Sinai Health Foundation

WESTON AND O'BORN CENTRE FOR MATURE WOMEN'S HEALTH

2025-2026 Your Impact in Action Report

THANK YOU

At the Weston and O'Born Centre for Mature Women's Health, we've seen how the conversation around mature women's health is changing. Awareness and interest is growing, alongside the recognition that more work needs to be done to close the gaps in care, research and education for women as they age.

Sinai Health is proud to be at the forefront of this movement to find answers that reflect the full complexity of women's lives.

World Menopause Day put Sinai Health at the centre of discussion about women's health. We were honoured to be invited to media interviews to talk about menopause research and care — in CityNews, the National Post, the Canadian Press and more — and help more women access trusted information.

We have also launched the Centre's inaugural Strategic Research Action Plan — a bold five-year plan which will expand research into every aspect of care to improve equity across all areas affecting women's health.

Thanks to you and donors like you, together with Sinai Health's clinicians, educators and researchers, we are building a future where women receive the attention and investment they deserve.

In this report, we are proud to highlight what your support has helped make possible.

Dr. Wendy Wolfman
Director, Weston and O'Born Centre for Mature Women's Health and Carol Mitchell Chair in Menopause

Dr. Paula Rochon
Director of Research, Weston and O'Born Centre for Mature Women's Health and Barry J. Goldlist Chair in Geriatric Medicine

MENOPAUSE IS ONE PART OF A LARGER STORY

How the Centre is addressing women's health across the lifespan

Within three years of launching the mature women's health campaign, the Sinai Health community helped establish a world-class centre dedicated to improving care for women. Today, that momentum continues as we invest in the next generation of discoveries that will transform women's health across the lifespan.

Building on this shared success, the Centre is turning to the unanswered questions about women's health. Such as, why do some health conditions affect women differently than men? Why are sex-based differences not considered more often in health-care research? And why do these disparities persist?

In the following pages, we're excited to share how the Centre is advancing women's health care, education and research in heart disease, bone health, cognition and other areas that affect women differently or disproportionately.

Together, we are committed to finding these answers.

MORE THAN JUST "BIKINI MEDICINE"

Women's health is a full body experience

Brain health

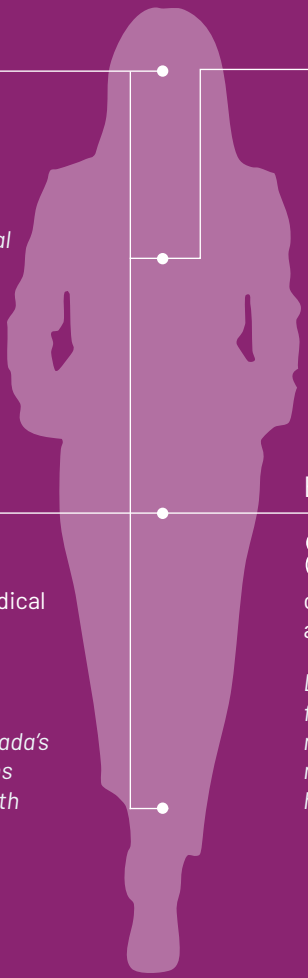
40% of menopausal women experience cognitive symptoms like brain fog and forgetfulness.

Learn about a study that is revealing new therapeutic targets for brain fog and migraines on page 7.

Mental health

2x the likelihood of depression in women versus men.

Learn about a new pathway for menopausal patients experiencing psychiatric symptoms on page 3.



Heart health

#1 leading cause of premature death in women is heart disease and stroke.

Learn about a new fellowship in heart health and menopause on page 4.

Breast cancer

3/4 of breast cancer patients undergoing anti-estrogen treatment suffer from genitourinary syndrome of menopause.

Learn how the SHE-CAN (Sexual HEalth in CANcer) Clinic is continuing to grow on page 2 of Sinai Health's cancer report.

Healthy aging

70% of age-related diseases are impacted by menopause.

Learn about research at the intersection of age, sex and gender on page 6.

Menopause

9% of course descriptions across 16 Canadian medical schools were found to include any content on women's health.

Learn about one of Canada's only fellowship programs in mature women's health on page 4.

Bone health

81% of people living with osteoporosis are women.

Learn about a new fellowship bridging menopause with musculoskeletal health on page 4.

