

# Symptoms of menopause

Menopause is a transition that happens over many years. It's usually between 45-55 but symptoms can start years before. It can also happen earlier either naturally or as a result of surgery or illness.

## Symptoms women say affect them the most at work\*



Fatigue



Hot flushes



Focus and concentration



Anxiety and worry



Insomnia

\*Source: survey 2018 - TUC, Open University, University of Bristol, University of Leicester, Henpicked: Menopause in the Workplace

## Common symptoms include:

- Aches and pains
- Skin (dryness, itching or acne)
- Migraines or headaches
- Heart palpitations
- Irregular and/or heavy periods
- Low mood, depression or changes in mood
- Urinary issues, e.g. increased frequency
- Panic attacks
- Weight gain or bloating
- Lower self confidence

Symptoms don't need to be bad or unbearable before help is available. Talk to your healthcare practitioner for support and guidance on managing your menopause.



**PROUD**  
to display  
the **BADGE**