

AUGUST 2021

THE IMPACT OF MENOPAUSE



MenoHealth
Take control of menopause



MENOHEALTH



WAKE UP TO THE MENOPAUSE

BBC Breakfast's "Wake Up to the Menopause" week in May 2019 was ground-breaking; for the first time menopause was openly discussed on primetime TV. We were delighted to be a part of this and joined Louise Minchin and Jane McCubbin at Birmingham's Botanical Gardens to showcase MenoHealth's exercise and support programme for menopause. This started the conversation and encouraged everyone to talk about menopause more openly. It also highlighted how much needed to be done.



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THIS MORNING

On the same week we joined the 4 day This Morning Live show at the NEC and the atmosphere was buzzing. Thousands of women walked past our MenoHealth stand and their reaction was "Oh menopause, I'm not there yet / Menopause, that's hot flushes isn't it? / I'm not old enough for that!"

We had a display board with some of the symptoms of perimenopause along the lines of the seven dwarfs of menopause: Itchy, Bitchy, Sweaty, Bloaty, Sleepy, Forgetful and Psycho. This light-hearted approach worked, time after time groups of women stopped dead in their tracks saying "That's me, and that, oh and that...does that mean I'm in menopause?"



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We talked menopause for 4 days straight and were truly shocked at the lack of awareness of this natural life stage which happens to every woman. The vast majority of people associate menopause with hot flushes and problem periods. So, the MenoHealth mission began, to bust the myths, get everyone talking about menopause and break down the stigma (and sniggers) that go with it.

“ I spent years thinking there was something seriously wrong with me. I wish I'd had more support and understanding. Knowing you're not alone makes so much difference. ”



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MEDIA

Since then, many celebrities have talked openly about their experiences including Meg Matthews, Davina McCall, Andrea McLean and Zoe Ball. This has to be a good thing, the more we normalise the conversation the better. But although awareness is growing, are we actually making any progress in ensuring everyone gets the right information and support? Do we know what to expect, what we can do to help ourselves, or where to go for help?

SOCIAL MEDIA

Well, if you look at the comments on our MenoHealth Facebook page with over 38,000 followers, you'd probably say we still have a long way to go. Myths abound. Millions of pounds are spent on products that promise to solve problems that have no evidence (scientific or otherwise). HRT is still feared. Women who take a leap of faith to see their GP are sometimes told to "get on with it" or "get a man" or handed antidepressants within minutes.

“

I never knew aching joints were a typical menopause symptom, I thought I'd got arthritis and stopped going to my Zumba class. We should be told about the symptoms before they happen.

”



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APPG

We are delighted that the All Party Parliamentary Group on Menopause has requested evidence for their inquiry which aims to tackle the lack of understanding amongst policymakers, the public and employers. The inquiry will explore and assess current policy around menopause in the workplace, amongst medical professionals and in education. It will also examine the impact menopause is having on people's daily lives and within society and families.

OUR SURVEY

We asked our community of MenoSisters to complete a short survey anonymously to find out about their experience of menopause. We wanted to find out how menopause affects their personal and work life, and what improvements are needed to bring about a positive 'change.'



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SURVEY RESULTS

Here are the results of our survey to collect evidence for the APPG. The open-ended questions elicited some heartfelt answers which cannot be summed up in a pie chart, here are just a few:

“ There needs to be a major public health campaign, mandatory training for GPs, more funding for research into the menopause, more awareness at well women NHS checks, and definitely some myth busting around HRT – also why the hell isn't testosterone licensed to prescribe to women? So many things that need to be addressed. Absolutely no awareness or even conversation in the NHS about menopause. Learned all I know from Instagram. What a sad sorry state of affairs. ”

“ A quicker diagnosis and appropriate treatment rather than doctors insisting that early menopause is a 'myth'. I was instead repeatedly signed off with stress and depression which absolutely ended my career in my late 30s. ”

