

MORPHUS

TAKING CONTROL OF YOUR MENOPAUSE JOURNEY

NEW RESEARCH FINDS 103 SIGNS AND SYMPTOMS OF PERIMENOPAUSE AND MENOPAUSE

Introduction

Morphus, a company providing science-backed solutions, resources and real-life support for women on their perimenopause and menopause journeys, has gathered one of the most groundbreaking and comprehensive datasets regarding the symptoms women in perimenopause and menopause are experiencing as well as how they look for help.

The data in this survey shows that, overall, the top-reported symptoms are fatigue, brain fog, sleep issues, and memory lapse—but there are 103 physical and emotional effects. The days of characterizing menopause as just “hot flashes” are long behind us: Out of the top ten symptoms, five are related to cognitive health.

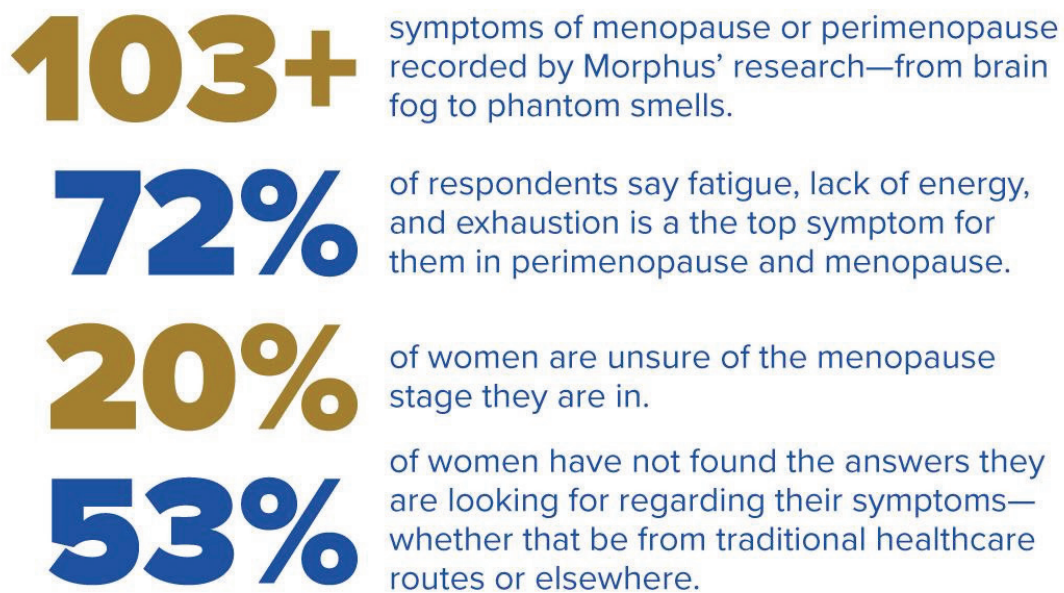
Just as importantly, 20 percent of the women who participated in Morpheus’ survey were experiencing symptoms but were unsure of whether they were in the perimenopause or menopause stages.

What this tells us is that there is a huge community of women trying to understand what their symptoms mean, and they are looking for answers, help, and support to manage their symptoms and overall health during this phase of their lives.

According to the study, while women in menopause were more prone than other groups to look for their doctors' help, women in perimenopause were more likely to seek guidance from social media or friends and family members.

It is clear from this research that many steps need to be taken to normalize the conversation around menopause and empower women to take charge of their health and changing bodies.

Morphus' range of symptom-specific supplements are proven to elevate women's menopause wellness journeys—but just as important to Morphus is the recognition through our groundbreaking data collection that everyone's journey is different and that we can transform ourselves through knowledge and education.





Many of these symptoms I didn't even attribute to menopause. It can make you feel like you are going crazy. I had no health issues prior to this last six years. Now I feel like I am not myself anymore.



Who We Are

Morphus was cofounded by Andrea Donsky and Randy Boyer, wellness educators and health experts with more than 23 years of experience. As women who had noticed changes in their bodies but hadn't necessarily made the correlation between those symptoms and perimenopause, it took their own research to truly understand and navigate their way through this time in their lives—since the outside sources they had turned to had not given them the answers they required.

