



Sexual and Reproductive Health

Indigenous Including Two-Spirit



Need Help Navigating Cycles and Seasons?

Your Pharmacist Can Help.

Puberty

Acne
Body Changes
Menstrual Pain

Reproduction

Contraception
Family Planning
Fertility
Abortion

Perimenopause

Irregular Periods and Sleep Disturbances
Hot Flashes & Night Sweats
Mood Changes and Weight Gain
Hormone Change & HRT
Libido Changes and Frequent Infections

Menopause & Postmenopause

Hormone Changes & HRT
Vaginal Dryness
Incontinence
Osteoporosis

Ask about pharmacist prescribing, medication advice and health guidance.



Canadian
Pharmacists
Association
Association des
pharmaciens
du Canada



IPPC



Health
Canada
Santé
Canada

Financial contribution:

*The views expressed herein do not necessarily represent
the views of Health Canada.*