DR.VEGAN®

THE ANNUAL MENOPAUSE SURVEY 2022

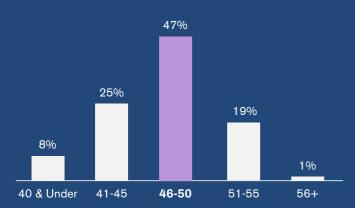
Our annual menopause survey reveals the symptoms affecting women going through all stages of menopause, the impact on their mental health and daily lives, at home and in the workplace.

Online survey of 1,029 women in the UK during March 2022. Nationally representative.

AGE OF MENOPAUSE

47 is the average age

for the onset of menopausal symptoms



Age when menopausal symptoms begin

MENTAL HEALTH EFFECTS OF MENOPAUSE

Half of women experience mild depression as a result of their menopausal symptoms

Loss of confidence	
Long of physical confidence	63%
Loss of physical confidence	54%
Mild depression	
N. a S a I	49%
Not wanting to work	42%
Avoiding friends, not wanting to go out	/ 0
	42%
Feeling inadequate	40%
Feelings of worthlessness	40%
r comings of worthloodrieds	37%
Avoiding family	040/
Wanting a divorce	21%
vvaliting a divorce	11%
Severe depression	
	11%
Suicidal thoughts	10%
Seeing a counsellor	
	9%

TOP 10 SYMPTOMS OF MENOPAUSE

There are more than 20 menopausal symptoms.
On average, women experience 10 symptoms of menopause. 6 symptoms affect three quarters of women.

Brain fog	
	80%
Fatigue	
	78%
Poor sleep	78%
Night sweats	76%
	76%
Mood swings & anxiety	
Hot flushes	76%
not nuones	74%
Joint pains	
MC 11 2	69%
Weight gain	65%
Low libido	0570
	62%
Bloating	000/
	60%

OTHER COMMON SYMPTOMS OF MENOPAUSE

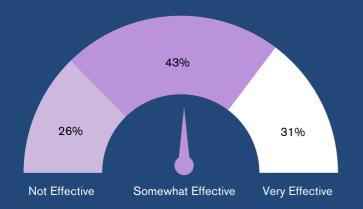
Other common menopausal symptoms affect up to 1 in 3 women

Cold flushes / shivers	
	32%
Hair loss / thinning	31%
Changes in body odour	31 70
and good in good of case.	25%
Altered spatial awareness	0001
Timeline	22%
Tinnitus	21%
Formication & itchy skin	21/0
	21%
Urinary symptoms	100/
DMC symptoms	19%
PMS symptoms	19%
Gum disease	
	18%
Vaginal atrophy	150/
Floatria abaaka	15%
Electric shocks	15%
Burning tongue	
	8%

HRT & MENOPAUSE

Less than 20% surveyed take HRT, 66% have never taken HRT, and 15% have taken it but since stopped

Of those who take HRT, 43% say it is 'somewhat effective'. 1 in 3 say it is 'effective', and 1 in 4 say it is 'not effective'



MENOFRIEND® & MENOPAUSE



of MenoFriend® users say it relieves some or all their symptoms



85% began to feel relief from symptoms within 4 weeks of taking MenoFriend®

85% Of MenoFriend® Customers Recommend It

MENOPAUSE IN THE WORKPLACE

EMPLOYERS NEED TO DO MORE

30%

say menopause symptoms have a 'significant effect' on their ability to work at their best

10%

have taken time off work due to their menopause symptoms

90%

say employers don't provide enough support for women going through menopause

70%

say employers have little / no understanding of how menopause affects women at work

PRIORITIES FOR EMPLOYERS

Priorities for employers highlighted by women experiencing menopausal symptoms

Education on menopause for all employees	
	59%
Provide flexible working hours	
	58%
Access to specialist advice & support	
	47%
Manager training	
	43%
Ability to work from home	
	41%
Discounts on menopause aids & supplements	
	33%
Employee support groups	
	000%

For the full report & results of our Annual Menopause Survey 2022 please contact us at team@drvegan.com

