turn to for support on symptoms of perimenopause	Total	Unwgt N	1213	995	21	84	28	8	6	4	6	7	4	5	6	13	26	0
		Wgt N	994	852	17	51	14	5	2	2	3	6	2	3	4	13	21	0
		Mean	6.7	6.7		6.2												
		Median	7.0	7.0		7.0												
	Strongly disagree (0)	%	5.2	5.5		2.3												
	1	%	1.7	1.6		1.0												
	2	%	3.2	3.3		3.7												
	3	%	3.5	3.4		1.3												
	4	%	3.7	3.4		6.0												
	5	%	10.1	9.5		14.1												
	6	%	8.0	7.6		13.0												
	7	%	14.0	13.5		21.6												
	8	%	15.3	15.4		11.8												
	9	%	10.7	11.1		6.3												
	Strongly agree (10)	%	16.6	18.0		3.1												
	Unsure	%	8.0	7.7		15.8												

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Question - Are you likely, Total		Unwgt N	1211	995	20	83	28	8	6	4	6	6	4	5	7	13	26	0
somewhat likely,																		
somewhat not likely or		Wgt N	993	852	16	50	14	5	2	2	3	5	2	3	5	13	21	0
not likely to consult a																		
healthcare practitioner when you experience symptoms of perimenopause?	Likely	%	31.8	32.5		25.3												
	Somewhat likely	%	31.7	29.7		43.6												
	Somewhat not likely	%	12.6	13.1		11.4												
	Not likely	%	13.9	14.9		7.2												
	Unsure	%	10.0	9.8		12.5												

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Question - What comes to mind when you think of a pelvic floor disorder? [OPEN]	Total	Unwgt N	1153	947	17	82	28	8	6	4	4	6	4	4	5	13	25	0
		Wgt N	942	808	12	50	14	5	2	2	2	5	2	3	3	13	21	0
	Incontinence/leaky bladder	%	36.9	37.0		35.5												
	Pelvic/uterine/bladder prolapse	%	12.7	13.8		1.9												
	Pain/discomfort	%	6.6	6.5		6.8												
	Occurs post-partum	%	2.3	2.3		0.0												
	Problems during intercourse	%	1.5	1.7		0.0												
	Weakness of pelvic floor/muscles	%	4.8	5.2		0.8												
	Feeling of heaviness	%	0.6	0.5		0.0												
	Related to endometriosis	%	0.3	0.3		0.0												
	Fecal incontinence/constipation	%	2.4	2.4		2.8												
	Occurs in the pelvic area/low pelvis	%	2.2	2.1		0.0												
	Kegel exercises	%	1.8	2.0		0.0												
	Inflammation	%	0.3	0.3		0.0												
	Surgery/mesh insert	%	0.3	0.3		0.0												
	Problems with pregnancy/fertility	%	0.4	0.1		0.4												
	Occurs to during/around menopause	%	0.1	0.1		0.0												
	Nothing/never heard of it	%	18.1	18.8		18.9												
	Other	%	2.4	2.1		5.9												
	Unsure	%	19.7	18.5		31.0												

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Question - Are you aware or not aware that 50% of women over 50 are affected with pelvic floor disorders such as organ prolapse, incontinence, etc.?	Total	Unwgt N	1208	990	21	83	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	989	847	17	50	14	5	2	2	3	6	2	3	5	13	21	0
	Aware	%	28.1	29.2		12.9												
	Not aware	%	59.5	57.8		74.1												
	Unsure	%	12.3	13.0		13.0												

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Our next few questions are about menopause which is a point in time 12 months after a woman's last period

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Question - To the best of your knowledge, have you experienced any of the following symptoms of perimenopause or menopause? [SELECT AS MANY AS APPLY][RANDOMIZE]	Total	Unwgt N	1212	993	21	84	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	993	850	17	51	14	5	2	2	3	6	2	3	5	13	21	0
	Irregular periods	%	43.5	43.9		35.1												
	Vaginal dryness	%	36.9	38.3		27.6												
	Hot flashes	%	61.0	63.6		34.9												
	Chills	%	22.7	24.4		3.3												
	Night sweats	%	54.6	57.5		32.6												
	Sleep problems	%	49.8	52.9		27.9												
	Mood changes	%	47.6	49.0		35.8												
	Weight gain and slowed metabolism	%	48.2	49.7		35.5												
	Depression	%	25.8	26.5		15.5												
	Anxiety	%	33.9	35.7		19.7												
	Irritability	%	47.0	49.4		22.6												
	Fatigue	%	47.8	49.8		28.8												
	None of the above	%	11.3	10.1		15.3												
	Experienced before menopause	%	0.1	0.1		0.0												
	Do not remember	%	0.3	0.3		0.0												