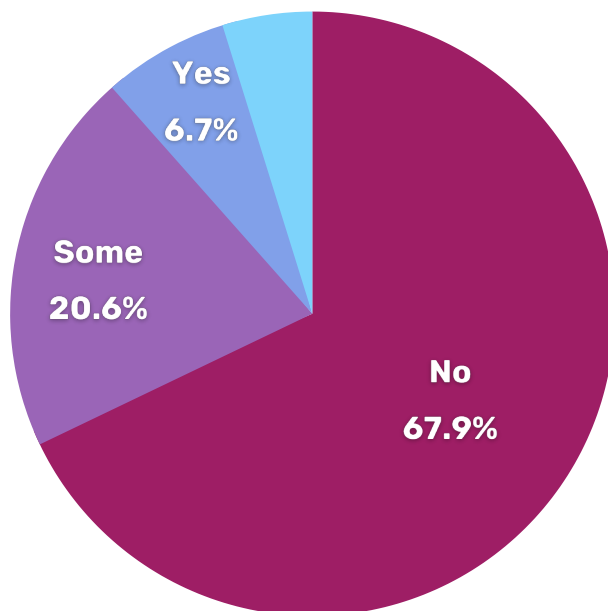
“ Correct & accurate reporting of information in the media; increased and mandatory training for all medical professionals. ”



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MENOPAUSE AWARENESS

We asked, do you think there's enough information about menopause available from reliable sources?



The overriding theme that came through loud and clear is that there needs to be more understanding, from everyone, at home, in the workplace and especially from GPs.

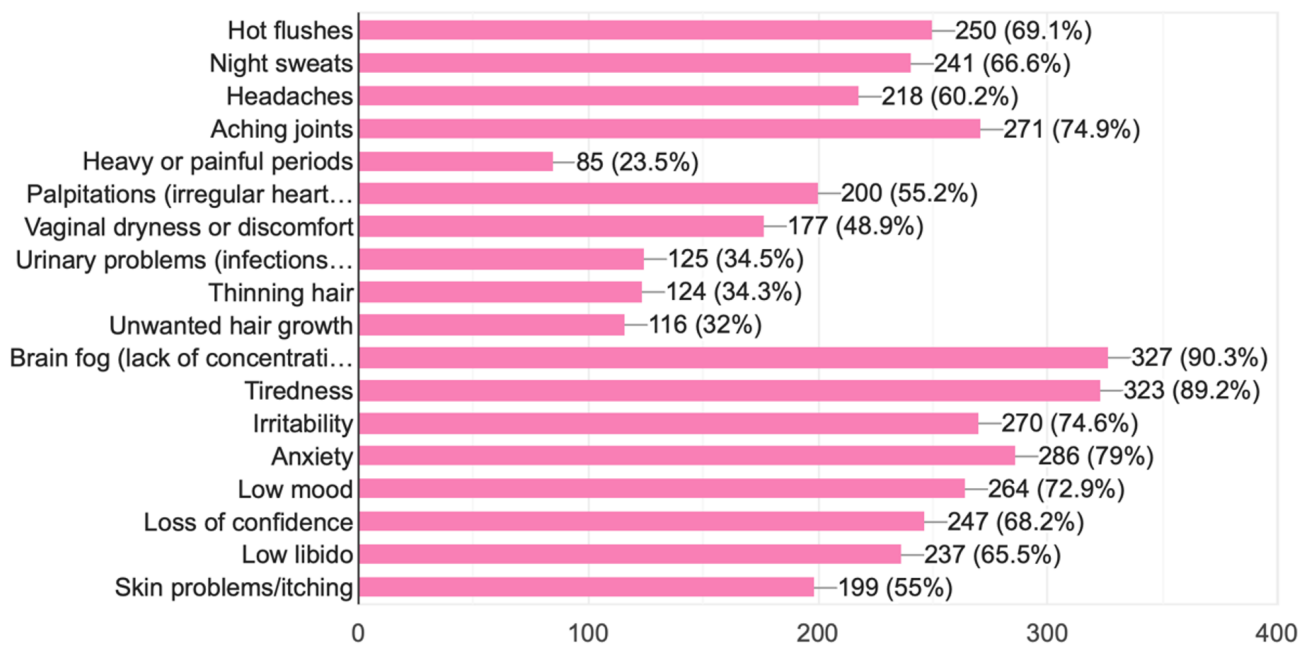
“More awareness should be made for every female – there is lots more to menopause than hot flushes & sweats. Women can have symptoms for years & need somewhere to go for help – a clinic specifically for menopause should be available in every area.”



