

# Menopause: how much do you know?

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*"I've never just sat down with someone and had a conversation about it"*

We surveyed a sample of the student population:

**58%** of students had limited or no knowledge about menopause

**100%** of students thought that the menopause should be taught in school or university

**Only 15%** of participants had received formal teaching on the menopause

**43%** of non-health/life sciences students had never talked about menopause

*"I wasn't really aware of lifestyle things that you could do that could really help with menopausal symptoms"*

*"I didn't realise it was a long-lasting thing similar to puberty. I just thought it was a bit of a phase"*

*"It really affected my mother's mental health"*

**MYTH**  
There isn't any treatment available for menopause

**FACT**  
Treatments are available in the form of life style changes and hormone therapy

**MYTH**  
Menopause symptoms only last a few years

**FACT**  
Symptoms can start years before periods stop (perimenopause) and continue for around 4 years after

**MYTH**  
Menopause only causes physical symptoms

**FACT**  
Mental health is often hugely impacted during the menopause

## KEY FACTS

Menopause happens when your periods stop due to lower hormone levels

Menopause usually occurs between 45-55, but can happen prematurely

**Everyone's experience will be unique**

Menopause causes a diverse range of physical and mental symptoms:

- Low mood
- Hot flushes
- Reduced concentration
- Sexual dysfunction



## About our study

Bristol students were invited to complete a survey and attend focus groups as well as a series of talks from professionals in the menopause field. This study was funded by the Elizabeth Blackwell Institute from 2022 and completed in 2023. Supervisors: Isabel Murillo, and Vanessa Beck.

If you're interested in this topic, scan the QR code to listen to the series of talks we put on about the menopause.

