In May 2016, a survey conducted by Ipsos MORI, on behalf of the British Menopause Society (BMS), revealed that one in two women aged 45-65 had gone through the menopause within the past ten years without consulting a healthcare professional. This is despite women surveyed reporting on average seven different symptoms and 42% saying their symptoms were worse or much worse than expected.

50% of women aged 45-65 who have experienced the menopause in the past 10 years, had not consulted a healthcare professional about their menopause symptoms.

This despite women reporting on average seven symptoms and 42% feeling their menopause symptoms were worse or much worse than they suspected.

Many experienced symptoms they did not expect, including:

- 22% unexpected sleeping problems/insomnia
- 20% difficulty with memory/concentration
- 18% experienced unexpected achy joints
- 79% of women surveyed experienced hot flushes and
- 70% experienced night sweats
- 36% women said their menopause symptoms impacted their social life

More than a third said their menopause had impacted their work life.

50% reported their menopause symptoms impacted their sex life.

For further details – please visit [www.thebms.org.uk](http://www.thebms.org.uk) or telephone 01628 890 199