FOR IMMEDIATE RELEASE

One Year After the FDA Dropped Its "Black Box" Warning on Hormone Therapy, North Alabama Gets Its First Clinic 100% Dedicated to Perimenopause and Menopause

Dr. Julie Grimes, MD, MSCP, says a generation of women was told to wait it out. Mariposa Menopause Specialists exists to end the wait.

MADISON, Ala. — November 10, 2026 — One year ago today, the U.S. Food and Drug Administration announced it was removing the "black box" warnings about heart disease, breast cancer and dementia from menopausal hormone therapy, reversing more than two decades of guidance that federal health officials now say kept millions of women from treatment. In North Alabama, the clinic built for what comes next is open: **Mariposa Menopause Specialists**, the region's only clinic 100% dedicated to perimenopause and menopause, opened its doors in Madison on November 2.

"A year ago the FDA finally said out loud what the research had been telling us for two decades," said **Dr. Julie Grimes, MD, MSCP**, Founder and Medical Director of Mariposa Menopause Specialists. "The warning that scared a generation of women away from treatment is gone. What hasn't changed is that most women in North Alabama still can't find anyone who focuses solely on this. That's why Mariposa exists."

Twenty-three years of "wait it out"

The black box dates to 2002, when early results from the Women's Health Initiative study linked hormone therapy to breast cancer and heart disease. Prescriptions collapsed. At the November 2025 announcement, U.S. Health and Human Services officials said use of hormone therapy among menopausal women fell from roughly one in four before the study to fewer than one in 20 afterward. Later analysis of the same data showed the risks had been overstated and that for most healthy women who start treatment before 60 or within 10 years of menopause, the benefits outweigh the risks.

The FDA's label change removes the boxed warnings on cardiovascular disease and breast cancer and removes the dementia warning entirely. The risks are still described in the prescribing information; they are no longer presented as a reason to avoid treatment altogether. A boxed warning about endometrial cancer remains for estrogen-only products taken without progesterone.

"Here is what that means on the ground," Dr. Grimes said. "A 52-year-old woman who was told in 2010 that hormones would give her cancer has spent sixteen years not sleeping, gaining weight she can't explain and wondering why she doesn't feel like herself. Nobody has gone back and told her the rules changed. We're telling her."

The woman who doesn't think she's "in menopause"

Mariposa treats perimenopause, the years of hormonal change that begin for most women in their forties, with the same focus as menopause itself.

"The woman I worry about most is 44," Dr. Grimes said. "She isn't sleeping, her joints hurt, she can't find the word she wants, and she's been told it's stress. She doesn't think she's in menopause, and she's right. She's in perimenopause, and nobody has told her that's a thing you can treat."

Roughly 6,000 women in the United States reach menopause every day. Mariposa's own patient education lists more than 30 symptoms that women are routinely told are unrelated to hormones, from heart palpitations and frozen shoulder to ringing ears and burning mouth.

What “100% dedicated” means

Every new patient's first visit at Mariposa is a full hour with a Menopause Society Certified Practitioner, with comprehensive lab work. The clinic treats the hormonal and metabolic drivers of midlife symptoms in one place: hormone therapy, metabolism and GLP-1 medications, nutrition, sleep and mood.

“You cannot untangle twenty years of being dismissed in a twelve-minute visit,” Dr. Grimes said.

Mariposa also runs **The Grove**, a community for women in perimenopause and menopause, and publishes **The Partner's Guide**, a free resource written for the husbands and partners who are watching it happen and don't know what to do. The clinic is woman-owned and woman-led.

Dr. Grimes has spent more than 24 years in women's health and is a Menopause Society Certified Practitioner (MSCP), a credential earned by passing The Menopause Society's competency examination in menopause and midlife women's health.

> **Dr. Grimes is available for interviews** on the FDA label change and what it means for local women, perimenopause in women in their forties, the 2002 study and its legacy, brain fog and the fear of dementia, GLP-1 medications and midlife weight, and what partners can do. She also speaks to employers, women's groups and community organizations. To arrange an interview, contact Mamie Pickering at (256) 965-6812 or mamie@mariposamenopause.com. Media resources, including a headshot and bio, are at **mariposamenopause.com/press**.

About Mariposa Menopause Specialists

Mariposa Menopause Specialists is North Alabama's only clinic 100% dedicated to perimenopause and menopause. Led by Dr. Julie Grimes, MD, MSCP, a Menopause Society Certified Practitioner with more than 24 years in women's health, Mariposa treats the hormonal and metabolic drivers of midlife symptoms, including hormone therapy, metabolism and GLP-1s, nutrition, sleep and mood, in hour-long visits with comprehensive labs. Mariposa also hosts The Grove, a community for women and the people who love them. Mariposa is woman-owned and woman-led and is located at 1896 Slaughter Rd, Suite F, Madison, AL 35758. Hours are Monday through Friday, 8 a.m. to 5 p.m. Call (256) 965-6812 or visit mariposamenopause.com.

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