



HR0533

LRB102 21160 LAW 30172 r

1 HOUSE RESOLUTION

2 WHEREAS, Menopause is a natural biological process, which
3 occurs 12 months after a woman's last period; and

4 WHEREAS, Although awareness and research into menopause
5 and its impacts has improved in recent years, historically,
6 inadequate research has been done on menopause, and the
7 scientific understanding of menopause has been limited due to
8 a lack of data; and

9 WHEREAS, Menopause, like menstruation and other aspects of
10 reproductive health, is often misunderstood, and
11 misinformation and myths about the topic are common; and

12 WHEREAS, The menopausal transition most often begins
13 between ages 45 and 55; and

14 WHEREAS, Perimenopause marks the years leading up to
15 menopause, which may include menopausal signs and symptoms as
16 menstruation continues but may become irregular and pregnancy
17 is possible but less likely; and

18 WHEREAS, Some women are impacted by symptoms, including
19 hot flashes, night sweats, sleep disturbances, and others,
20 which may impact physical or emotional health; and

1 WHEREAS, There are many treatments available for symptoms
2 related to menopause, including hormone replacement therapy,
3 holistic solutions, and lifestyle adjustments; and

4 WHEREAS, Increased awareness of menopause will lead to an
5 improvement in the understanding of this phase of reproductive
6 health and improved treatment and outcomes for those impacted;
7 and

8 WHEREAS, The International Menopause Society (IMS), in
9 collaboration with the World Health Organization (WHO), has
10 designated October as World Menopause Awareness Month;
11 therefore, be it

12 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE
13 HUNDRED SECOND GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that
14 we declare the month of October 2021 as Menopause Awareness
15 Month in the State of Illinois; and be it further

16 RESOLVED, That we support raising awareness of menopause
17 as it is critical to dispelling the myths and ensuring that the
18 symptoms of menopause are recognized and that treatment is
19 identified and secured where needed; and be it further

20 RESOLVED, That we support raising awareness of all aspects

1 of a woman's reproductive cycle as it is critical to ensuring
2 understanding, compassion, and support for those experiencing
3 menopause while dispelling the myths and shattering the stigma
4 associated with menopause.