

IMPORTANT UPDATE FOR REFERRING PROVIDERS

MILESTONE MENOPAUSE CENTRE OF SOUTHERN ALBERTA

Since March 2026, Milestone has relocated from within Mahogany Medical Clinic and has been operating from its new purpose-built facility in Calgary's Glenmore and Deerfoot Trail corridor.

Milestone Menopause Centre of Southern Alberta was designed to deliver a centre-of-excellence model of care for menopause, midlife health, and healthy aging through specialized expertise, multidisciplinary collaboration, evidence-based practice, patient education, and individualized care pathways.

Our new facility was intentionally developed to support this comprehensive model and brings together menopause-trained physicians, registered nurses, pelvic health physiotherapists, sexual health therapists, mental health professionals, exercise specialists, and healthy aging services within a single coordinated centre.

We kindly ask that you update our clinic information within your EMR to ensure referrals, consultation reports, and correspondence are directed to the correct location.



PLEASE UPDATE OUR ADDRESS

Milestone Menopause Centre of Southern Alberta
Glendeer Professional Building
#160, 1035 – 64 Avenue SE
Calgary, Alberta T2H 2J7

COMPREHENSIVE MULTIDISCIPLINARY MENOPAUSE CARE – NOW AVAILABLE

Effective April 2026, Milestone has fully launched its comprehensive menopause and midlife health program, designed to provide evidence-based, coordinated care for women navigating perimenopause, menopause, premature ovarian insufficiency, treatment-induced menopause, and healthy aging concerns.

Our model recognizes that menopause care extends beyond symptom management alone and frequently involves assessment and management of:

- Vasomotor symptoms
- Sleep concerns
- Mood and mental health
- Cognition and brain health
- Sexual health
- Genitourinary Syndrome of Menopause (GSM)
- Bladder and pelvic floor health
- Cardiovascular risk factors
- Bone health and osteoporosis prevention
- Metabolic health
- Sarcopenia prevention and healthy aging

Care is delivered through a collaborative multidisciplinary team that includes:

- MSCP-certified menopause physicians
- Registered nurses with advanced training in menopause and midlife health
- Advanced pelvic health physiotherapists
- Sexual health therapists
- Mental health professionals
- Exercise and healthy aging specialists
- On-site strength and mobility programming designed to support prevention of osteoporosis, frailty, and age-related muscle loss



THE MILESTONE CARE MODEL

To support this comprehensive approach, women entering the enhanced Milestone pathway begin with a **Registered Nurse-led Comprehensive Midlife Health & Risk Assessment (\$499)**.

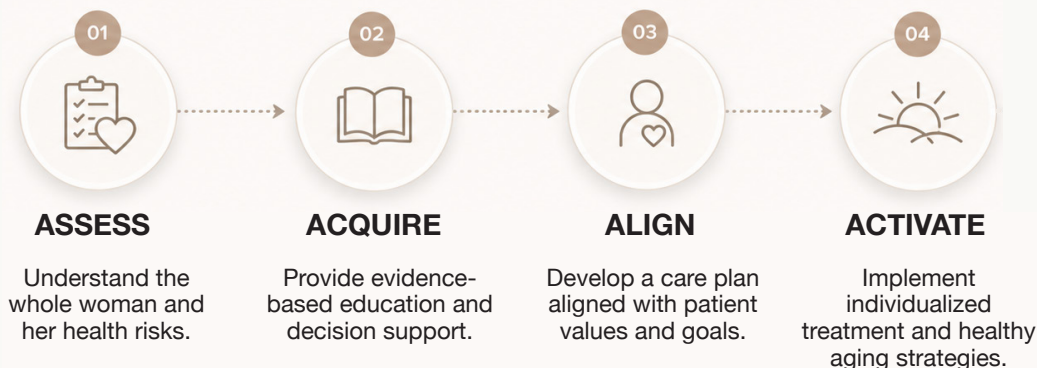
This assessment is specifically designed to gather and organize the information required to deliver comprehensive menopause care and includes:

- Comprehensive symptom assessment (20+ symptoms)
- Medical and surgical history review
- Medication review
- Family history review
- Review of health goals and priorities
- Breast, bone and cardiovascular risk assessment
- Review of provincial electronic health records
- Use of several validated questionnaires and assessment tools
- Care coordination and physician preparation

This process allows physicians to focus their consultation on individualized treatment planning, risk benefit discussions, shared decision-making, and development of a personalized care plan.

OUR CLINICAL MODEL

The Milestone Method



At Milestone, we believe women deserve the same comprehensive, team-based approach to menopause care that exists for other chronic and life-stage health conditions.



WE'RE HERE TO SUPPORT YOUR PATIENTS

Thank you for your continued trust in referring patients to Milestone Menopause Centre of Southern Alberta.

We are honoured to partner with family physicians, nurse practitioners, specialists, and allied healthcare professionals in delivering comprehensive, coordinated menopause care. Our goal is to complement, not replace, the ongoing relationship between patients and their primary healthcare team.

Comprehensive consultation notes and recommendations are provided back to referring providers to support continuity of care.

If cost may be a barrier to care, please indicate this on the referral form. Eligible patients may qualify for support through the **Milestone Compassionate Access Program**, which has been established to help improve access for individuals experiencing financial hardship.

We remain committed to ensuring that evidence-based menopause care is accessible, respectful, and centred on the individual needs of every woman we serve.



For additional information regarding referral pathways, patient resources, educational programs, and clinical services, please visit:

www.milestonemenopausecentre.ca



Please see the attached Milestone referral form on the following page.

We kindly ask that referrals be submitted using the attached referral form whenever possible to facilitate efficient triage and ensure patients are directed to the most appropriate care pathway.

REFERRAL INFORMATION

Referrals may be submitted by:

Fax: **403-538-6586**

Email: myhealth@milestonemenopausecentre.ca



We are currently accepting referrals across Alberta for women seeking evidence-based menopause and midlife health care.



DATE: _____

PATIENT INFORMATION

Full Name: _____

PHN: _____

Address: _____

Date of Birth (MM/DD/YY): _____

Current Age: _____

Phone Number - Cell: _____

Home/Work: _____

Email Address: _____

REFERRING PROVIDER

Provider Full Name: _____

PRACID: _____

Clinic Name/Address: _____

Phone Number: _____

Fax Number: _____

CONSULTATION REQUEST

Please be specific and select all that apply

- Initiation/Optimization of Menopausal Hormone Therapy (MHT)
- MHT Risk Assessment (Breast/ Heart/ Bone)
- Genito-Urinary Syndrome of Menopause (GSM)
- Sexual Health Concerns/ Low Libido
- Pelvic Health (Bladder/ Bowel/ Prolapse)
- Midlife Mental Health - Depression, Anxiety, ADHD
- Healthy Aging / Sarcopenia / Strength Training

URGENT/SEMI-URGENT REFERRALS INCLUDE

Please check off if relevant

- Breast cancer survivor
- Oncology treatment induced menopause
- Premature Ovarian Insufficiency (<40 yo)
- Early Menopause (40-45 yo)
- Thrombosis History
- Stroke/CAD History

OTHER RELEVANT INFORMATION



THANK YOU FOR YOUR REFERRAL

Milestone Menopause Centre of Southern Alberta

Glendeer Professional Building - #160, 1035 - 64th Avenue SE Calgary T2H 2J7

Phone: 587-582-6586 Please FAX referrals to: 403-538-6586

Email: myhealth@milestonemenopausecentre.ca