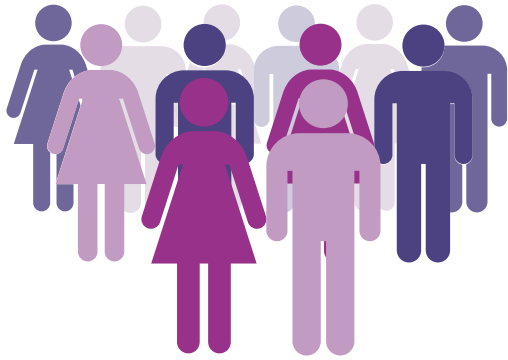


# Let's talk about the menopause...



More than **3 out of 4** women experience menopause symptoms at some time.

But menopause isn't something just women need to know about - men should be aware too so they can support colleagues, friends and family.

## Did you know?

**51** is the average age women reach menopause

**1 in 4** women experience serious symptoms

**2 in 5** women said their menopause symptoms had been worse than they had expected

**8 in 10** women of menopausal age are in work

**1 in 100** women reach menopause before the age of 40

**The majority of women** are unwilling to disclose menopause-related health problems to their line managers.

