National survey – The results

In May 2016, a survey conducted by Ipsos MORI, on behalf of the British Menopause Society (BMS), revealed that one in two women aged 45-65 had gone through the menopause within the past ten years without consulting a healthcare professional. This is despite women surveyed reporting on average seven different symptoms and 42% saying their symptoms were worse or much worse than expected.



of women
aged 45-65
who have
experienced the
menopause in the
past 10 years,
had not consulted
a heathcare
professional about
their menopause
symptoms.





This despite women reporting on average seven symptoms and 42% feeling their menopause symptoms were worse or much worse than they suspected.



50% of women said their menopause symptoms had **impacted their home life.**

Many experienced symptoms they did not expect, including:

22% unexpected sleeping problems/insomnia

20% difficulty with memory/ concentration

18% experienced unexpected

achy joints

More than a third

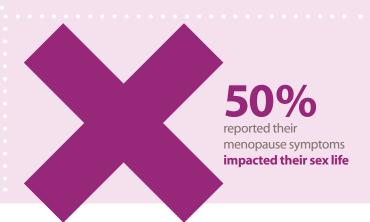
said their menopause had impacted their work life.

79% of women surveyed experienced hot flushes and

70% experienced night sweats



36% women said their menopause symptoms impacted their social life





For further details – please visit

www.thebms.org.uk or telephone 01628 890 199

