



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 in four women, 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 GP.

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

Of course, for some women 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. In fact, according to The British Menopause Society, one in two women aged 45-65 went through the menopause in the past ten years without consulting a healthcare professional. This is despite the women surveyed reporting an average 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'. Some think they need to wait until the Covid pandemic is over until seeking help.

And for others, they've been discouraged by not being offered the right support. According to a 2020 [Mumsnet and Gransnet survey](#), 36% of those who sought help from their GP for perimenopause symptoms, and 26% of those who sought help for menopause symptoms, say they visited their GP three times or more before being prescribed appropriate medication or help.

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]**

