

"More information needed"

As we enter our 11th year of publishing Menopause Matters magazine, we could be forgiven for thinking that the word must be out there by now; that women would be fully informed about the consequences, stages and treatment options of the menopause. However, according to results from a recent Ipsos MORI survey on behalf of the British Menopause Society (BMS), it seems that this is not the case and that much still needs to be done in offering women information, support and advice.



Survey Results

Presented at the recent BMS annual conference, results showed that one in two women who were experiencing menopausal symptoms, or had done so within the last ten years, did not consult a healthcare professional. If symptoms were generally mild and had no significant impact, that would not be a problem but many said that their symptoms were worse, or much worse than expected, and that half said that symptoms affected their home life, their social life (36%), and their work life (36%).

Sex Life

Menopause can also have a significant effect on sex life and indeed 50% of women in the survey reported that their sex life was affected, 32% experiencing reduced libido, 16% reported painful or uncomfortable sex and 10% stopped having sex altogether.

NICE guideline

It was hoped that the NICE guideline on diagnosis and management of menopause, published in November 2015, would provide more women with trusted information and would encourage women to seek help and make informed choices about treatment options. However the survey showed that only 3% of women surveyed had heard of the guideline and it is worrying that many women are still suffering significant menopausal symptoms in silence.

In the Media

We were delighted with the attention that newspapers, radio, television and magazines gave to the BMS campaign around reporting the survey results. In addition, we continue to cover varied topics in our magazines and on our website www.menopausematters.co.uk, and have a very active social media presence. Working alongside www.womens-health-concern.org (the patient arm of the BMS) and www.managemymenopause.co.uk we will continue to provide much needed information so that suffering menopause in silence eventually becomes a concern of the past.