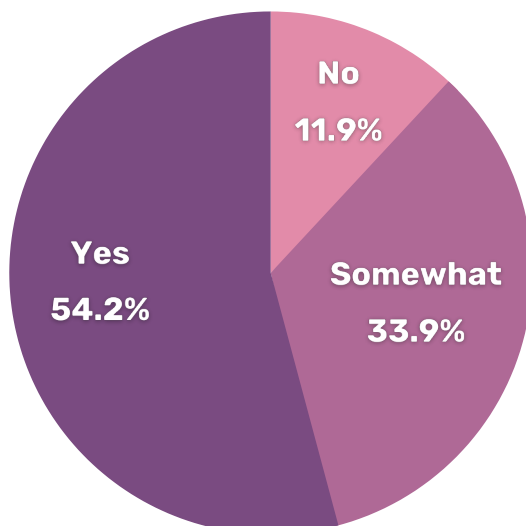
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MENOPAUSE SYMPTOMS

We asked, which symptoms of menopause women experience?
Brain fog, tiredness and anxiety are more common than hot
flushes:



We asked, have your menopause symptoms affected
your daily activities?

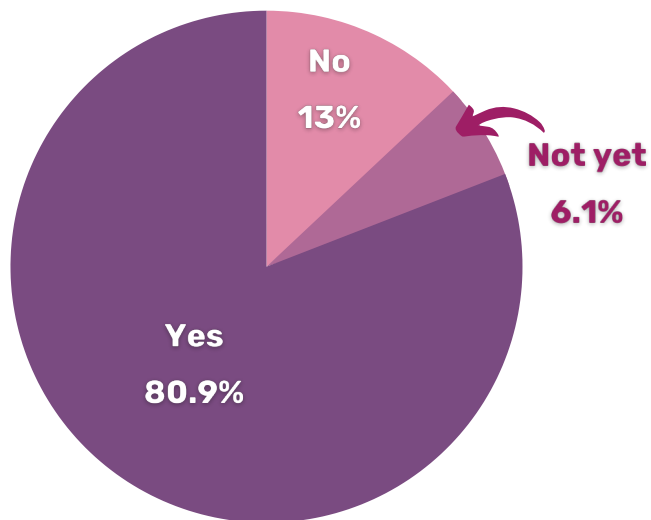




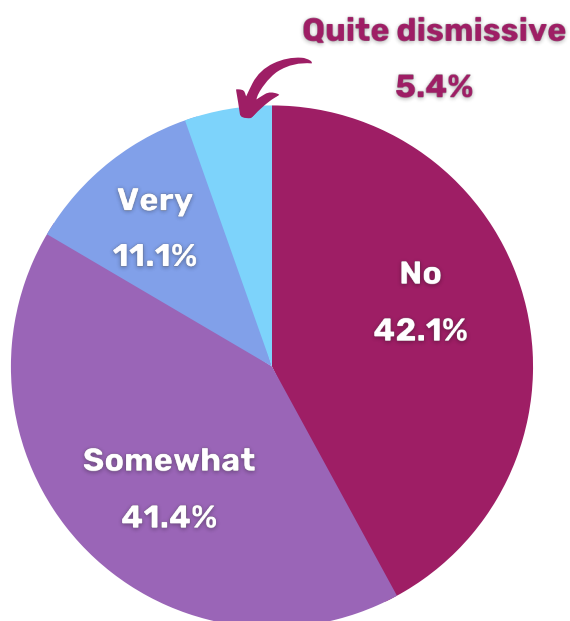
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SEEKING MEDICAL ADVICE

We asked, have you seen your GP about your menopause symptoms?



And, was your GP helpful in regards to your menopause symptoms?



