

Menopause Quiz

True or false statements (please circle)

1. Menopause affects all women in the same way	True/False
2. The symptoms of menopause are just physical	True/False
3. Menopause only occurs when women are in their 50's	True/False
4. Most women do not need any help with their menopause symptoms	True/False
5. It is important to encourage women who are experiencing the menopause to talk about their mental health and wellbeing	True/False

Menopause Quiz: Answers

<p>1. Menopause affects all women in the same way</p> <p>*Please note that it not only those who identify as women who will experience menopause. Some transgender men, non-binary people and intersex people or people with variations in sex characteristics may also experience menopause*</p>	<p>False</p> <p>Menopause is a natural event and transition that women experience, however every woman is different and therefore their menopause experiences will vary.</p> <p>Signs and symptoms are individual and impact in different ways. Some will experience minimal symptoms for a short time while others will have most of the symptoms and they can go on for 20 or more years.</p>
<p>2. The symptoms of menopause are just physical</p>	<p>False</p> <p>Changes in your hormones during menopause can impact your mental health as well as your physical health. There are many psychological symptoms such as low mood. This will be explore more later in the session.</p>
<p>3. Menopause only occurs when women are in their 50's</p>	<p>False</p> <p>Menopause occurs between 45 and 55 years of age. In the UK, the average age for a woman to reach the menopause is 51.</p> <p>Menopause can also occur due to certain surgeries or cancer treatments. This can sometimes cause symptoms to be more sudden and in some cases more severe. Therefore it can occur below the age of 45. Likewise it can also occur over the age of 55.</p>

<p>4. Most women do not need any help with their menopause symptoms</p>	<p>False</p> <p>Menopausal symptoms can sometimes be severe and can impact day-to-day life. Research has shown that 45% of women say they feel their menopause symptoms have had a negative impact on their work.</p>
<p>5. It is important to encourage women who are experiencing the menopause to talk about their mental health and wellbeing</p>	<p>True</p> <p>It's important to realise that the mental symptoms of menopause are as real as the physical ones. Having conversations about the menopause and the impact it can have on both physical and mental health, can help normalise conversations, reduce stigma and encourage women to seek help if they are struggling.</p> <p>In some cultures, discussions around womens' health, like menopause and mental health are not encouraged and stigmatised it may be that women are not used to talking about issues and they remain a hidden issue.</p> <p>The more we can raise awareness and develop understanding, the more women and their partners will feel supported to seek advice and help.</p>