



Suffering from menopause symptoms?

Here's how your healthcare practitioner can help...

Here at [**company name**], we've made the commitment to becoming menopause friendly. [**add in any company statement if you want to**].

We know that menopause symptoms can affect three people going through menopause, and severely affect one in four. And these symptoms can range from physical and psychological, including hot flushes, sleep problems, insomnia to anxiety, low mood and brain fog.

But it's important to understand you don't need to suffer in silence. We're here for you to talk to in complete confidence at work. And we'd always encourage anyone with menopause symptoms that are getting in the way of them enjoying life or work to talk to a healthcare professional, for example your doctor.

Research tells us that not everyone will seek help... please don't be one of them.

Of course, for some menopause isn't a big deal and they sail through it. If this is you, then that's great. But if you're in the majority who do experience symptoms, this is when not seeking support can impact you. According to the Fawcett Society Report (2022) half (45%) of those surveyed haven't spoken to their GP surgery about their symptoms. This is despite a British Menopause Society survey reporting an average of seven different symptoms, and over 4 in 10 saying their symptoms were worse or much worse than they expected.

This means many are going through menopause without tapping into the support that's available. But your healthcare practitioner is there to help and support you. The way you manage your menopause is your personal preference. You may want to try a medical approach, including hormone replacement therapy (HRT), or by making some changes to your lifestyle. A healthcare practitioner can talk you through all your options, and help you make the right choices based around your preferences and medical history.

We know from our awareness sessions that it can be hard to know when to seek help. For some, they simply don't know that what they're experiencing could be menopausal symptoms. Others feel they just have to 'put up and shut up'.



- Of those who have approached their surgery, 31% said it took many appointments before their GP realised they were experiencing menopause or perimenopause.
- Official guidance says that hormone replacement therapy (HRT) should be offered to people who are struggling with menopause symptoms, but just 39% say their GP or nurse offered HRT as soon as they knew they were experiencing menopause, and only 14% said that they are currently taking HRT.
- Ongoing HRT shortages have been widely reported as due to increased demand – but this evidence suggests that we are only seeing the beginning of the potential rise in uptake.

So, it really is about knowing what you want and being tenacious.

Here at [company name] we want to help you get the right support from your healthcare practitioner. One of the best ways to do this is to put in plenty of preparations. We've put together a handout, full of information, tips and FAQs, to help you get the very best from your appointment. **[Add link to where the handout is stored](#)**