

MENOPAUSE FOCUS



Menopause marks the end of a woman's menstrual cycle and is medically defined as occurring 12 months after a woman's final period



80% have symptoms related to menopause

25% of these have severe symptoms

On average symptoms last

4 years



Perimenopause, the period before menopause, can last

2-10 years

51 the average age of menopause

Symptoms include:

- Fatigue
- Night Sweats
- Insomnia
- Hot Flashes
- Memory Loss
- Mood Changes
- Irritability
- Lack of Confidence
- Problems Focusing
- Difficulty Concentrating
- Depression
- Suicidal Thoughts

1 in 4

say symptoms affect their quality of life

1 in 100

will experience the menopause before the age of

40



1 in 10

women will experience symptoms for up to 12 years

10%

stop working because their symptoms are so severe

Here are our top tips to help you or someone you know STAY WELL during the menopause

Stay hydrated

Hot flushes and night sweats can easily dehydrate you. Drink plenty of water each day to get enough fluids. Water is also good for your skin!

Talk

Confide in a friend, family member or colleague about your symptoms and you may be surprised how sharing your story can help to relieve stress and worry. Talk to your doctor if symptoms become unmanageable.

Awareness

Find out about the many medical and non-medical treatments available to help ease your unpleasant symptoms. Do your research and work out what is best for you.

Yoga

or pilates, meditation, deep breathing and other forms of relaxation can help with overall stress reduction and help you feel more in control of your symptoms.

"Too hot, too cold
I can't sleep.
Covers on, covers off.
Want to weep.
Brain fog. Can't think.
Neuro-blank.
Energy, zero.
Empty tank.
Confidence waning.
Fear I'm gonna fail.
Mind backfiring.
Chasing own tail.
Memory, terrible
Backlog chores.
Welcome to my
Perimenopause!"

- Female Focus Champion

Wear layers

Dressing in layers can give you the flexibility to manage hot or cold flushes. Wear cotton or a base layer which can help to draw moisture away from the body if a hot flush hits.

Employee rights

Your employer has a responsibility to take into account the difficulties you may face during the menopause. Many forward thinking organisations now have menopause friendly policies in place to support you in the workplace.

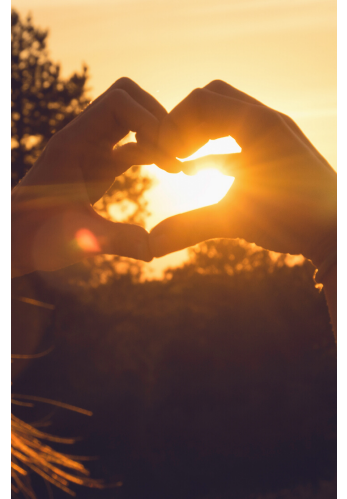
Log

Make a note of your daily, weekly and monthly symptoms and look for any patterns. By listening to and understanding your body you can recognise times when you need to rest or take it easy.

Laugh

Smile, laugh and try to be positive about this new phase of your life - period free! Laughing with friends or colleagues that are going through it too can help massively.

BE KIND TO
YOURSELF



WHILST WE'RE ON THE SUBJECT...

Please go for your smear! Three million women across England have not had a smear test for at least three and a half years. A further one million women aged 50 to 64 have not had a smear test for at least 5 and a half years.

There are around 870 cervical cancer deaths in the UK every year - that's more than two every day!

Source: Public Health England