FOR IMMEDIATE RELEASE:
Let's Talk Menopause Hosting Inaugural LTM Live Event in New York City

NEW YORK (AP) – Let's Talk Menopause (LTM), a nonprofit dedicated to educating and empowering women to navigate the stages of menopause, announced plans for its inaugural Let's Talk Menopause LIVE event in New York City. The event will take place at Cure at 345 Park Ave. S. on March 10, 2023 and will be hosted by award-winning newscaster Tamsen Fadal.

This half-day Menoposium will feature a lineup of top doctors, leading researchers and influencers in the menopause community. Attendees will have access to exclusive panel discussions and networking opportunities to learn more about menopause and how they can better support their health through this natural transition period.

The event will explore topics including treatment for perimenopause and menopause symptoms, the consideration of hormone therapy, as well as the sexual, urinary, vaginal, emotional and psychological symptoms of menopause and beyond. The goal is to provide a platform for women to discuss this transitional period that studies show even most doctors are ill-prepared to discuss or treat.

According to a recent survey, only 20% of ob-gyn residency programs provide any menopause training, and most courses on the topic are elective. The survey also found that a vast majority (80%) of medical residents feel "barely comfortable" discussing or treating menopause. It appears that aspiring physicians receive little education on menopause in medical school and residency programs.

"We wanted this event to be an empowering one, and for that to happen, it was crucial for us to provide attendees with the information to take back their best selves," said Fadal. "When selecting topics for the symposium, it was crucial for LTM to have the difficult conversations and tackle subjects associated with menopause: painful sex, low libido, and mental health.

Let's Talk Menopause LIVE is a unique opportunity for women and their families. no matter their age – who are interested in learning more about their health during this stage of life and connecting with others who can relate.

"We created LTM out of necessity," said Donna Klassen, Co-Founder of Let's Talk Menopause. "We've learned from our individual experiences, and those of other women we know, that too many women do not get the information, support or healthcare they need during menopause."

Let's Talk Menopause LIVE is a forum for all women who are undergoing or have gone through menopause to ask questions and find solutions together with the top experts in the field. Let's Talk Menopause LIVE Menoposium Symposium is an extension of the organization's core mission to change the conversation around menopause.
"As a practicing gynecologist, I interact with women in various stages of their menopause journey daily, and most don’t know much about what is happening to their bodies. That has to change," said Let's Talk Menopause Chief Medical Advisor, Robin Noble, MD.

Let’s Talk Menopause LIVE is sponsored by Always Discreet and Astellas Pharma, whose support continues to drive Let’s Talk Menopause closer to its mission of being a leading resource for women and their ever-changing bodies.

Tickets for the event can be found at letstalkmenopause.org/live.

More information and updates regarding LTM can be found on its website and social media channels.

About Let’s Talk Menopause
Let’s Talk Menopause is a national nonprofit organization invested in changing the conversation around menopause so women get the information they need and the healthcare they deserve. Learn more by visiting its website at www.letstalkmenopause.org.

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