Urogynaecological conditions

33% of Canadian women over 40 experience symptoms of urinary incontinence.

BUILDING A HOME FOR THE WESTON AND O'BORN CENTRE FOR MATURE WOMEN'S HEALTH

Pictured here is the 8th floor at 700 University Avenue, the Centre's current footprint and the planned expansion of this vital clinical space.

Thanks to the Sinai Health community, and the historic gift from The Hilary and Galen Weston Foundation and Janice and Earle O'Born, Sinai Health's capital development team began plans for the Centre's new home in April 2025.

They hired clinical consultant, Deloitte, to assess the Centre's existing programs, services, staffing and physical space. In their evaluation, Deloitte found that 19,400 patients visit the women's unit and urogynaecology annually, **a volume increase of approximately 54 per cent over the last five years.** These findings were used to determine the Centre's new space requirements and staffing needs — the Centre's clinical service program — and informed our vision for a Centre that is evolving to best meet our patients' needs.

Deloitte completed the clinical service program assessment and hired a functional programmer to determine the type and size of space required to deliver these services, called a functional program. It outlined the total footprint needed for the growth of the Centre's supporting and future program areas.

The final plan detailed an **expansion to almost 22,000 square feet, 10,380 square feet of which will be brand new space.** The new Centre will consolidate all services across the women's unit, including in menopause, premature ovarian insufficiency, urogynaecology (such as care for pelvic floor disorders, urinary tract conditions and pelvic organ prolapse) and vulvar disease, so patients can access all their care in one space through a new connecting corridor.

Alongside refreshing all existing Centre spaces, the plan will also increase exam room and procedure room capacity to better serve the rising number of patients we see each year. It will allow more privacy and improved infection prevention — enhancing patient experience and strengthening the Centre's role as a provincial referral centre and hub for interdisciplinary care.

What's next for the Centre

This year, Sinai Health's capital development team will work with both design and construction partners to bring the clinical service program to life. With final approval of the plan, the project will move into the construction phase.

CARING FOR WOMEN BEFORE, DURING AND AFTER MENOPAUSE

Growing a world-class team of mature women's health experts

As planning for the Centre's new home is underway, the Centre continues to grow capacity for clinical care, research and education in its existing space.

Two new physicians, Dr. Meenakshi Goel and Dr. Juliana Gomes Poli, were recently hired to the Centre and will join Drs. Wolfman, Christakis and Shirreff to provide comprehensive care, education and research focused on women in midlife and beyond.

Both Drs. Goel and Poli are previous mature women's health fellows — trained under Dr. Wendy Wolfman and the Centre team in 2025 and 2026. Dr. Poli will start full-time in September, 2026, and Dr. Goel will spend one day a week at the Menopause Clinic.

Creating a more patient-centred clinic

Since January 2026, every patient who has come through the clinic, including perimenopausal and menopausal patients aged 40 to 65, received a survey asking for their symptoms and feedback. Developed by Centre clinician Dr. Marie Christakis (pictured above), this survey will help identify what patients are coming in for, and importantly, how their needs are being addressed.

Dr. Christakis has already received more than 400 responses from patients experiencing mental health and sexual health issues, bladder problems, hot flashes and mood changes. Soon, Dr. Christakis will compile and evaluate these responses. Results from this survey could mean earlier intervention for patients and the development of more targeted quality improvement initiatives, which will be especially important during the clinic expansion.

Thanks to philanthropy

A new gift of $5 million from **Bob and Angel Harding** will develop a trailblazing mental health pathway to connect menopausal patients with psychiatric assessments and therapeutic supports.

TRAINING FUTURE LEADERS IN MATURE WOMEN'S HEALTH

Through one of Canada's only fellowships in mature women's health and menopause

Dr. Wendy Wolfman and the team have trained more than 30 fellows in mature women's health and menopause.

