



Women's Mid-Life Health Centre of Saskatchewan

Saskatoon City Hospital
701 Queen Street
Saskatoon, SK S7K 0M7
P 306-655-7681 F 306-655-8915
info@menopausecentre.org
www.menopausecentre.org

Ask Us a Question



Guidelines for Ask Us Users

Ask Us enables you to ask questions online and receive answers via email. This service is provided free of charge by the Women's Mid-Life Health Centre.

We remind you that no online service can substitute for your doctor or health care provider when you have questions. The information provided here is necessarily general and non-specific in nature and is not designed to take the place of a consultation with a health care professional. While we will try to point you in the right direction, you should always meet with a health care professional when you think you have a specific health problem. If the problem is urgent or you suspect it is serious, do not wait for an email reply. Consult a medical practitioner in person right away.

1. Who answers your questions?
2. When can you expect an answer?
3. What our service does not provide
4. Privacy Policy
5. Conditions of Service

Who answers your question?

A resource person from the Women's Mid-Life Health Centre will provide you with information in response to non-emergency health questions. Currently our resource people are:

Doctor

An experienced doctor who is credentialed by the North American Menopause Society as a NAMS Certified Menopause Practitioner will respond to your medical questions. She is well respected locally for her leadership in addressing women's issues.

Nurse

The Registered Nurse for the Women's Mid-Life Health Centre is also credentialed as a NAMS Certified Menopause Practitioner. She has many years experience as a public health nurse in a large city, facilitates discussion groups and gives presentations about issues affecting women's health within the province.

Nutritionist

The Registered Dietitian has a Bachelor of Science in Nutrition and is a skilled educator with regard to healthy eating, weight management, and healthy public policy. She is also an excellent writer!

Life Coach

Her varied background in education, social work, and grief counselling has led to her interest in helping people to make life changes that will improve their health and well being. A life coach can help to keep you on track while transforming your life by making healthy choices.

Support

Inform

Inspire



Women's Mid-Life Health Centre of Saskatchewan

Saskatoon City Hospital
701 Queen Street
Saskatoon, SK S7K 0M7
P 306-655-7681 F 306-655-8915
info@menopausecentre.org
www.menopausecentre.org

Ask Us a Question



When can you expect an answer?

- You will immediately receive an online response verifying that your question has been received.
- Within 7 days, an answer to your question will be sent to the email address you provide.
- If a question is more complex or requires research, it may take longer to receive your answer.
- If you need an answer by a certain date, please indicate this in your question, however we cannot guarantee to meet your deadline.

What our service does not provide:

- At this time we are only able to accept questions and provide answers in English.
- We do not do exhaustive research nor provide extensive bibliographies. If you require in-depth research, we suggest you contact your nearest university or public library.
- We are not responsible for the quality of any sites or resources listed. They are provided as a reference only.

Privacy Policy:

- All enquires are strictly confidential.
- Please note that information submitted through the internet over non-encrypted email is not always secure. We maintain your confidentiality once the question arrives at our service, but we are not responsible for any breach of confidentiality while the email message is travelling through the internet.
- We may use your question and its answer to create a Frequently Ask Question database. Personal information is excluded from that database.

Conditions of Service:

- While we make great effort to provide accurate information, we remind you to always seek personal, professional medical advice before starting any health improvement program.
- Please do not direct your question to more than one of our resource persons. We may decide to refer your question to one or more of our resource persons to ensure you receive comprehensive answer to your question.
- We reserve the right to refuse to answer any question or post any question on this site.
- If we determine that you are not using this site for its intended purpose, we reserve the right to prevent you from using the site in the future.
- You agree not to send any question that is illegal, harassing, libellous, threatening, harmful, obscene or otherwise objectionable or that may violate any applicable local, provincial, national or international law or regulations.

To ask a question, fill out and submit this [Ask Us Form](#) online

Support

Inform

Inspire