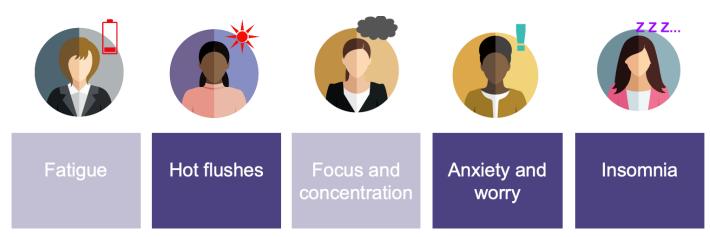
Symptoms of menopause

Menopause is a transition that happens over many years. It's usually between 45-55 but symptoms can start years before. It can also happen earlier either naturally or as a result of surgery or illness.

Symptoms women say affect them the most at work*



*Source: survey 2018 - TUC, Open University, University of Bristol, University of Leicester, Henpicked: Menopause in the Workplace

Common symptoms include:

- Aches and pains
- Migraines or headaches
- Irregular and/or heavy periods
- Urinary issues, e.g. increased frequency
- Weight gain or bloating

- Skin (dryness, itching or acne)
- Heart palpitations
- Low mood, depression or changes in mood
- Panic attacks
- Lower self confidence

Symptoms don't need to be bad or unbearable before help is available. Talk to your healthcare practitioner for support and guidance on managing your menopause.

