

A woman's relationship with the menopause is complicated...

The specialist authority for menopause & post reproductive health

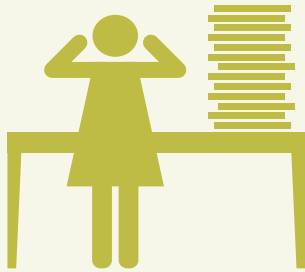
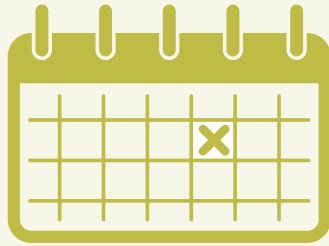
BMS
British Menopause Society

Three quarters of women* in the United Kingdom say that the menopause has caused them to change their lives and more than half say it has had a negative impact on their lives.**

Work can be a struggle

45%

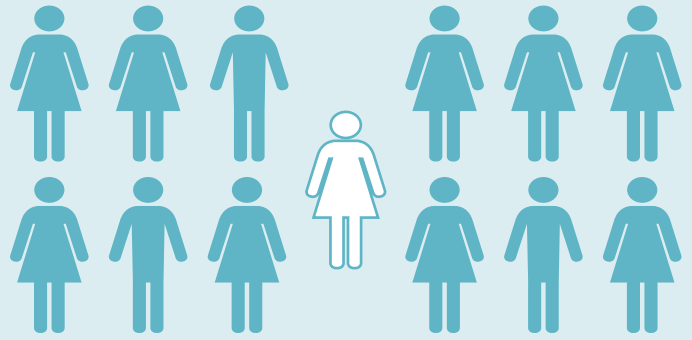
of women say they feel their menopause symptoms have had a negative impact on their work



47%

who have needed to take a day off work due to menopause symptoms say they wouldn't tell their employer the real reason

Social lives can take a back seat



Over **33%** of women feel less outgoing in social situations

32% of women feel they are no longer good company

23% of women feel more isolated

Sex can be off the menu

51%

of women say that their menopause had affected their sex lives



42%

of women also say they just didn't feel as sexy since experiencing the menopause

Partners are left feeling helpless

38%

of partners say they feel helpless when it comes to supporting their partner through the menopause



28%

of partners say they often end up having arguments "because they don't understand what she is going through"

* Either currently experiencing menopausal symptoms OR have experienced menopausal symptoms within the last ten years.

** Whose menopause symptoms strongly affected their life.

About the findings in this infographic: On behalf of the British Menopause Society, Edelman Intelligence conducted online interviews with 1,000 adults in the UK (698 women and 302 men) who were aged 45+ and either peri-menopausal, menopausal or post-menopausal or partners of those who are in a relationship with a woman who is either peri-menopausal, menopausal or post-menopausal, nationally representative of the online population in terms of regional spread.

Women's Health Concern

Women's Health Concern is the patient arm of the BMS.
We provide an independent service to advise, reassure and educate women of all ages about their health, wellbeing and lifestyle concerns.

Go to www.womens-health-concern.org

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