

MANAGING YOUR MENOPAUSE 3-STAGE PROCESS





MENOPAUSE: THE FACTS

Everyone should have menopause awareness, so they can support colleagues, friends and family.



3 in 4 people experience menopause symptoms at some time

5

is the average age to reach menopause 8 in 10

people of menopausal age are in work 2 in 5

said symptoms were worse than expected



1 in 4 people experience serious symptoms

0

of people reach menopause before they are 40

The majority of people are unwilling to disclose menopause-related health problems to line managers



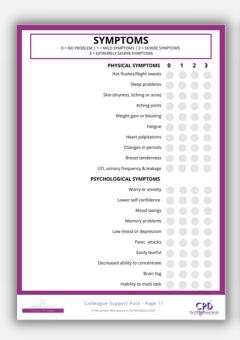


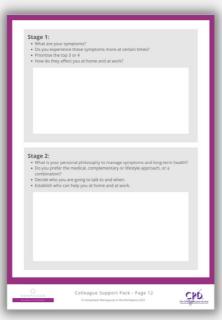
MANAGING MENOPAUSE

SIGNPOSTING OUR 3-STAGE PROCESS

The Managing your menopause: 3-stage process can help those experiencing menopause understand their options and choices for managing symptoms. Everyone's experience of menopause is different. Everyone experiences different symptoms, has different views or philosophies about how they'd prefer to manage them and different medical histories, too.

The following pages help anyone experiencing menopause symptoms work out what's right for them, and plan their next steps.











SYMPTOMS

0 = NO PROBLEM | 1 = MILD SYMPTOMS | 2 = SEVERE SYMPTOMS 3 = EXTREMELY SEVERE SYMPTOMS

PHYSICAL SYMPTOMS	0	1	2	3
Hot flushes/Night sweats				
Sleep problems				
Skin (dryness, itching or acne)				
Aching joints				
Weight gain or bloating				
Fatigue				
Heart palpitations				
Changes in periods				
Breast tenderness				
UTI, urinary frequency & leakage				
PSYCHOLOGICAL SYMPTOMS				
Worry or anxiety				
Lower self confidence				
Mood swings				
Memory problems				
Low mood or depression				
Panic attacks				
Easily tearful				
Decreased ability to concentrate				
Brain fog				
Inability to multi task				





What are your symptoms? Do you experience these symptoms more at certain times? Prioritise the top 3 or 4 How do they affect you at home and at work?

Stage 2:

- What is your personal philosophy to manage symptoms and long-term health?
- Do you prefer the medical, complementary or lifestyle approach, or a combination?
- Decide who you are going to talk to and when.
- Establish who can help you at home and at work.









WHAT NEXT?

Stage 3:

- What do you plan to do to:
 - Learn more about menopause (if you need to)?
 - Manage your symptoms and long-term health?
 - Decide who are you going to talk to? And by when?
 - o Understand who can help you (at work, at home)?







Menopause in the Workplace