

# What is Menopause?



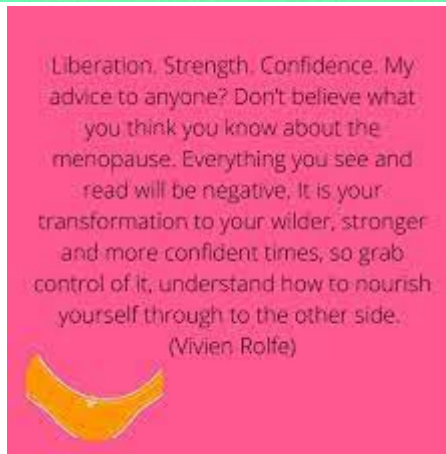
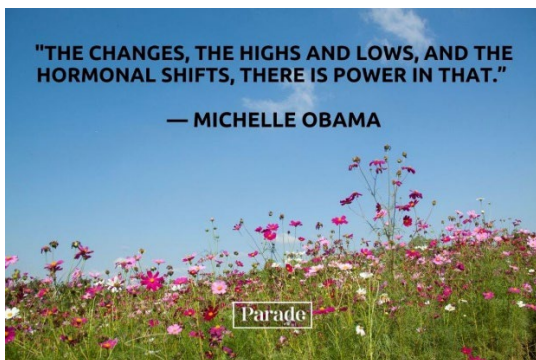
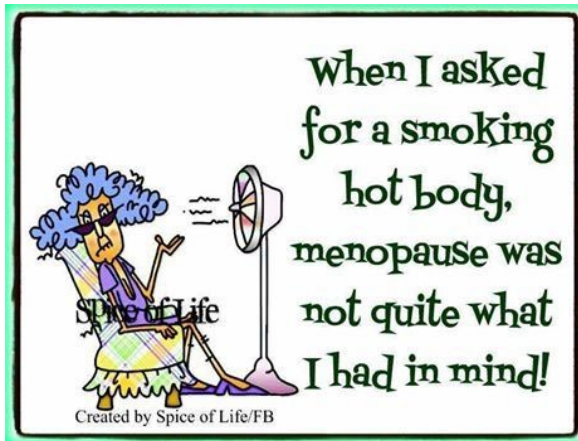
Menopause is the end of a woman's menstrual cycles. The term can describe any of the changes you go through just before or after you stop having your period, marking the end of your reproductive years.

The menopause is a natural part of ageing that usually occurs between the ages of 45 and 55, as a woman's oestrogen levels decline. But around 1 in 100 women experience the menopause before 40 years of age. This is known as premature menopause or premature ovarian insufficiency.

## Menopause Stats

- 47% of the UK workforce will go through menopause during their working lives
- 63% said menopause symptoms negatively impacted their work
- Approximately 13 million women in the U.K are either peri- or post-menopausal
- Symptoms can last up to 15 years
- Over 60% of women experience symptoms resulting in behaviour changes





# 34 Menopause Symptoms

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- 1. Mood Swings
  - 2. Brain Fog
  - 3. Lack of Motivation
  - 4. Difficulty in Focusing
  - 5. Headaches
  - 6. Night Sweats
  - 7. Hot Flashes
  - 8. Breast Tenderness
  - 9. Digestive Problems
  - 10. Quick Weight Gain
  - 11. Loss of Libido
  - 12. Vaginal Dryness
  - 13. Periods Stop
  - 14. Osteoporosis
  - 15. Joint Stiffness
  - 16. Muscle Aches
  - 17. Decreased Confidence
  - 18. Hair Thins
  - 19. Dry Skin
  - 20. Acne
  - 21. Dry Eyes
  - 22. Wrinkles
  - 23. Dry Mouth
  - 24. Bloating
  - 25. Fatigue
  - 26. Insomnia
  - 27. Anxiety
  - 28. Urinary Pain
  - 29. Clammy Feeling
  - 30. Burning Mouth
  - 31. Facial Hair
  - 32. Dizziness
  - 33. Lack of Focus
  - 34. Depression

## Useful Links:

<https://www.newsonhealth.co.uk/>

<https://www.channel4.com/programmes/davina-mccall-sex-myths-and-the-menopause>

<https://www.themenopausecharity.org/>

<https://www.bbc.co.uk/programmes/articles/3jgXTgg512IB3YMPkNy3Tsq/5-things-men-should-know-about-the-menopause>

<https://manpowergroupapps.sharepoint.com/sites/GB-TalentHub/Human%20Resources/Forms/AllItems.aspx?id=%2Fsites%2FGB%2DTalentHub%2FHuman%20Resources%2FWellbeing%2FUnderstanding%20%26%20Embracing%20the%20Menopause%2Epdf&parent=%2Fsites%2FGB%2DTalentHub%2FHuman%20Resources%2FWellbeing>

<https://www.balance-menopause.com/balance-app/>

<https://www.nhs.uk/conditions/menopause/help-and-support/>

<https://www.daisynetwork.org/> - menopause in younger women

<https://www.menopauseandme.co.uk/en-gb> - dedicated to supporting women throughout the menopause journey