

# National survey – The results

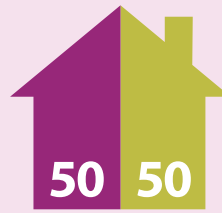


In May 2016, a survey conducted by Ipsos MORI, on behalf of the British Menopause Society (BMS), revealed that one in two women aged 45-65 had gone through the menopause within the past ten years without consulting a healthcare professional. This is despite women surveyed reporting on average seven different 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](http://www.thebms.org.uk) or telephone **01628 890 199**

