

What is Menopause?



Menopause is defined as a biological stage that occurs when hormones change and eventually menstruation stops for a period of 12 consecutive months (for those reaching menopause naturally). The average menopause age is 51, however it can be earlier naturally or due to surgery, illness or other reasons.

Perimenopause is the time leading up to menopause when there may be changes and menopausal symptoms. This can be years before menopause.

Postmenopause is the time after menopause has occurred, starting after 12 consecutive months without a period and for the rest of one's life.

Menopause symptoms

Hormonal changes can result in a wide range of symptoms, both physical and psychological. The most common symptoms include:

- Difficulty sleeping, insomnia or fatigue
- Hot flushes during the day or night
- Low mood, depression or changes in mood
- Nervousness, worry or anxiety
- Reduced ability to concentrate or focus
- Problems with memory recall
- Migraines or headaches
- Aches and pains
- Irregular and/or heavy periods
- Urinary issues, e.g. increased frequency

Managing menopause symptoms and long-term health

Managing menopause is a personal choice. Some prefer a natural approach, others a medical approach, or for some it can be a combination of the two. Benefits, risks and medical history also need to be taken into account.

Talking to your doctor

We always recommend you go to your doctor if you are experiencing menopausal symptoms.

They can discuss options with you, including hormone replacement therapy (HRT), and advise on any lifestyle changes which could help. They should also be able to advise you on complementary treatments, including herbal remedies.

A little preparation will help you get the best from your appointment. You could [record your symptoms](#) and detail your menstrual cycle history.

S&P Global offers menopause education resources through [MenopauseIQ](#), offered by FertilityIQ, (confirmation code: Wellness) to help you learn about ways to manage your menopause symptoms. Other helpful resources include:

- [Menopause Guide](#)
- [Menopause: Talking to Your People Leader](#)
- [People Leader Guide: Supportive Conversations About Menopause](#)