

# Long Covid vs. Perimenopause or Menopause

Survey results of 622 responses  
shared in October 2021

Dr Louise Newson<sup>1</sup>, Margaret O'Hara<sup>2</sup>, Claire Hastie<sup>2</sup>  
Newson Health Research and Education,<sup>1</sup> Long Covid Support<sup>2</sup>



said their Long Covid  
symptoms **could** be due  
to the perimenopause or  
menopause

**51%**



said their healthcare professionals have **not**  
spoken to them about their hormones or given  
any treatment for their perimenopause or  
menopause