Meet the Centre's 2025 fellows:

Dr. Juliana Gomes Poli,
Maxine Granovsky Gluskin Fellow
May 2025 to July 2026

Dr. Poli is an assistant professor at the University of Toronto and a physician with the Menopause Program at Mount Sinai Hospital. She is a Brazilian-trained obstetrician-gynaecologist and completed a fellowship in Mature Women's Health at the Centre. She holds a Master's degree and has a strong academic background in women's health research. Her clinical and academic interests focus on menopause medicine, hormone therapy and medical education. **Learn more about Dr. Poli.**

Dr. Amanda Kenya,
Maxine Granovsky Gluskin Fellow
May 2025 to July 2027

Having developed a passion for patient education, Dr. Kenya has extended her fellowship to 2027. Hailing from Nairobi, Kenya, she hopes to work with Dr. Wolfman on a joint study in menopause and multiple sclerosis (page 7) while completing a Master's in Health Informatics at the University of Illinois, Chicago. **Learn more about Dr. Kenya.**

Dr. Marina Marks
May 2025 to July 2027

Dr. Marks, from Haifa, Israel, is an obstetrician-gynaecologist specialized in older women's reproductive health, specifically in pre-eclampsia diagnostics during advanced-age pregnancies. While training at the Centre, Dr. Marks is also earning her master's degree in quality improvement from the University of Toronto. She is extending her fellowship to 2027.

Thanks to philanthropy

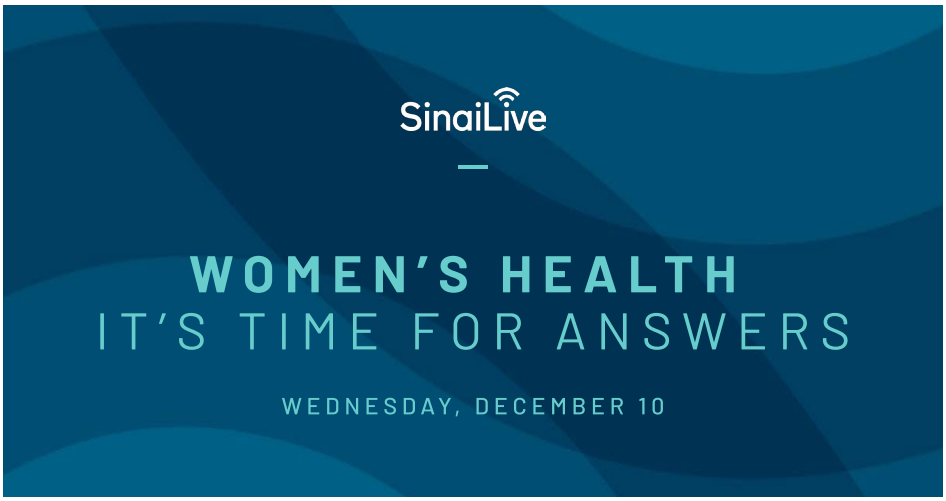
Made possible with a generous gift of $500,000 from **Justine Deluce and David Wiley**, a fellowship in women's heart health will bridge mature women's health with cardiology.

An endowed gift of $2.5 million from the **Raymond Chang Foundation** will fund one mature women's health fellow every year in perpetuity, ensuring the Centre can continue attracting exceptional physicians from across Canada to train as leaders in mature women's health.

This year, the Centre launched a pioneering fellowship that integrates internal medicine into menopause care, recognizing midlife as a pivotal time for women's broader health. Inaugural fellow Dr. Orly Dana Bogler is helping develop an interdisciplinary model addressing bone and heart health, prevention and healthy aging, while laying the groundwork for a new field of Mature Women's Medicine.

We have now welcomed two additional fellows for a total of four fellows in mature women's health and menopause.

LEARNING DIRECTLY FROM EXPERTS AT THE CENTRE



Sinai Live: It's time for answers

Every year, Sinai Health Foundation hosts a series of virtual events for Sinai Health experts to share evidence-based care information with the community.

One of Sinai Health Foundation's most popular Sinai Live sessions, focused on mature women's health and menopause, returned this year with more than 1,400 people registered. *Sinai Live: It's time for answers* took place in December 2025 and featured menopause experts speaking on endometriosis, the menopause transition and beyond with a focus on women's health research.

In the virtual session, hosted by Citytv's Melanie Ng, clinicians and researchers delved into health-care topics that resonate deeply with the community, including an engaging discussion and Q&A that addressed the unique health challenges women face throughout their lives and the advances that are shaping the future of women's health research and care.

Tune in to our Sinai Live session featuring Drs. Marie Christakis, Olga Bougie and Paula Rochon.

