

Advocacy Letter: Invest in Women's Health Research

Date: _____

To: _____

Title/Office: _____

Dear [Representative Name],

I am writing to urge you to support increased funding, research, and policy initiatives dedicated to women's health.

Despite representing more than half of Canada's population, women continue to experience significant disparities in health research and healthcare investment. Historically, many medical studies were conducted primarily on men, resulting in important gaps in our understanding of how diseases, medications, and treatments affect women.

These gaps have real consequences. Women often experience delayed diagnoses, reduced access to evidence-based treatments, and prolonged suffering from conditions that can significantly affect their quality of life, productivity, and long-term health.

Consider the following:

- Approximately 80% of women experience menopausal symptoms.
- Women may spend up to one-third to one-half of their lives in a postmenopausal state.
- Endometriosis affects approximately 1 in 10 women.
- PCOS affects an estimated 8–13% of reproductive-aged women.
- Cardiovascular disease remains a leading cause of death among women.

I respectfully ask that you advocate for increased women's health research funding, improved inclusion of women in clinical research, expanded research into underfunded conditions, enhanced provider education, and equitable access to evidence-based care.

Women deserve healthcare that reflects their unique biological and health needs. By prioritizing women's health research today, we can improve outcomes for generations to come.

Sincerely,

Name: _____

City/Town: _____

Postal Code: _____

Email: _____

Phone: _____

Selected References

1. The Menopause Society – Clinical Practice Guidelines and Position Statements
2. Society of Obstetricians and Gynaecologists of Canada (SOGC)
3. World Health Organization (WHO) Women's Health Reports
4. Endometriosis Network Canada
5. Canadian Women's Health Foundation
6. Heart and Stroke Foundation of Canada
7. Canadian Institutes of Health Research (CIHR)
8. Public Health Agency of Canada