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Incontinence/pelvic floor issues	%	0.3	0.2		0.0												
Not in menopause yet	%	0.3	0.2		2.2												
Itchy skin	%	0.1	0.1		0.0												
Nausea	%	0.2	0.2		0.0												
Other	%	0.2	0.2		0.0												
Cramps	%	0.1	0.1		0.0												
Headache	%	0.1	0.1		0.0												
Weepiness	%	0.1	0.1		0.0												
Vaginal odor	%	0.1	0.2		0.0												
Low libido	%	0.1	0.1		0.0												
Heavier periods	%	0.3	0.3		0.0												
Shorter attention span	%	0.0	0.0		0.0												
Acne	%	0.1	0.1		0.0												
Hair loss	%	0.1	0.1		0.0												
Facial hair growth	%	0.2	0.0		0.0												
Memory loss	%	0.0	0.0		0.0												

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Question - Have you consulted a healthcare practitioner about experiencing symptoms of any of the following: [SELECT AS MANY AS APPLY]?	Total	Unwgt N	1210	992	21	83	28	8	6	4	6	7	4	5	7	13	26	0
		Wgt N	991	849	17	50	14	5	2	2	3	6	2	3	5	13	21	0
	[Menopause]	%	34.5	36.8		12.0												
	[Perimenopause]	%	19.0	19.3		20.8												
	[Pelvic floor disorders]	%	10.0	10.5		1.7												
	[None of the above]	%	53.2	51.3		69.5												

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Question – [IF HAS NOT CONSULTED] Why did you not consult a healthcare practitioner? [OPEN]	Total	Unwgt N	621	491	14	53	17	4	2	3	3	5	2	3	3	8	13	0
		Wgt N	503	417	11	33	9	2	1	1	1	4	1	1	2	8	11	0
	No symptoms	%	11.5	11.6		4.9												
	Symptoms were mild	%	26.1	26.2		34.6												
	No reason to/didn't see a need/normal experience	%	29.3	30.0		19.6												
	No family doctor	%	3.6	4.4		0.6												
	Didn't think I would be taken seriously	%	0.9	1.1		0.0												
	Don't like/trust my doctor/doctors generally	%	1.4	1.7		0.0												
	I will if needed/symptoms worsen	%	1.7	1.5		0.0												
	Didn't know what to ask/say	%	0.1	0.1		0.0												
	I plan to/have an appointment	%	1.2	1.4		0.8												
	Spoke to a family member/friend	%	0.7	0.6		0.0												
	COVID-19	%	2.1	2.2		1.3												
	Didn't have time/haven't gotten around to it	%	3.3	3.1		6.9												
	I don't usually consult a doctor about anything	%	1.3	0.8		3.7												
	Consulted other information sources	%	1.7	2.1		0.0												
	Didn't want medication/HRT	%	4.3	4.9		0.0												
	Embarrassed/ashamed/didn't feel comfortable	%	1.3	1.6		0.0												
	Already been through menopause/not an issue now	%	2.1	2.5		0.0												

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Dealing with other health issues/not a priority	%	1.3	1.6		0.0												
Not in menopause yet	%	2.6	1.8		10.8												
Other	%	3.0	2.1		4.9												
I didn't realize a doctor could help me	%	2.6	2.5		2.9												
A doctor can't do anything/wouldn't help	%	0.6	0.7		0.0												
Hard for me to get to appointments/doctor not available	%	1.8	1.8		2.1												
My symptoms were unrelated/thought they were something else	%	0.9	0.6		3.4												
Unsure	%	3.0	2.3		8.8												

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Question - How long did you wait between the start of the symptoms and consulting a healthcare practitioner about them?	Total	Unwgt N	543	463	7	27	10	4	4	1	3	1	2	2	3	5	11	0
		Wgt N	449	399	5	15	4	2	1	1	2	1	1	2	2	5	9	0
		Mean	131.4	134.4														
		Median	60.0	60.0														
	0	%	2.0	2.2														
	1	%	1.9	2.1														
	2	%	1.1	0.5														
	3	%	0.9	0.7														
	4	%	0.2	0.3														
	5	%	2.1	2.0														
	6	%	0.2	0.2														
	7	%	1.9	1.8														
	8	%	0.6	0.6														
	10	%	2.7	2.7														
	11	%	0.2	0.2														
	12	%	0.5	0.5														
	14	%	2.8	2.2														
	15	%	1.3	1.4														
	20	%	0.8	0.5														
	21	%	0.9	0.8														
	22	%	0.1	0.1														
	30	%	14.2	14.5														
	31	%	0.2	0.2														
	33	%	0.1	0.1														
	35	%	0.2	0.2														
	40	%	0.4	0.2														
	45	%	0.7	0.3														
	48	%	0.2	0.2														
	50	%	0.9	0.8														
	55	%	0.2	0.2														
	56	%	0.2	0.2														