And that's why they created Morphus—to spark and change the conversation around menopause, to bring together women who are looking for support and information, and to create a venue for women to support each other...and to do so with the latest evidence-based scientific research and information on perimenopause and menopause.

After surveying hundreds of women, they discovered that many of them suffered in silence. The symptoms experienced—vaginal dryness, loss of sex drive (libido), painful sex, weight gain, bitchiness, tremendous anxiety, and lesser-known symptoms like phantom smells, nausea, itchy ears, B.O., burning tongue and scalp, vertigo, tinnitus, and inflammation—

were common, but not discussed openly. Through their research over the past five years, they discovered there are more than 100 signs and symptoms of menopause.

Morphus' goals are to help women navigate this time in their lives, empower them to take charge of their health, and arm them with resources and education so they can make the right decisions for their changing bodies.

As part of this drive, which includes an educational website, courses, further research, a podcast, and vibrant social media channels with a large TikTok following, Morphus has also developed a range of supplements with science-backed ingredients which are proven to help with many of the symptoms women are experiencing.

Background and Methodology

The objective of this research is to better understand women in perimenopause and menopause, their most common symptoms, how they look for help, and whether they have found the answers they were looking for.

The goal is not only to gain insight into Morphus' target market but also to empower women to manage their menopause experiences through a supportive community with respect, validation, empathy, and evidence-based information.

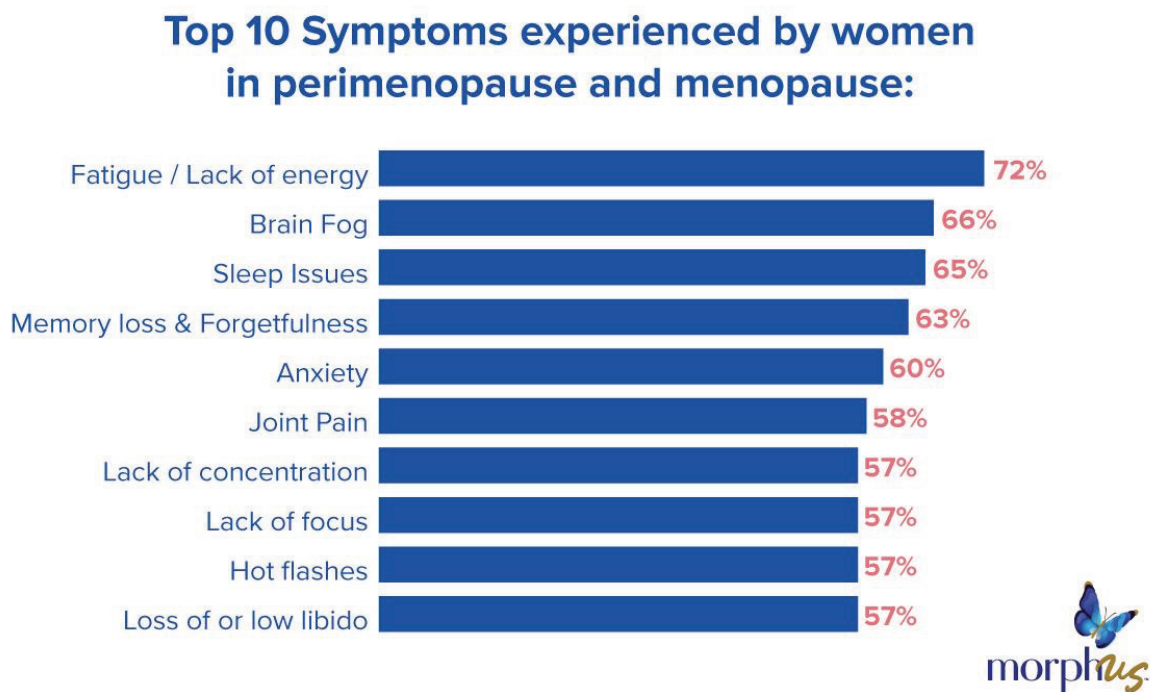
Women are recruited to take part in the Signs & Symptoms survey through the research page on the Morphus website, which is also linked via social media and in Morphus' newsletter. This survey is ongoing and has regular points where data cuts are made for analysis (the last being in June 2023). There are also concurrent surveys into sleep, stress and anxiety, phantom smells, and women in the workplace, which feed into the overall research and reports.

