

Symptoms of menopause

Menopause is a transition that happens over many years. It's usually between 45-55 but symptoms can start years before. It can also happen earlier either naturally or as a result of surgery or illness.

Symptoms women say affect them the most at work*



Fatigue



Hot
flushes



Focus and
concentration



Anxiety
and worry



Insomnia

*Source: survey 2018 - TUC, Open University, University of Bristol, University of Leicester, Henpicked: Menopause in the Workplace

Common symptoms include, but this is not an exhaustive list:

- Aches and pains
- Skin (dryness, itching or acne)
- Migraines or headaches
- Heart palpitations
- Irregular and/or heavy periods
- Low mood, depression or changes in mood
- Urinary issues, e.g. increased frequency
- Panic attacks
- Weight gain or bloating
- Lower self confidence

Symptoms don't need to be bad or unbearable before help is available. Talk to your healthcare practitioner for support and guidance on managing your menopause.



PROUD
to display
the **BADGE**