Physician education across Canada

This April 2026, Dr. Wolfman hosted the 22nd Annual Mature Women's Health Conference, a full day of clinical updates and interactive case discussions on menopause, midlife wellness and women's health in later life.

Among the presenters were Sinai Health physicians:

- Dr. Wolfman on the 2024-2025 top 10 research papers in Mature Women's Health
- Dr. Sharon Szmuilowicz, Sinai Health's Deputy Psychiatrist in Chief, on mood changes in midlife
- Dr. Shirreff on hormone therapy for women with fibroids and endometriosis
- Dr. Christakis on abnormal uterine bleeding in postmenopausal women

They were joined by more than 500 clinicians from across Toronto. The conference remains one of the largest accredited continuing medical education events for learners to gain practical, patient-centred strategies and to learn about the latest advances in women's health care.

RESEARCH THAT IS TRANSFORMING CARE FOR WOMEN IN MIDLIFE AND BEYOND

Since joining the Centre in July 2025 as its first Director of Research and the inaugural Dr. Barry J. Goldlist Mount Sinai 100 Chair in Geriatric Medicine, Dr. Paula Rochon has been working with a team of researchers to integrate mature women's health with research and clinical expertise across Sinai Health.

A single, integrated vision for research

In fall 2025, Sinai Health and the Lunenfeld-Tanenbaum Research Institute (LTRI) launched Sinai Health Research, bringing their full research enterprise under a single, integrated vision. It reflects a deep commitment to embedding research into every aspect of care delivery, education and system transformation.

Within this connected, collaborative research ecosystem, Dr. Rochon and her team built the Centre's new Strategic Research Action Plan, co-created with the Sinai Health community, to further expand and accelerate research on women in midlife and beyond.

Read the Centre's full research plan.

Considering sex and gender in research

Dr. Rochon's recent research has tackled relevant topics on:

Prescribing cascades:
When drugs are used to treat the adverse effects of other medications, it's called a prescribing cascade. It is widely documented to be highest amongst women aged 85 and above. Dr. Rochon's work is focused on the importance of sex and gender considerations to optimise medication safety for older adults.

Broadening Ozempic research:
Dr. Rochon and Dr. Nathan Stall, Sinai Health's geriatrics site lead, are researching the impact of gut hormone glucagon-like peptide GLP-1 on older adults, particularly women, who are at higher risk of adverse events. With population-based data from close to three million older adults in Ontario, they hope to reveal insights to better inform optimal GLP-1 prescribing practices for older adults.

Menopausal hormone therapy (MHT):
Dr. Rochon is examining long-term patterns of MHT use among women aged 65 and older, addressing critical evidence gaps in care for post-menopausal women. Using data from Ontario from the early 1990s to 2025, her research will track how prescribing has changed over time, including the impact of evolving guidelines and landmark clinical trials. These findings could help inform safer, more effective prescribing practices for women in later life.

Elsewhere at the Centre, Drs. Wolfman and Christakis are continuing to advance research focused on hormonal changes and aging that affect the entirety of women's experience.

Understanding the impact of menopause on MS progression

Dr. Wolfman is co-leading a clinical investigation that will measure and characterise vasomotor symptoms like hot flashes in women with multiple sclerosis (MS) — a study that won the Harding Award for Research in Mature Women's Health.

Vasomotor symptoms are particularly incapacitating for women with MS, where even a small increase in body temperature can worsen symptoms like fatigue and muscle weakness. There is also evidence that disability progression may accelerate in women with MS soon after menopause.

Usingwearable, non-invasive monitors and patient surveys, Dr. Wolfman and the team, including fellow Dr. Amanda Kenya, will measure the frequency and severity of hot flashes in women with MS. Their findings could help clarify whether vasomotor symptoms contribute to disability, fatigue and quality of life and, ultimately, may identify new targets for treatment.

The study has been approved by Mount Sinai Hospital with recruitment to begin soon.

Thanks to philanthropy

Thanks to a generous $1-million gift from **TD Bank Group**, Dr. Christakis is expanding a novel study investigating the influence of menopausal hormone therapy (MHT) on cognitive outcomes such as brain fog and migraine.

Migraine is a brain disorder that causes repeated attacks of severe head pain, often with nausea, light and sound sensitivity, and disproportionately impacts women during the menopausal transition when levels of hormones fluctuate and decline.

