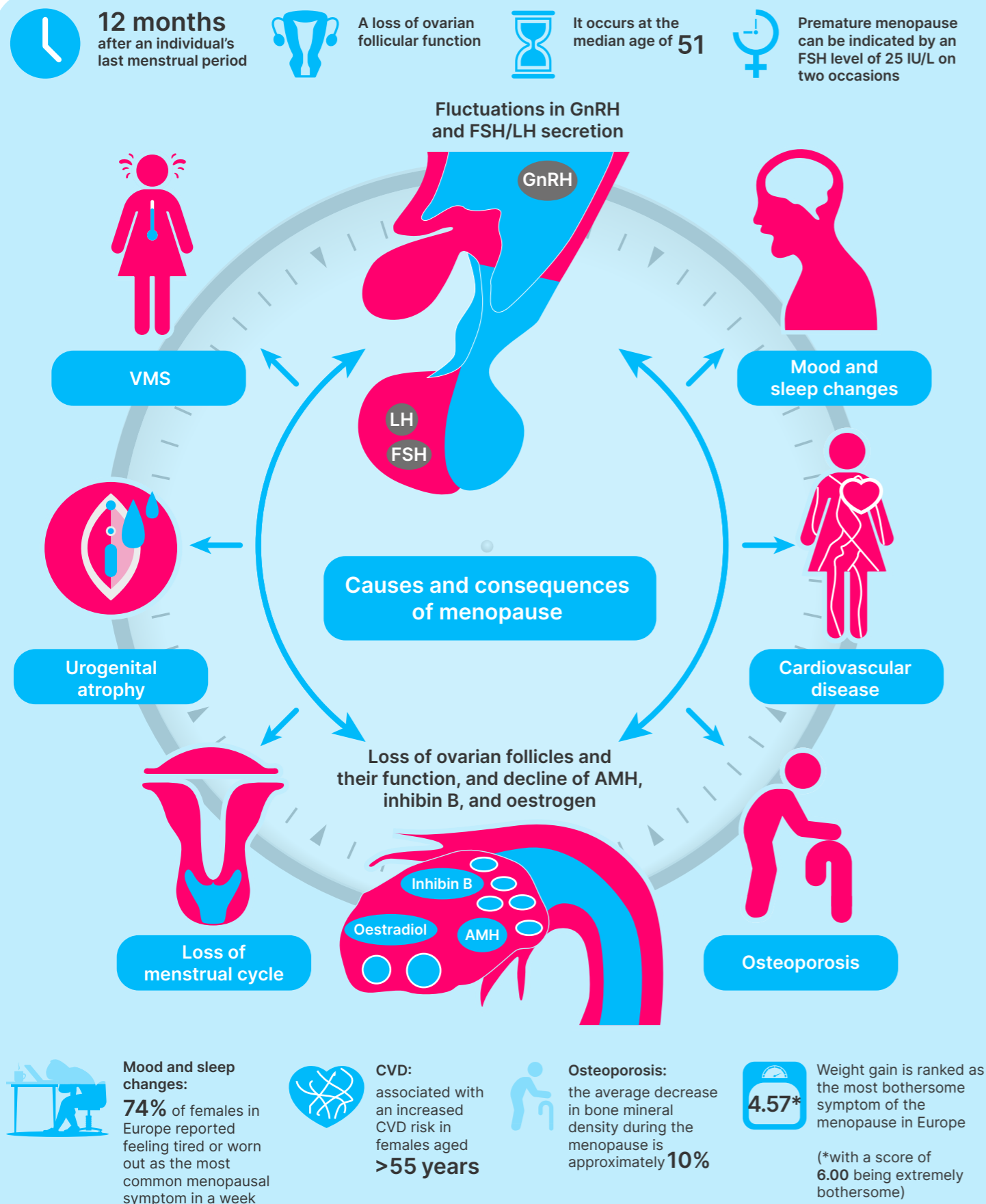




# The Menopause: Symptoms and Breaking the Stigma

Citation: EMJ Repro Health. 2023; DOI/10.33590/emjreprohealth/10309139. <https://doi.org/10.33590/emjreprohealth/10309139>

## Symptoms



## VMS

40% of females in five European countries said VMS were a moderate-to-severe problem

Frequency ranges from one a day to one an hour. The median duration of VMS is 7.4 years

Associated with poor sleep and a depressed mood, resulting in fatigue, irritability, forgetfulness, and decreased work productivity

Between 37-52% of participants treated their hot flashes with over-the-counter products

## In a study of 2035 post-menopausal females:

Hot flashes had a greater impact on daily activities than on work activities

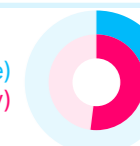


On average, females experienced 4.6 hot flashes per day



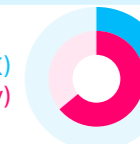
Prevalence of VMS

31% (France)  
52% (Italy)



The proportion of females who have contacted a HCP in the previous 12 months to discuss VMS

27% (UK)  
64% (Italy)



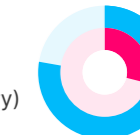
## Breaking the Stigma

On average, 64% of females felt comfortable discussing the menopause with friends.



This ranged from 78% (UK)

<30% (Hungary)



## An observational study of 829 post-menopausal females:

49.0% felt "not informed at all" prior to the menopause

51.1% females accessed information through health professionals and...

50.5% official websites of professional societies

77.6% Females felt education about the menopause at school and...

64.3% ...in doctors' surgeries would be best



A lot of females expressed how they wished their GPs were better informed, and many felt "dismissed and unsupported" by their GPs

## References

- Carter AE, Merriam S. Menopause. *Med Clin North Am.* 2023;107(2):199-212.
- Davis S et al. Menopause. *Nat Rev Dis Primers.* 2015;1:15004
- Nappi RE et al. Prevalence and quality-of-life burden of vasomotor symptoms associated with menopause: a European cross-sectional survey. *Maturitas.* 2023;167:66-74.
- Aggarwal NR et al. Sex differences in ischemic heart disease: advances, obstacles, and next steps. *Circ Cardiovasc Qual Outcomes.* 2018;11(2):e004437.
- Yong EL, Logan S. Menopausal osteoporosis: screening, prevention and treatment. *Singapore Med J.* 2021;62(4):159-66.
- Nappi RE et al. Global cross-sectional survey of women with vasomotor symptoms associated with menopause: prevalence and quality of life burden. *Menopause.* 2021;28(8):875-82.
- House of Commons, Women and Equalities Committee. Menopause and the workplace survey results. 2022. Available at: <https://committees.parliament.uk/publications/8995/documents/152634/default/>. Last accessed: 16 May 2023.
- Ipsos. Global views on menopause: a global advisor survey. 2022. Available at: <https://www.ipsos.com/sites/default/files/ct/news/documents/2022-10/Ipsos-Global%20Views%20on%20Menopause.pdf>. Last accessed: 16 May 2023

## Key

AMH: anti-Müllerian hormone; CVD: cardiovascular disease; FSH: follicle-stimulating hormone; GnRH: gonadotropin-releasing hormone; GP: general practitioner; LH: luteinising hormone; HCP: healthcare professional; VMS: vasomotor symptoms.