

# MENOPAUSE ♀

#KnowYourMenopause



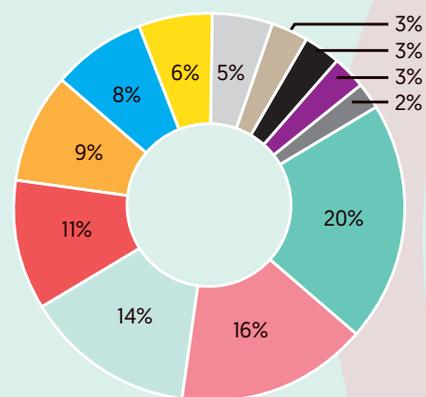
## GP SUPPORT PACK

Website: [Pausitivity.co.uk](http://Pausitivity.co.uk) Email: [info@pausitivity.co.uk](mailto:info@pausitivity.co.uk) Twitter: [@Pausitivity2](https://twitter.com/Pausitivity2)

# #KnowYourMenopause

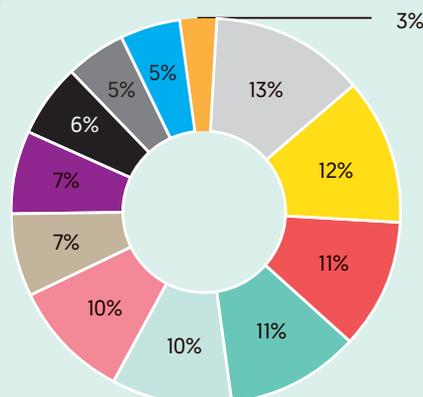
## Working together to help women & their medical practitioners

We surveyed more than 850 peri-post menopausal women and asked them how much they knew about the menopause before it began. This is what they said...



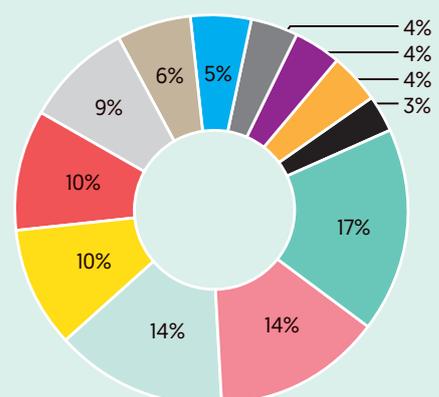
- Hot flushes
- Night sweats
- Irregular periods
- Mood changes
- Vaginal dryness
- Loss of libido
- Sleep problems
- Depression/anxiety
- Joint pain
- Headaches
- Palpitations
- Dry/Itchy skin

Hot flushes, night sweats & irregular periods are the most well-known menopause symptoms.



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However, the main symptoms women first saw their GP with were anxiety, depression & sleep problems.



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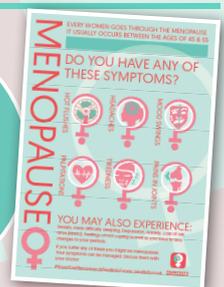
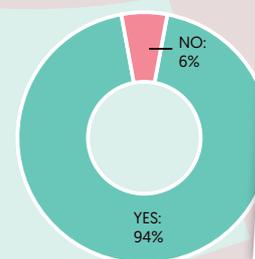
Yet these are the symptoms that finally led to them being diagnosed as menopausal.

Leading to 57% of women waiting more that 12 months for a diagnosis.

Here's one of many similar quotes from the survey:

“This poster would have made me realise the menopause is more than hot flushes and night sweats and I may have been able to link some of my symptoms together much earlier”

Please don't let women suffer through ignorance. Help them to #KnowYourMenopause. Display the poster for all to see.



Question: Would you like to see a KYM poster on display? - And a massive 94% think seeing a #KnowYourMenopause poster at their GPs' could have helped them get a diagnosis or realisation earlier...

#KnowYourMenopause

# ASK THE DOCTOR

These are some of the questions women tells us they would like answering

- 1 Could symptoms be due to something other than menopause?
- 2 Are there any tests you can do to determine cause of symptoms?
- 3 What are the medications I could consider?
- 4 What are the pros and cons of the different forms of HRT?
- 5 What are the side effects of hormone therapy?
- 6 What are the risks? Mention any family history.
- 7 How long would I need to take drugs for?
- 8 Will supplements or herbs help symptoms?
- 9 Are there lifestyle and dietary changes I can make that will help?

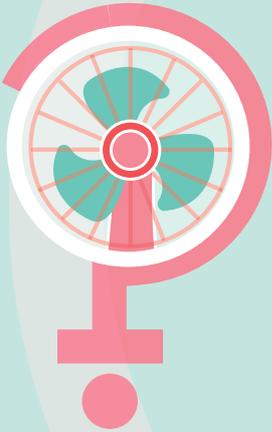


# MENOPAUSE ♀

EVERY WOMEN GOES THROUGH THE MENOPAUSE  
IT USUALLY OCCURS BETWEEN THE AGES OF 45 & 55

## DO YOU HAVE ANY OF THESE SYMPTOMS?

HOT FLUSHES



HEADACHES



MOOD SWINGS



PALPITATIONS



TIREDNESS



PAINS IN JOINTS



## YOU MAY ALSO EXPERIENCE:

Sweats, Have difficulty sleeping, Depression, Anxiety, Loss of sex drive (libido), Feelings of not coping as well as you used to and changes to your periods.

If you suffer any of these you might be menopausal.  
Your symptoms can be managed. Discuss them with  
your doctor

#KnowYourMenopause @Pausitivity2 [www.pausitivity.co.uk](http://www.pausitivity.co.uk)



**PAUSITIVITY**  
#KNOWYOURMENOPAUSE