# ‘Why Menopause Friendly’ Video Transcript

Why are we talking about menopause now? It's always been around, but with people living longer and going through menopause earlier, more people are working through the menopause than ever before. And with three in four experiencing symptoms, talking about menopause and providing support can make a huge difference.

Menopause is a biological transition that happens over many years. It's usually between the age of 45 and 55. It can be much earlier, either naturally or as a result of surgery or illness.

Symptoms can be physical and psychological and can start years before the menopause when hormone levels start to change. As many as one in four can suffer serious symptoms.

Everyone needs to know about the menopause, whether they're experiencing it firsthand or through their relationships with someone around them, a partner, family member, friend, or colleague.

We're opening up the conversation. By talking about menopause openly, exploring the facts, and offering the right support, we can make a big difference to people's lives at home and at work.

Join in the conversation. Let's talk about menopause.