

# DR.VEGAN<sup>®</sup>

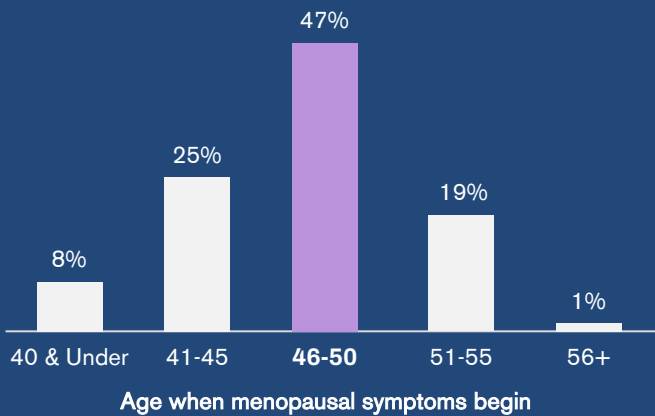
## THE ANNUAL MENOPAUSE SURVEY 2022

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.*

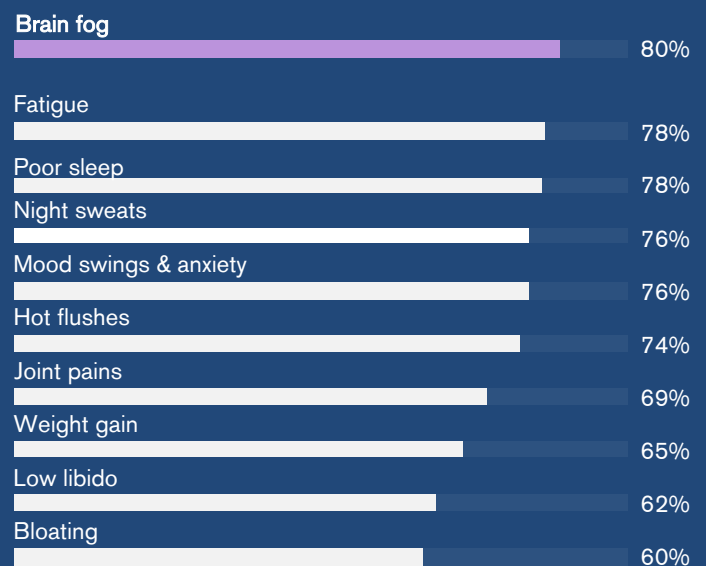
### AGE OF MENOPAUSE

**47 is the average age**  
for the onset of menopausal symptoms



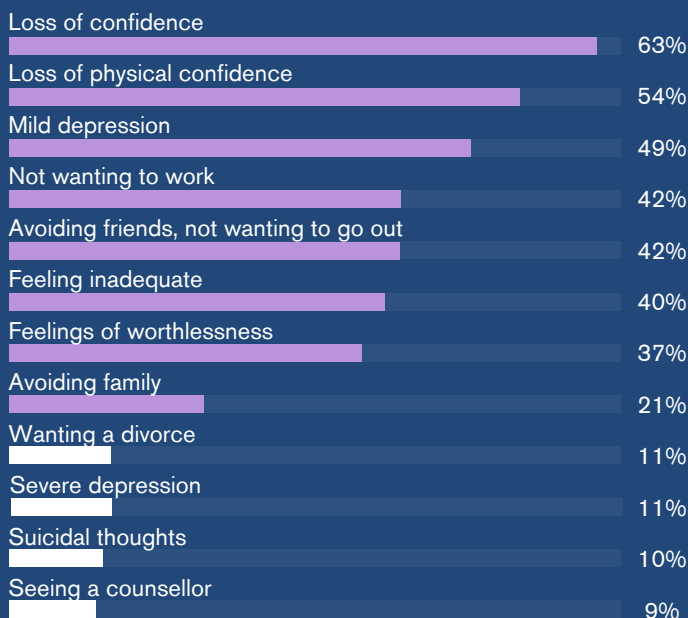
### TOP 10 SYMPTOMS OF MENOPAUSE

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



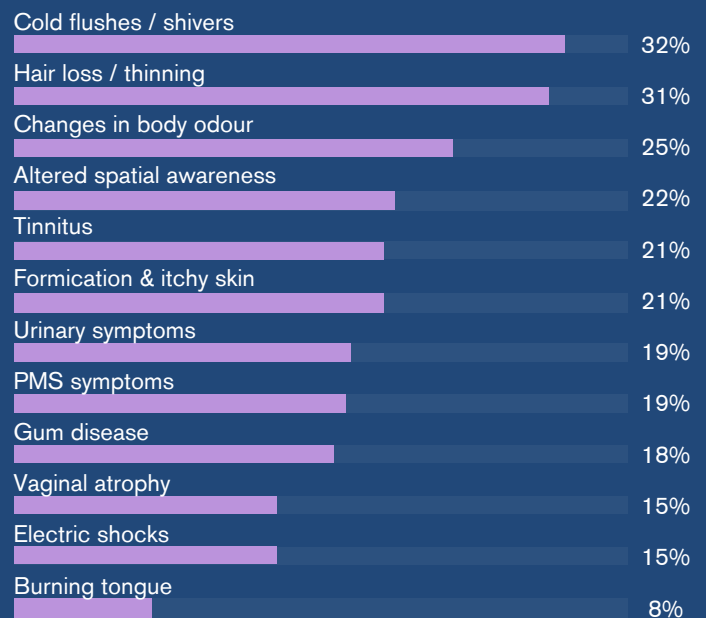
### MENTAL HEALTH EFFECTS OF MENOPAUSE

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



### OTHER COMMON SYMPTOMS OF MENOPAUSE

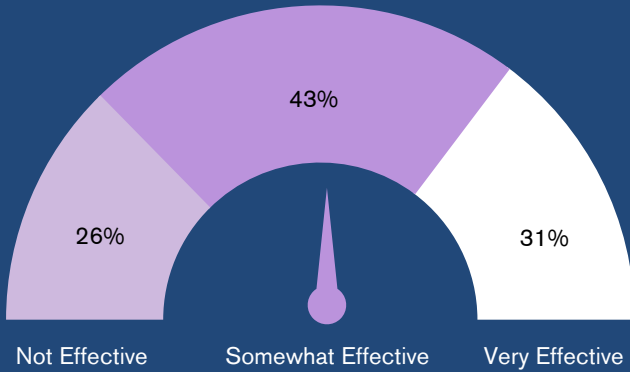
Other common menopausal symptoms affect up to 1 in 3 women