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60	%	13.5	14.1														
62	%	0.2	0.2														
80	%	0.4	0.5														
90	%	11.2	12.2														
100	%	3.8	4.1														
109	%	0.2	0.2														
120	%	2.9	2.0														
150	%	1.7	1.9														
156	%	0.0	0.1														
160	%	0.3	0.0														
170	%	0.2	0.2														
180	%	4.7	4.4														
190	%	0.0	0.1														
200	%	3.2	3.4														
210	%	0.2	0.2														
240	%	0.6	0.7														
275	%	0.2	0.2														
300	%	2.0	2.2														
350	%	0.3	0.4														
360	%	0.2	0.3														
365	%	12.7	12.3														
375	%	0.2	0.2														
400	%	0.2	0.3														
450	%	0.2	0.2														
500	%	1.0	1.1														
600	%	0.9	1.1														
700	%	0.4	0.5														
730	%	0.7	0.8														
786	%	0.2	0.2														
800	%	0.0	0.1														

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Question - What affected the length of time between the start of the symptoms and when you consulted a healthcare practitioner about them? [OPEN]	Total	Unwgt N	511	437	6	24	9	4	4	1	3	1	2	2	3	5	10	0
		Wgt N	428	379	5	15	4	2	1	1	2	1	1	2	2	5	8	0
	Ability to get an appointment/connect with physician	%	11.1	12.0														
	Anxiety	%	0.5	0.6														
	Money/affording to see the doctor	%	0.2	0.3														
	None/nothing/I didn't wait	%	4.5	3.7														
	Symptoms were not new, used to getting them	%	0.4	0.4														
	I was busy	%	4.7	4.8														
	Didn't think the doctor could help me/didn't want to see a doctor or take hormone replacement	%	2.6	2.8														
	I don't remember	%	2.9	3.1														
	I pushed through/continued living life with the symptoms	%	5.2	5.6														
	I couldn't function well anymore/symptoms became too much	%	6.8	6.2														
	COVID	%	2.8	2.9														
	Only had mild symptoms/wasn't worried	%	6.3	6.7														
	Denial	%	1.5	1.7														
	Did research on my own	%	0.6	0.5														

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Embarrassment/didn't feel comfortable bringing it up with my doctor	%	0.8	0.9														
Doctor told me during an appointment for something else (annual check up, other issue)	%	5.9	5.5														
Hoping it would go away	%	11.0	11.5														
Fear/scared	%	0.2	0.3														
Wasn't sure what was happening or what to do	%	9.7	9.4														
Other	%	2.0	1.3														
I already knew/expected the symptoms to come	%	1.9	2.1														
I thought it was a normal thing women went through	%	2.0	1.9														
I waited to be sure it was what it was	%	6.1	6.3														
I had other health issues	%	1.9	2.1														
I didn't wait	%	0.9	0.8														
The symptoms (heat flashes,	%	9.0	8.6														
Unsure	%	5.3	5.1														

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Question - Were you prescribed any treatment(s) for menopause/perimenopause or pelvic floor disorders after consulting a healthcare practitioner?	Total	Unwgt N	555	475	7	27	10	4	4	1	3	1	2	2	3	5	11	0
		Wgt N	461	411	5	15	4	2	1	1	2	1	1	2	2	5	9	0
	Yes	%	48.9	50.1														
	No	%	51.1	49.9														

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With which of the following do you best identify yourself?																			
		Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other		
Question - How long did it take between the time you were diagnosed with perimenopause or menopause or a pelvic floor disorder to obtain treatment?	Total	Unwgt N	231	207	2	5	4	0	2	1	0	0	2	1	0	4	3	0	
		Wgt N	218	198	3	3	3	0	0	1	0	0	1	1	0	5	3	0	
		Mean	41.7	41.2															
		Median	7.0	7.0															
	0	%	15.5	15.5															
	1	%	19.2	19.2															
	2	%	7.1	6.8															
	3	%	4.4	4.0															
	4	%	0.3	0.4															
	5	%	2.5	2.7															
	7	%	6.7	7.1															
	10	%	2.9	3.2															
	12	%	0.4	0.4															
	14	%	2.9	3.2															
	15	%	1.1	1.2															
	20	%	1.1	1.2															
	21	%	0.5	0.5															
	30	%	10.3	9.7															
	40	%	0.3	0.4															
	45	%	0.4	0.4															
60	%	7.4	7.7																
76	%	0.4	0.4																
90	%	5.6	5.6																
100	%	1.2	1.2																

Nanos conducted an online survey of 1,220 Canadian women, 40 years of age or older, between March 30th to April 1st, 2022. Columns with n values under 30 have been shaded.

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2022-2098 – Mt. Sinai – Women survey – STAT SHEET – By BIPOC

With which of the following do you best identify yourself?																	
		Canada 2022-04	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Jewish	Latin American	Arab	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)	West Asian (e.g., Iranian, Afghan, etc.)	Korean	Japanese	First Nations, Metis or Inuk	Prefer not to say	other
120	%	1.7	0.9														
150	%	0.1	0.1														
160	%	0.9	1.0														
180	%	1.8	2.0														
189	%	0.4	0.5														
200	%	0.4	0.4														
300	%	0.4	0.4														
350	%	0.7	0.7														
365	%	3.6	3.4														

Nanos conducted an online survey of 1,220 Canadian women, 40 years of age or older, between March 30th to April 1st, 2022. Columns with n values under 30 have been shaded.

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