



BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION

PERIMENOPAUSE AWARENESS MONTH

WHEREAS: In the United States in 2025, there are an estimated 65.9 million women aged 40 and older; and according to a new 2025 study, more women between the ages of 35-45 have reported a medical confirmation of perimenopause; and

WHEREAS: Approximately 743,131 women between the ages of 35 and 45 are in the state of Georgia; and

WHEREAS: Perimenopause and the symptoms associated with this phase of life are a normal part aging for women, but many women and even some healthcare professionals do not know enough about it; and

WHEREAS: Perimenopause can last anywhere from five to 10 years, symptoms vary widely, and the changes can cause severe disruptions in mood, sleep, and physical health; and

WHEREAS: There is a need for better perimenopause awareness and education in order for women to be better prepared for this stage of life, and to receive the medical support they need to take proactive steps for the management of symptoms; and

WHEREAS: It is crucial that awareness about perimenopause is raised among the public, health professionals and leaders, to overcome the current lack of information and stigma that surrounds this transitional period, which often leaves women suffering in silence; now

THEREFORE: I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim September 2025, as PERIMENOPAUSE AWARENESS MONTH in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 16th day of June in the year of our Lord, Two Thousand and Twenty-Five.



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GOVERNOR

ATTEST
Amanda M. Curry
CHIEF OF STAFF