In collaboration with Sunnybrook Health Sciences Centre, Dr. Christakis is co-leading a study that will use advanced high-resolution imaging to look directly into the brain, as well as detailed cognitive testing, to determine if MHT can relieve migraine and brain fog-related symptoms. Their work will evaluate whether MHT reduces migraine burden and improves brain fog, sleep and vascular function.

Expansion of this study has been approved at both Mount Sinai and Sunnybrook and recruitment will begin soon.

Click here to learn more about how TD's commitment will advance research in women's brain health and menopause.

A YEAR OF GLOBAL IMPACT

JULY 2025 - JULY 2026

Over the past year, experts from the Weston and O'Born Centre for Mature Women's Health shared their research and clinical expertise at conferences across Canada and around the world, while contributing new evidence to the field through peer-reviewed research.

Presentations and publications

34 presentations nationally and internationally

21 research publications in peer-reviewed journals

As one of the only academic centres in the world to make menopause and mature women's health a key strategic priority, Sinai Health is uniquely positioned to affect change on a global level.

At the Centre, mature women's health experts Drs. Wolfman, Rochon, Christakis, Shirreff, Goel and Poli are advancing care across all areas affecting mature women and leading the way in women's health care, education and research. They've presented their work at national and international conferences and published research that is shaping how health care is delivered to women in Canada and beyond.

SINAI HEALTH IN THE COMMUNITY

The Cold Plunge Challenge

More than 365 women across Canada took part in this year's Cold Plunge Challenge to raise awareness for the health challenges women face across their lifespan. One highlight of this year's challenge was the in-person group plunge hosted on the shores of Cherry Beach. Together, the community raised upwards of $80,000.

Cause for the 'Pause

On October 17, 2025, nearly 200 changemakers from the community came together at the Four Seasons Hotel for an engaging afternoon of learning, conversation and connection at the second annual Cause for the 'Pause, presented by Mantella Corporation. The event raised more than $410,000 to support equitable care for women.

The Women's Classic

Co-chaired by Janet Bomza and Alex Bronfman on June 15, 2026, the first ever Women's Classic brought together almost 100 women for a day full of golf, health and wellness. Subsequent donations inspired by the event brought the overall fundraising total to $360,000 — all in support of women's health research and care.

IN THE NEWS

In fall 2025, Sinai Health Foundation launched the Questions campaign to help raise awareness around the gaps in women's health research, with "Bikini Medicine" as a supporting media activation designed to amplify the campaign's message.

These efforts put Sinai Health Foundation and its mission for better care for mature women in the spotlight with more than 72.1 million media impressions in CityNews Toronto, the National Post, the Canadian Press, CBC News, CBC Radio-Canada, The Kit and VITA Magazine.

A closer look into (MIS)Treated

Dr. Wolfman sat down with Nam Kiwanuka, host of TVO's podcast (MIS)Treated, to share her journey into medicine, the gaps that still exist in women's health care and to explore what's possible when our society invests in women's health research, education and care.

It was followed by a special live in-studio taping with Farrah Khan, Dr. Michelle Cohen and Dr. Christakis, who partook in a powerful conversation about the impact of the family doctor crisis on those in the menopause transition, why one guest used AI to self-diagnose their cancer and the harms caused by misinformation in women's health. The episode received more than 95,000 views and was recognized by the Signal Awards.

Watch the episode "Why is it so hard to get care for the menopause transition?"

LOOKING AHEAD

What's next for the Centre

Thanks to the Sinai Health community, the future of mature women's health care, education and research looks bright. But this is only the start.

We are on a mission to further close the gaps in women's health with research that will address care for women beyond menopause.

In this report, you've read about the impact donors are enabling in women's brain, bone and heart health. In the next year, the Centre is looking to expand care for women in family medicine, pharmacy and more.

Join Sinai Health and help us find the answers that women deserve.

Questions? Contact:

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THE DWORKIN SOCIETY

YOUR LEGACY. OUR SHARED FUTURE.

When you include Sinai Health Foundation in your estate plans, you are transforming health care for future generations. Each legacy gift helps us deliver and discover life-changing care to our community for years to come.

Learn more by visiting **SupportSinai.ca/Legacy**

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