The Signs & Symptoms Survey

As of June 2023, 3,082 women have completed the Morplus Signs & Symptoms Survey.

Key Findings

Overall, the top 10 reported symptoms are as follows:

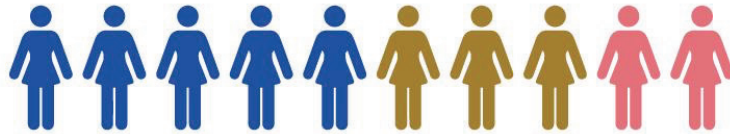


A higher percentage of women in perimenopause than in menopause reported fatigue, anxiety, lack of patience, headaches/migraines, and emotional/weepy state, while a higher percentage of those in menopause reported symptoms such as sleep issues, hot flashes, night sweats, slower metabolism, changes in body shape, and dryness (e.g., vaginal, eye, hair).

Overall, doctors were the most common source of help sought (listed by more than a third of respondents), but a quarter have not looked for anyone's help.

Those in the perimenopause stage were more successful than the others in finding at least some of the answers they were looking for.

One in five (20%) women who participated in the Signs & Symptoms research study were unsure of their stages. Some had several symptoms but were not sure they were, in fact, in the perimenopause or menopause stage, and they were looking for answers, help, and community support.

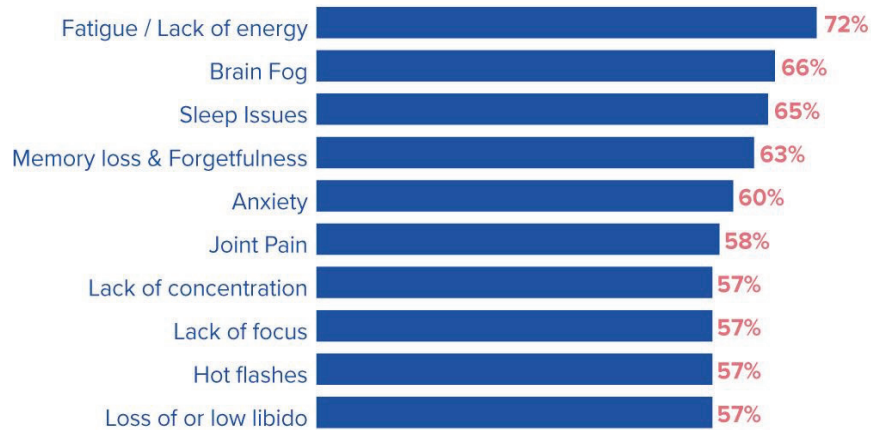


Out of 3,082 responses,
20% of the women were
unsure of the stage they were in.