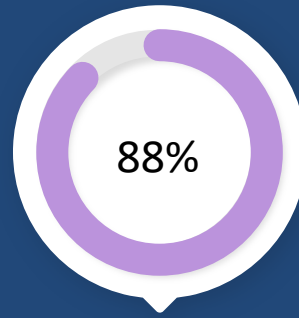
## HRT & MENOPAUSE

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

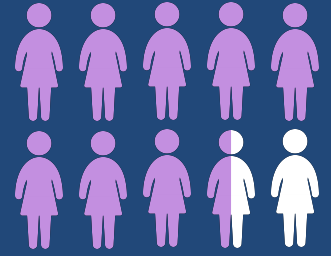
Of those who take HRT, 43% say it is 'somewhat effective', 1 in 3 say it is 'effective', and 1 in 4 say it is 'not effective'



## 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%

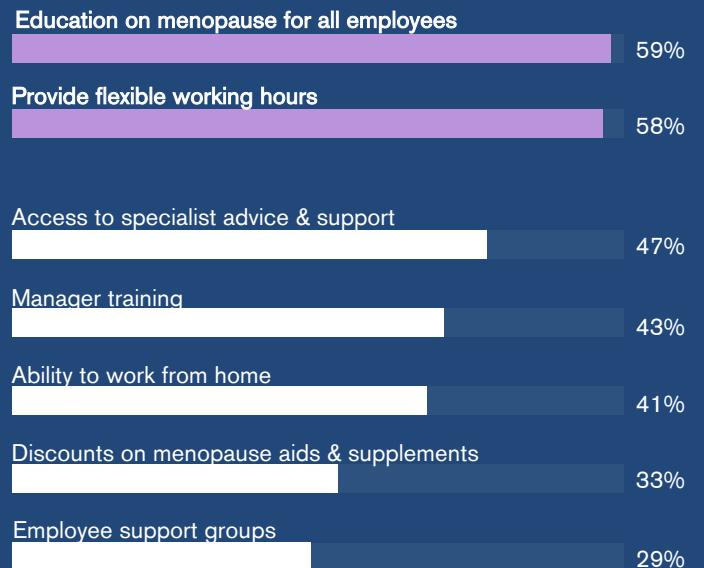
say employers don't provide enough support for women going through menopause

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



For the full report & results of our Annual Menopause Survey 2022 please contact us at [team@drvegan.com](mailto:team@drvegan.com)