

# World Menopause Day 2023

Wednesday 18<sup>th</sup> October



## Menopause Myths

### Everyone will get the main symptoms

Most women will experience some menopausal symptoms. Some will get few or no symptoms, and some will experience severe symptoms. There are a wide-range of common symptoms, so if you suspect that your symptoms could be related to menopause, it's important to speak to your GP.

### Menopause happens in your 50s

Menopause is caused by a change in your body's hormones. This occurs as you get older, usually post-45. It can happen earlier or later, though, for a variety of different reasons. In other words, age is just a part of the process, and not a definitive cause.

### There are no treatments for menopause

There are a lot of lifestyle changes that you can make to ease the various symptoms of menopause, including eating well, exercising and looking after your mental wellbeing. Additionally, there are multiple treatments available, including Hormone Replacement Therapy (HRT), which is a safe and effective treatment for most.

### Menopause is just a physical condition

Most people are familiar with the common symptoms like hot flushes and mood swings. But did you know that menopause also affects mental health? It can lead to conditions such as low mood and anxiety, as well as memory problems and brain fog.

### WATCH: Menopause Myths

Learn more about menopause and the various myths surrounding it. Scan the QR code to see the video.

Or visit <https://youtu.be/uol9wrUZwHM?si=zjtaPCBXsWRbXpSC>