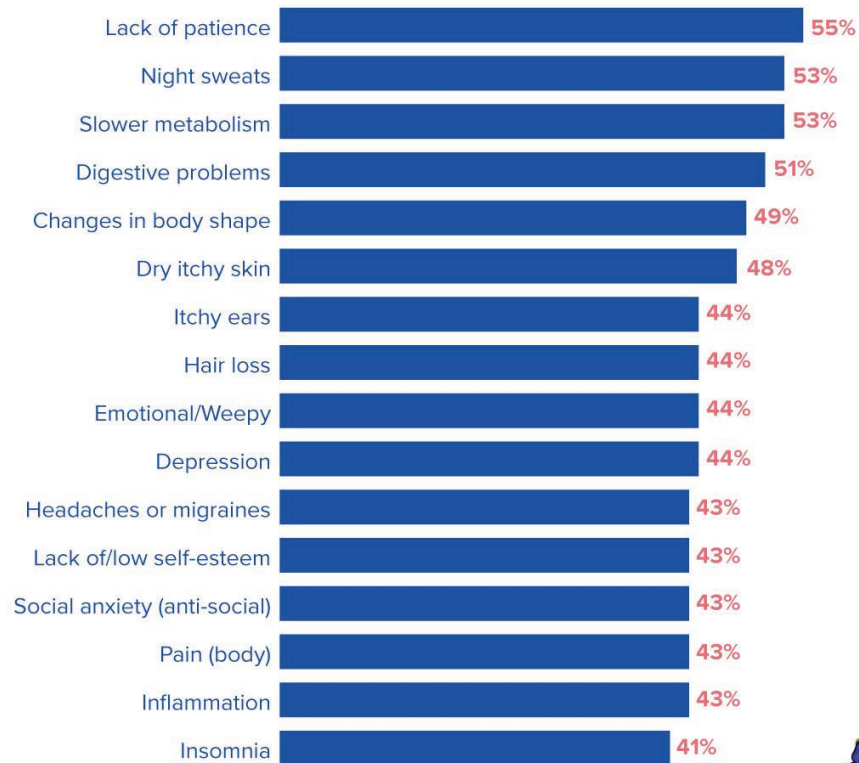


Full Signs & Symptoms List

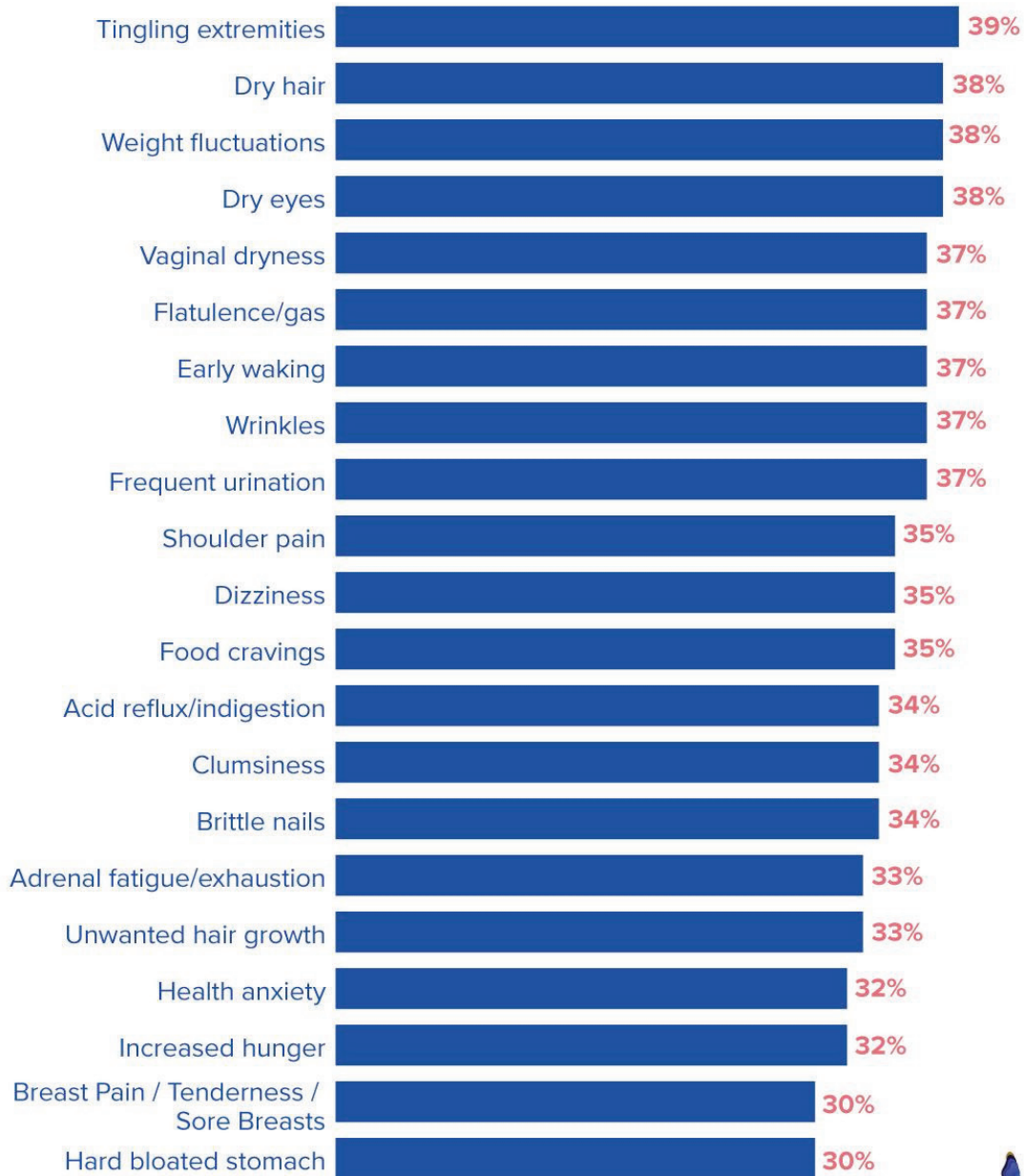
Top 10 Symptoms experienced by women in perimenopause and menopause:



