## Extract from Hansard

[COUNCIL — Wednesday, 18 October 2023] p5623b-5623b Hon Sophia Moermond

## WORLD MENOPAUSE DAY

Statement

**HON SOPHIA MOERMOND (South West)** [6.29 pm]: Today is World Menopause Day. Members will be shocked to find out that cannabis can help ease menopausal symptoms—in particular, anxiety, sleep and hot flushes as well. I am going through this myself at the moment, and I tend to refer to it as "memopause". I will leave it at that.