



MENOPAUSE: IT'S TIME FOR CHANGE

In March 2022, we commissioned **Kantar** to conduct a nationwide online survey with 1,000 women, aged 30-65, to find out about their menopause experiences.

This is what we found...

WITHOUT EARLY INTERVENTION OR EFFECTIVE MANAGEMENT, MENOPAUSE CAN BE CHALLENGING

6

is the **average number of symptoms** experienced during menopause, rising to **9.5** for those who **describe menopause impact as severe**

50%

find **disrupted sleep** the most challenging symptom, followed closely by hot flushes and night sweats

71%

describing impact of menopause as **severe**, say **anxiety** is the most challenging symptom

THE IMPACT

67%

experience a negative impact on mood

59%

feel their confidence has been very / slightly negatively impacted by menopause

48%

feel menopause has negatively affected relationships with their partner or sex life

32%

of those with medically induced menopause say menopause has negatively impacted family relationships

MENOPAUSE IS MORE CHALLENGING FOR SOME

74%

with medically induced menopause describe menopause impact as severe or unbearable

70%

with pre-existing physical or mental medical conditions said these have become worse with menopause

WOMEN FEEL UNSUPPORTED

59%

feel they have no / very little support

65%

feel unsupported at work

69%

don't talk about menopause to colleagues

3%

disclose symptoms to their managers

THE IMPACT IN THE WORKPLACE

For women who feel unsupported at work...

60%

are thinking about leaving their job

62%

have taken sick leave due to menopause

WHAT WOMEN WANT

52%

working women want a menopause policy introduced

42%

want GPs to have specific menopause training

98%

women on HRT want changes to medication support

HRT IS HELPING

84% WOMEN ON HRT FIND IT'S MAKING A POSITIVE DIFFERENCE WITH **96%** NOTICING SOME IMPROVEMENT

Who we spoke to...

Age:

30-39

40-44

45-54

55-65

14%

15%

37%

35%

For further information please contact:

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