

# A woman's relationship with the menopause is complicated...

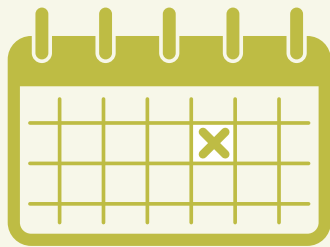


Three quarters of women\* in the United Kingdom say that the menopause has caused them to change their lives and more than half say it has had a negative impact on their lives.\*\*

## Work can be a struggle

**45%**

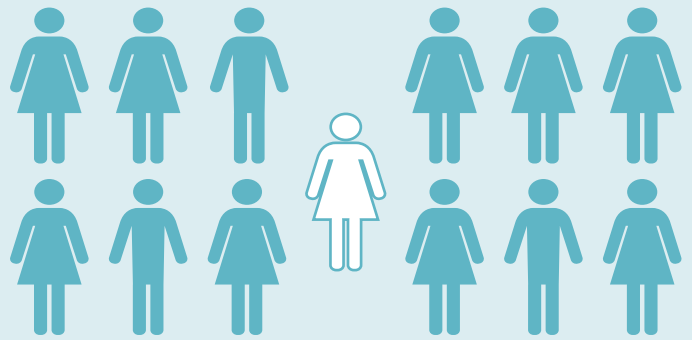
of women say they feel their menopause symptoms have had a negative impact on their work



**47%**

who have needed to take a day off work due to menopause symptoms say they wouldn't tell their employer the real reason

## Social lives can take a back seat



Over **33%** of women feel less outgoing in social situations

**32%** of women feel they are no longer good company

**23%** of women feel more isolated

## Sex can be off the menu

**51%**

of women say that their menopause had affected their sex lives



**42%**

of women also say they just didn't feel as sexy since experiencing the menopause

## Partners are left feeling helpless

**38%**

of partners say they feel helpless when it comes to supporting their partner through the menopause



**28%**

of partners say they often end up having arguments "because they don't understand what she is going through"

\* Either currently experiencing menopausal symptoms OR have experienced menopausal symptoms within the last ten years.

\*\* Whose menopause symptoms strongly affected their life.

**About the findings in this infographic:** On behalf of the British Menopause Society, Edelman Intelligence conducted online interviews with 1,000 adults in the UK (698 women and 302 men) who were aged 45+ and either peri-menopausal, menopausal or post-menopausal or partners of those who are in a relationship with a woman who is either peri-menopausal, menopausal or post-menopausal, nationally representative of the online population in terms of regional spread.



For further information and support, including our telephone and email advisory service – please visit

[www.womens-health-concern.org](http://www.womens-health-concern.org)

