

# World Menopause Day

18th October 2022

**51**

is the average age for  
a woman to reach the  
menopause in the UK

[Source](#)

**38%**

of partners say they feel  
helpless when it comes to  
supporting their partner  
through the menopause

[Source](#)

**70%**

of women experience some  
sort of mental health impact  
during menopause

[Source](#)

**10%**

of women seriously  
consider giving up work  
due to their symptoms

[Source](#)

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



[Source](#)

**45%**

of women feel their menopause  
symptoms have had a negative  
impact on their work

[Source](#)

**15**

years is how long  
menopausal symptoms  
can last for

[Source](#)

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