



WHAT IS THE MENOPAUSE?

Think about it as a transition

The time leading up to the menopause is known as **perimenopause**. The **menopause** occurs 12 months after the last menstrual period. The time after menopause is known as **postmenopause**.

- Hormone changes mean that periods change and symptoms of the menopause may start.
- Perimenopause typically starts in the mid-to late forties, but can be earlier or later.
- Periods stop permanently at the menopause.
- Average age is 51. For most, it occurs between 45 and 55 but can be earlier or later.
- Symptoms can last into postmenopause.
- Risk of osteoporosis and heart disease increases through the menopause transition.

OTHER TYPES OF MENOPAUSE

Menopause aged under 40 Premature Ovarian Insufficiency (POI)

Around 1% of women experience this. Symptoms are the same as for any woman transitioning through the menopause. Diagnosis is crucial so HRT can be started to treat symptoms and reduce the risk of long-term health consequences (including bone, heart and brain health).

Menopause aged 40-45 Early menopause

Around 5% of women experience this.

Surgical menopause

Occurs when a woman's ovaries are removed and can occur at any age.

Medical menopause

Occurs when a woman's ovaries stop working due to chemotherapy, other medicines or radiotherapy and can occur at any age.

8 IN 10 WOMEN WILL EXPERIENCE SYMPTOMS

On average 7 symptoms are experienced.

Usually last 4-8 years but can last 15+ years.

77% will experience 1+ symptom as 'severe'.

YOUR MENOPAUSE SYMPTOM CHECK LIST

Oestrogen is important all over the body, so fluctuating and ultimately decreasing levels of this hormone may cause a myriad of vasomotor, physical, psychological and genitourinary-related symptoms. In addition, women experience a decrease in testosterone from their late 20s/early 30s. Every woman's experience will be different - from the range of symptoms experienced to their intensity and impact on quality of life. While not exhaustive, here is a list of the most common symptoms that may occur during the menopause transition:

VASOMOTOR

- HOT FLUSHES
- NIGHT SWEATS

PHYSICAL

- ALTERED SKIN SENSATION
- BODY ODOUR
- BOWEL SYMPTOMS
- BREAST TENDERNESS
- BREATHING DIFFICULTIES
- BURNING MOUTH
- CHANGES TO NAILS
- CHANGES TO TASTE & SMELL
- DENTAL ISSUES
- DIZZINESS
- DRY EYES
- DRY MOUTH
- FATIGUE
- FERTILITY ISSUES
- HAIR CHANGES
- HEADACHE & MIGRAINES
- HEART PALPITATIONS
- JOINT PAINS
- MUSCLE ACHES & PAINS
- PERIOD CHANGES
- SKIN CHANGES
- TINNITUS
- WEIGHT GAIN

COGNITION

- BRAIN FOG
- DIFFICULTY CONCENTRATING
- FORGETFULNESS

MOOD

- ANXIETY
- DEPRESSION
- FATIGUE
- LACK OF MOTIVATION
- LOSS OF CONFIDENCE/SELF ESTEEM
- MOOD SWINGS
- SLEEP ISSUES

VAGINAL/SEXUAL/URINARY

- (GENITOURINARY SYNDROME OF MENOPAUSE - GSM)
- BLADDER/URINARY TRACT INFECTIONS
- BLADDER SYMPTOMS
(INCREASED FREQUENCY, URGENCY, LEAKS)
- LOSS OF SEX DRIVE/LIBIDO
- PAINFUL SEX
- VAGINAL DRYNESS
- VAGINAL IRRITATION & ITCHING
- VAGINAL PAIN

These symptoms are not necessarily exclusive to perimenopause and the menopause. In some cases, they can signify other potentially serious problems. If in doubt, please speak to your doctor or healthcare professional about your symptoms.

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