

Menopause mythbusting



Around a quarter of women in the workforce are of menopausal age, yet many face a lack of awareness from their employer or colleagues. We can help to increase understanding by challenging some common myths about the menopause and its symptoms.



Menopause happens in your 50s.



The age of menopause varies.

While the average age of menopause is 51, the age of onset varies and many people experience symptoms for a number of years. Early menopause (before age 45) can happen naturally or as a side effect of certain treatments, including cancer treatments.



Hot flushes are the main symptom.



Each person experiences the menopause differently.

There are over 30 recognised symptoms of the menopause, including mood changes, difficulty sleeping, joint aches, urinary infections, anxiety and low libido. Around 80% of people experience additional symptoms before and after their periods stop.



It's just a case of waiting it out.



There are treatment options for most symptoms.

Hormone replacement therapy (HRT) is the main treatment for menopause symptoms, but it's important to speak to your GP about options for your specific needs. Alternative treatments might include vitamin supplements, vaginal pessaries or talking therapies.



Menopause won't affect my work.



Many find their symptoms problematic at work.

As well as its physical symptoms, menopause can affect confidence, concentration, energy levels and mental health, which can negatively impact our work. It might feel intimidating to talk about the menopause at work, but managers should be able to make adjustments to help employees who are going through menopause to perform at their best.

Sources:

<https://www.tuc.org.uk/research-analysis/reports/menopause-and-workplace>

<https://www.nhs.uk/conditions/menopause/symptoms/>