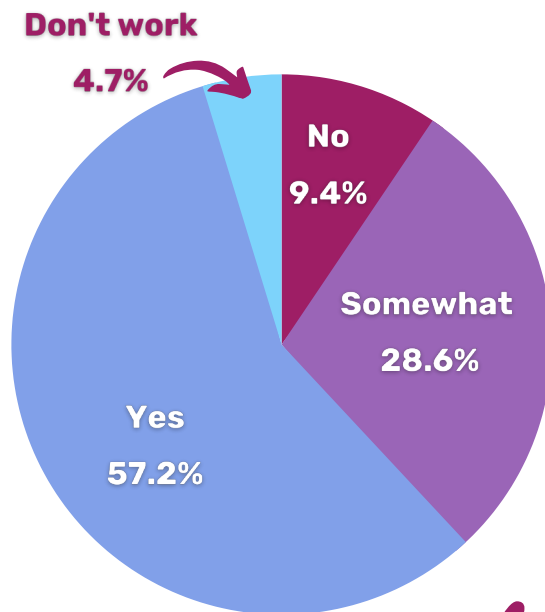
“My GP openly admitted she didn't know enough about menopause. I showed her the NICE guidelines and after reading up on it she was really helpful. Why aren't all doctors given training as half their patients will experience menopause?”



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MENOPAUSE AT WORK

We asked, have your menopause symptoms affected you at work?



“There are leaflets around my workplace, but nobody reads them. My colleagues joke when I need to open a window for a few minutes. ‘She’s having a flush again,’ it really isn’t funny.”

“Every workplace needs to be aware & know the symptoms of menopause, women are going through so much & need as much understanding / help they can get – this affects woman’s mental health as well as body changes – giving employers information so they can direct them to get the support they require.”

“I wish I’d been given the opportunity to have flexi-hours. Instead I was made redundant.”

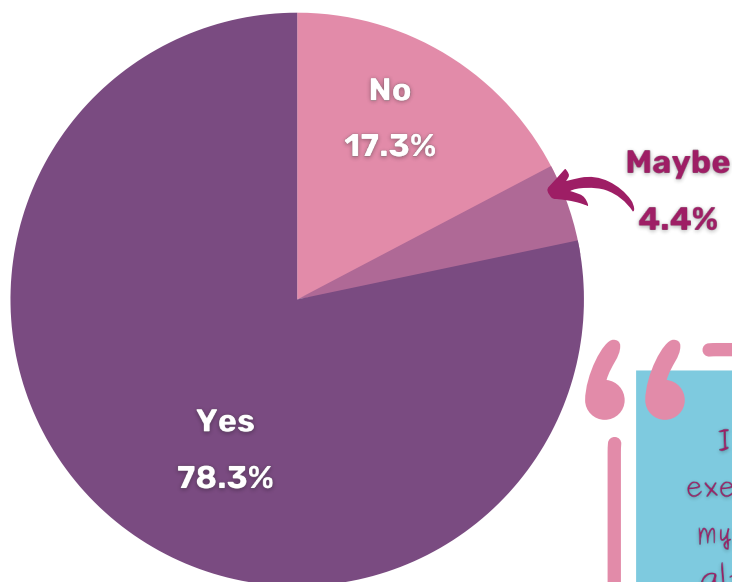


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MENOPAUSE & EXERCISE

One third of women drop off from physical activity during menopause yet it has been shown to help women to manage and cope better with their symptoms. The risk of heart disease and osteoporosis increases markedly after menopause. This is a time when we need to exercise more to reduce the risk of heart disease, stroke, type 2 diabetes, some cancers, arthritis dementia and depression.

We asked, would an exercise class that is specifically geared towards supporting women through menopause be helpful?



“We need more local support groups and more tailored exercise and diet classes.”

“I needed some confidence around exercises, and how that could fit into my lifestyle that I could manage. So glad I found MenoClasses. Now I've noticed my flexibility, muscle strength and mental health have greatly improved and the support is invaluable.”



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MENOCCLASS

MenoClass is the first of its kind in the UK to offer support, education and exercise to help you to take control of menopause. Each session includes 15 minutes discussion on topics such as weight gain, HRT, lost libido, confidence crisis and busting menopause myths. This is followed by 45 minutes of fabulous fitness routines to great music which will help you to improve fitness, muscle tone, bone health and body confidence.

MENOHEALTH AT WORK

We've launched the first programme of its kind to enable employees to get the right information, support & exercise they need to take control of #menopause with lunchtime sessions that fit conveniently into the working day. Ask your HR rep to get in touch on info@menohealth.co.uk.

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Contact us:

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