

MENOPAUSE IN NORTHERN IRELAND

A MANIFESTO FOR CHANGE

RESULTS OF SURVEY ON WOMEN'S EXPERIENCES OF THE MENOPAUSE AND WHAT WE WANT FROM OUR ELECTED REPRESENTATIVES

OUR PRIORITIES

1

SUPPORT AND RESOURCES FOR AWARENESS RAISING AND EDUCATION PROGRAMMES ON THE MENOPAUSE

82.8% of women surveyed said that more education on the menopause would have a positive impact on their life

70.3% of women said that more awareness of symptoms would have a positive impact on their experience of the menopause



2

GOVERNMENT TO RECOGNISE THE MENOPAUSE AS A PUBLIC HEALTH ISSUE AND ALLOCATE RESOURCES TO THIS

89.1% of women said that having a specialist Menopause Clinic in their area would have a positive impact on their experiences - we want a regional and funded service, accessible to women in each Health Trust area.

81.3% of those surveyed said the Government should recognise the menopause as a public health issue - we want a campaign supported across Government Parties and Departments to raise awareness of the menopause and to put support in place to help normalise the conversation and destigmatise asking for help.



OUR PRIORITIES

3

RECOGNITION OF THE IMPACT SYMPTOMS HAVE ON OUR DAILY LIVES



Recognition of the symptoms of the menopause in homes, communities and workplaces and to work together to reduce the stigma associated with the menopause

Develop policies that ensure women are not treated differently as a result of their experiences of the menopause.

Earlier recognition by GPs and Health Care Professionals - and equitable access to the right treatment at the right time to support women through the menopause.

MAIN SYMPTOMS REPORTED BY WOMEN - AND IT'S NOT JUST HOT FLUSHES

82.8% of women reported that tiredness was an issue

67.2% said anxiety was a common symptom

67.2% reported that brain fog was an issue

62.5% said that mood swings were a symptom

54.7% said headaches were a symptom

56.3% had experienced aching joints

50% had feelings that they were not coping

46.9% experienced memory loss and 46.9% palpitations

50% had night sweats with 40.6% suffering insomnia



Women reported many other symptoms including low libido and vaginal dryness, changes to periods, swollen ankles, flash chills, stiffness, anger more than normal, weight gain, tinnitus, restless legs, acne and dizziness.

We have a voice and it is growing stronger. We call on you to hear it.

We need to ensure that every woman in Northern Ireland, regardless of where she lives, has access to education, awareness and support locally, to help manage the menopause so she can live a full and healthy life.

To hear more about this survey and our work please contact
siobhan@at-onewellbeing.com