



2026 NATIONAL INTEGRATED SPECIAL REPORT –
DIGITAL AND NEWSPAPER

Hormones & HRT

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As the conversation around health, longevity, and quality of life evolves, hormonal balance has emerged as an important area of focus — particularly for women entering menopause and individuals managing hormonal deficiencies. With the global hormone replacement therapy market projected to grow at more than 6 per cent annually through 2030, this special feature will explore how innovation, research, and education are transforming approaches to hormonal health, from bioidentical therapies and precision dosing to mental-health correlations and public awareness. Strategically timed ahead of World Hormone Day on April 24 and World Menopause Day on October 18.

- Proposed topic highlights:**
- MARKET GROWTH & INNOVATION** — Spotlighting the global HRT market and its expansion, driven by an aging population, novel delivery systems, and growing consumer acceptance of hormone-based therapies.
 - MENOPAUSE & WOMEN'S HEALTH** — Exploring advances in therapies designed to manage menopause symptoms safely and effectively, improving well-being for millions worldwide.
 - MIND-BODY CONNECTION** — How hormones influence cognition, emotion, and mood regulation — bridging neuroscience and endocrinology for a deeper understanding of mental health.
 - BIOIDENTICAL & PERSONALIZED THERAPIES** — Examining new formulations and technologies that tailor hormone treatments to individual biological profiles.
 - ACCESS & AWARENESS** — The rise of telehealth and direct-to-consumer models is reshaping how patients learn about and access hormone therapy options.
 - RESEARCH & SAFETY** — Highlighting the latest clinical insights into efficacy, risk management, and long-term outcomes in hormone therapy.

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RICHARD DEACON, Project Manager T: 1.604.631.6636 E: rdeacon@globeandmail.com

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Print Weekly Readers – 2,417,000 | Digital Weekly Readers – 3,636,000

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