

Not just hot flushes: survey shows cognitive symptoms key to the menopause

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What are the most common symptoms due to menopause in a representative sample of UK women?

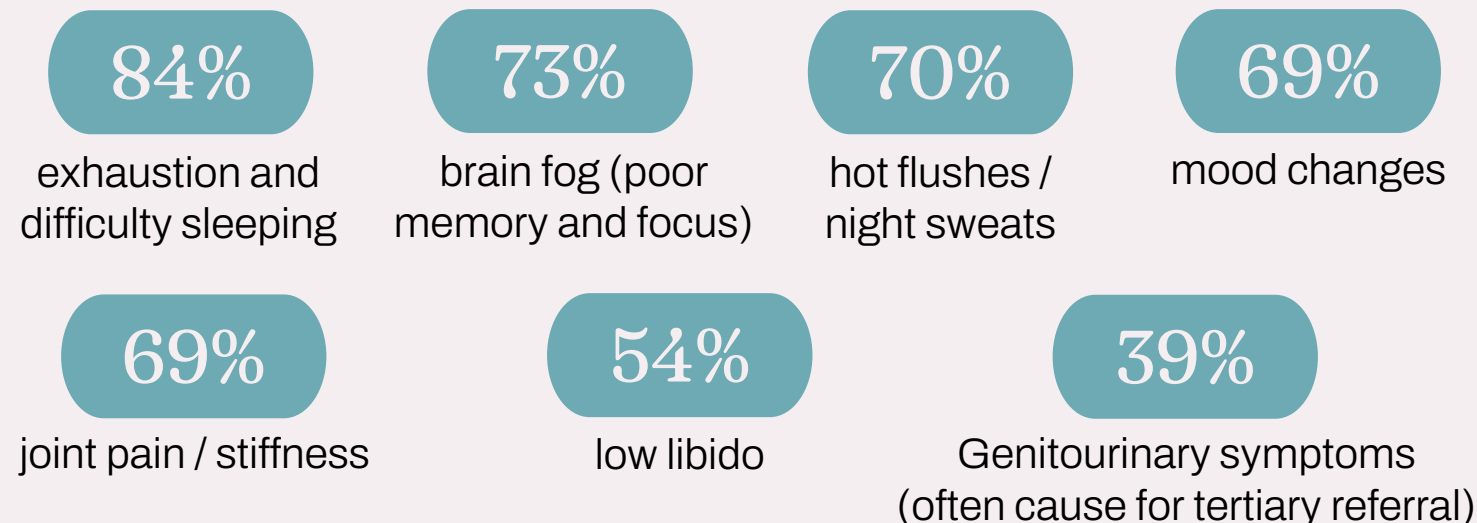
Objective:

Effective menopause care depends on women and health professionals being able to recognise whether the symptoms a woman experiences are related to the menopause or not. Our objective in this study was to explore what the most common menopause symptoms are in a representative sample of women in the UK.

Method:

We analysed the results of a large-scale panel survey carried out on behalf of the Fawcett Society of women aged 45-55 with current menopausal symptoms. The survey was conducted online between 26 January and 4 February 2022, and included 4,014 female respondents. Data was weighted to be representative of UK women aged 45-55 by age and region.

Results:



Impact of symptoms:

44%
had 3 or more symptoms

44%
experienced a significant negative effect at work

Conclusion:

Reconfigure perceptions of the menopause to more accurately reflect the symptoms women experience. This would improve care and individualise treatment.