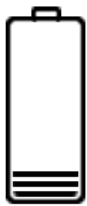


Symptoms of Menopause

Menopause is a life transition that happens over several years. It typically occurs between the ages of 45-55, although symptoms can begin 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 - TLC, Open University, University of Bristol, University of Leicester, Henpicked: Menopause in the Workplace

Common symptoms include, but this is not an exhaustive list:

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

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

FOR MORE INFORMATION:
SPGBenefits.com/menopause

