

MAY MONTHLY NEWSLETTER

2026

May includes Women's Health Week—a time to prioritize wellbeing and recognize the unique health needs of women at every stage of life.

This month, we're focusing on key areas of women's health and how personalized approaches to care, including medical cannabis, may support overall wellbeing.

Understanding Women's Health

Women's health is dynamic and evolves throughout life - from menstruation and fertility years to perimenopause and menopause. Hormones play a central role in regulating mood, energy, sleep, pain, and overall wellbeing.

Because these systems are interconnected, even small imbalances can affect daily life- but the right support can make a meaningful difference.

Common Women's Health Concerns

Women may experience a range of health concerns influenced by hormonal changes and life stages, including:

- Menstrual Health – cramps, irregular cycles, PMS
- Hormonal Balance – mood changes, fatigue, acne
- Sleep Disruptions – often linked to stress or hormonal shifts
- Chronic Pain – including migraines, fibromyalgia, and endometriosis
- Menopause & Perimenopause – hot flashes, night sweats, mood changes

Understanding these patterns is the first step toward better, more personalized care.

Track Your Symptoms

Understanding patterns in your health can help guide better care. Consider keeping track of:

- Sleep quality
- Energy levels
- Mood changes
- Menstrual cycle patterns
- Pain or discomfort

Even simple tracking can provide helpful insights over time.

Medical Cannabis & Women's Health

Medical cannabis is increasingly being explored as a supportive option for a range of women's health concerns, including during perimenopause and menopause.

Some patients report benefits such as:

- Relief from menstrual discomfort and cramping
- Support for sleep and stress management
- Reduction in chronic pain and inflammation
- Assistance with menopause-related symptoms such as hot flashes, night sweats, and mood changes

Hormonal shifts during perimenopause and menopause can impact sleep, mood, and overall comfort. Some women explore medical cannabis as part of a broader approach to managing these changes.

As always, care should be guided by a qualified healthcare provider to ensure safety and effectiveness.

[Learn More:
Cannabis use & Menopause](#)



- Up to 1 in 10 women are affected by Endometriosis, though many go undiagnosed for years
- Women are more likely than men to experience chronic pain conditions, including Fibromyalgia
- Women are more likely to experience anxiety and sleep disturbances, especially during hormonal transitions like menstruation, pregnancy, and menopause

Small Changes, Real Impact

Simple daily habits can support your overall wellbeing:

- Stay hydrated
- Prioritize rest
- Move your body regularly
- Take time to manage stress

Small, consistent steps can make a meaningful difference over time.

Support Is Available

Consider speaking with a healthcare provider if you experience:

- Ongoing pain or discomfort
- Persistent sleep issues or fatigue
- Severe menstrual symptoms
- Noticeable mood changes

Support can help improve your quality of life.

[Find out if medical cannabis is a safe option
Complete the TCN Intake **HERE**.](#)

Victoria Day Notice

TCN will be closed on Monday, May 18, 2026 for Victoria Day. We will reopen with regular business hours on Tuesday.

