**Symptoms**

- **12 months after an individual’s last menstrual period:**
  - A loss of ovarian follicular function
  - It occurs at the median age of 51
  - Premature menopause can be indicated by an FSH level of 25 IU/L on two occasions

**Causes and consequences of menopause**

- Loss of ovarian follicles and their function, and decline of AMH, inhibin B, and oestradiol
- Urogenital atrophy
- Cardiovascular disease
- Mood and sleep changes
- Osteoporosis

**VMS**

- **40%** of females in five European countries said VMS were a moderate-to-severe problem
- Frequency ranges from one a day to one an hour. The median duration of VMS is 7.4 years
- Associated with poor sleep and a depressed mood, resulting in fatigue, irritability, forgetfulness, and decreased work productivity
- Between 37%–52% of participants treated their hot flashes with over-the-counter products

**Breaking the Stigma**

- On average, **64%** of females felt comfortable discussing the menopause with friends.
  - This ranged from **78%** (UK) to **<30%** (Hungary)
- **An observational study of 829 post-menopausal females:**
  - 49.0% felt “not informed at all” prior to the menopause
  - 51.1% females accessed information through health professionals and...
  - 50.5% official websites of professional societies
  - 77.6% females felt education about the menopause at school and...
  - 44.3% in doctors’ surgeries would be best
  - A lot of females expressed how they wished their GPs were better informed, and many felt “dismissed and unsupported” by their GPs

**Prevalence of VMS**

- The proportion of females who have contacted a HCP in the previous 12 months to discuss VMS

**Weight gain**

- Weight gain is ranked as the most bothersome symptom of the menopause in Europe
  - “(with a score of 6.00 being extremely bothersome)”

**References**