

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.

50% of women aged 45-65 who have experienced the menopause in the past 10 years, had not consulted a healthcare 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**



50% reported their menopause symptoms **impacted their sex life**



For further details – please visit

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

