

MENOPAUSE BASICS

It's time to talk about Menopause

01

WHAT IS MENOPAUSE?

Menopause is when a woman has not had a period for 12 months. After this she becomes and remains post-Menopausal

02

WHEN DOES IT HAPPEN?

The average age of Menopause in the west is between 49 and 51 depending on ethnicity

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DO YOUNG WOMEN HAVE MENOPAUSE?

5% of women have their Menopause before the age of 45 and 1% before the age of 40. This includes young women in their teens and 20s

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WHEN DOES IT BEGIN?

The average age of women when they experience symptoms is between 45 and 55

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HOW LONG DOES IT LAST?

The average duration of Menopause in the UK is seven years.
That's every day and night of those years

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HOW MANY SYMPTOMS ARE THERE?

There are over 40 symptoms which cover the whole of
women's lives

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IS IT THE SAME FOR EVERYONE?

No, everyone's experience is as unique as their fingerprint

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ARE THERE ANY EXCEPTIONS?

Every woman will have a Menopause. So will those who are
nonbinary and have ovaries and transgender men