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.