

# Menopause and Military Service

(H.R. 219, H.R. 2717 / S. 1320)



## HONOR THEIR SACRIFICE

## Close the Care Gap for Women Veterans

*Despite increasing numbers of women in the military, menopause remains an under-recognized issue in veterans' health care. Congress now has an opportunity to close that gap through bipartisan legislation that supports better care, research, and outcomes for women who've served.*

### ★ THE ISSUE:

#### Why Menopause Care Matters for Women Veterans

- ✓ Women veterans are more likely than civilians to experience early menopause due to service-related psychological stressors and environmental exposures.
- ✓ Symptoms like hot flashes, sleep disruptions, and mood changes can impact quality of life, careers, relationships, and long-term health.
- ✓ Despite higher enrollment in the Department of Veterans Affairs (VA), women veterans are less likely to schedule appointments or stay engaged in their care, according to Wounded Warrior Project's 2023 Women Warriors Report.

#### FAST FACTS: MENOPAUSE BY THE NUMBERS



Menopause typically occurs between ages 45 and 55, with the average onset at 51.



Early menopause can occur before age 45.



Up to 75% of women experience moderate to severe symptoms.



Symptoms can begin during perimenopause and last for years.

### ★ THE SOLUTION:

#### Support These Bipartisan Bills

##### H.R. 219: Improving Menopause Care for Veterans Act

**Original sponsor:** Rep. Julia Brownley (D-CA-26)

- Directs the Comptroller General to study and report on VA medical services for veterans experiencing perimenopause, menopause, and genitourinary syndrome of menopause.
- Requires VA to develop and implement a plan based on these recommendations to improve menopause care quality.

##### H.R. 2717 / S. 1320: Servicewomen & Women Veterans Menopause Research Act

**Original sponsors:**

Rep. Chrissy Houlahan (D-PA-06),  
Sen. Patty Murray (D-WA)

- Directs the Department of Defense and VA to conduct studies focused on:
  - Treatments for menopause-related symptoms and their safety and efficacy
  - The relationship between military service and menopause/perimenopause
  - The impact of perimenopause and menopause on the health of servicewomen and women veterans
- Requires development of a strategic plan with actionable recommendations to address research gaps.

### ★ Women veterans deserve health care that meets their unique needs — including during menopause.

Wounded Warrior Project® calls on Congress to advance H.R. 219 and H.R. 2717 / S. 1320 and close the gap in care, research, and support for women who've served.