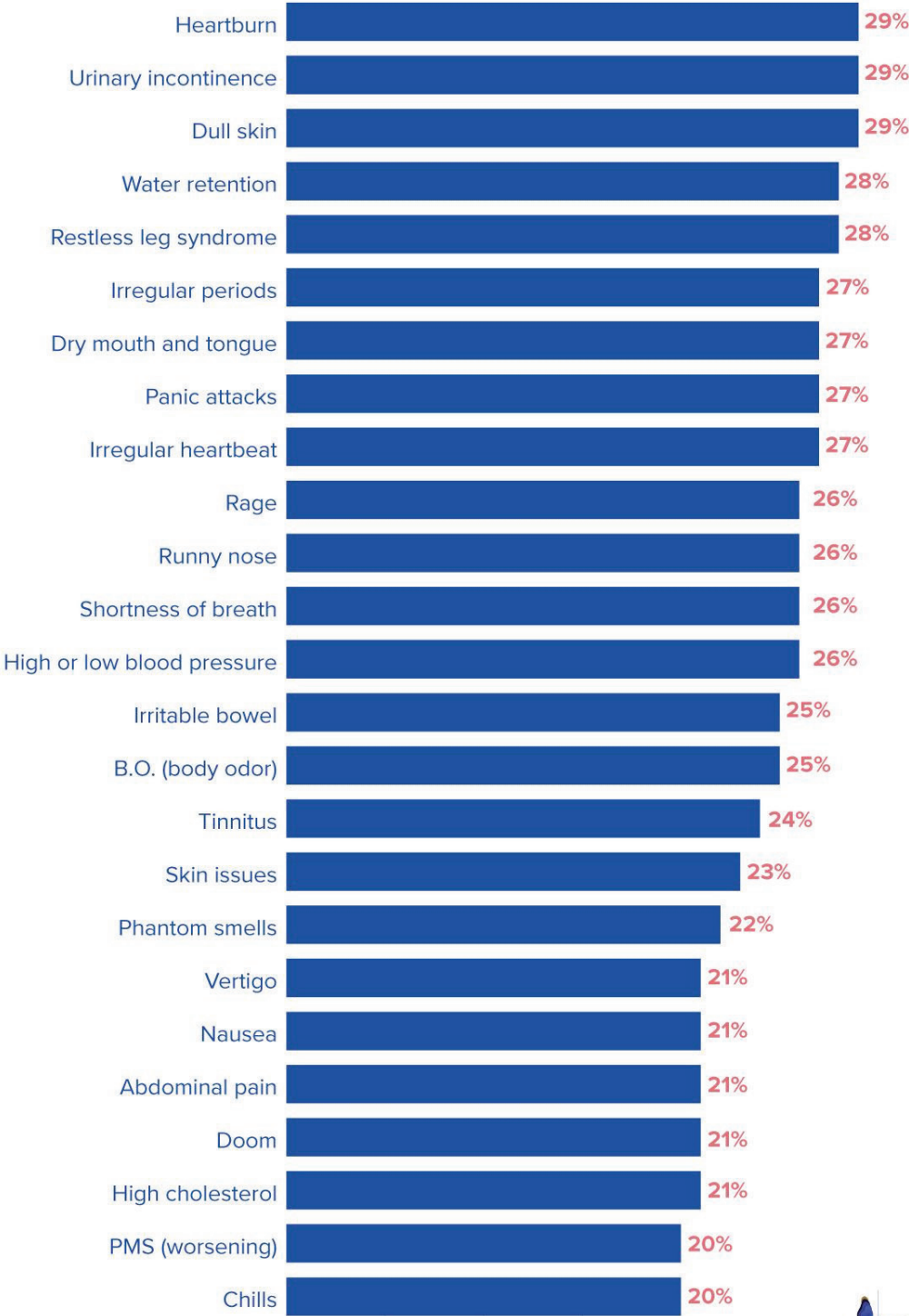
Top 11 to 26 Menopausal Symptoms, where 41% to 55% of the respondents mentioned they were experiencing:



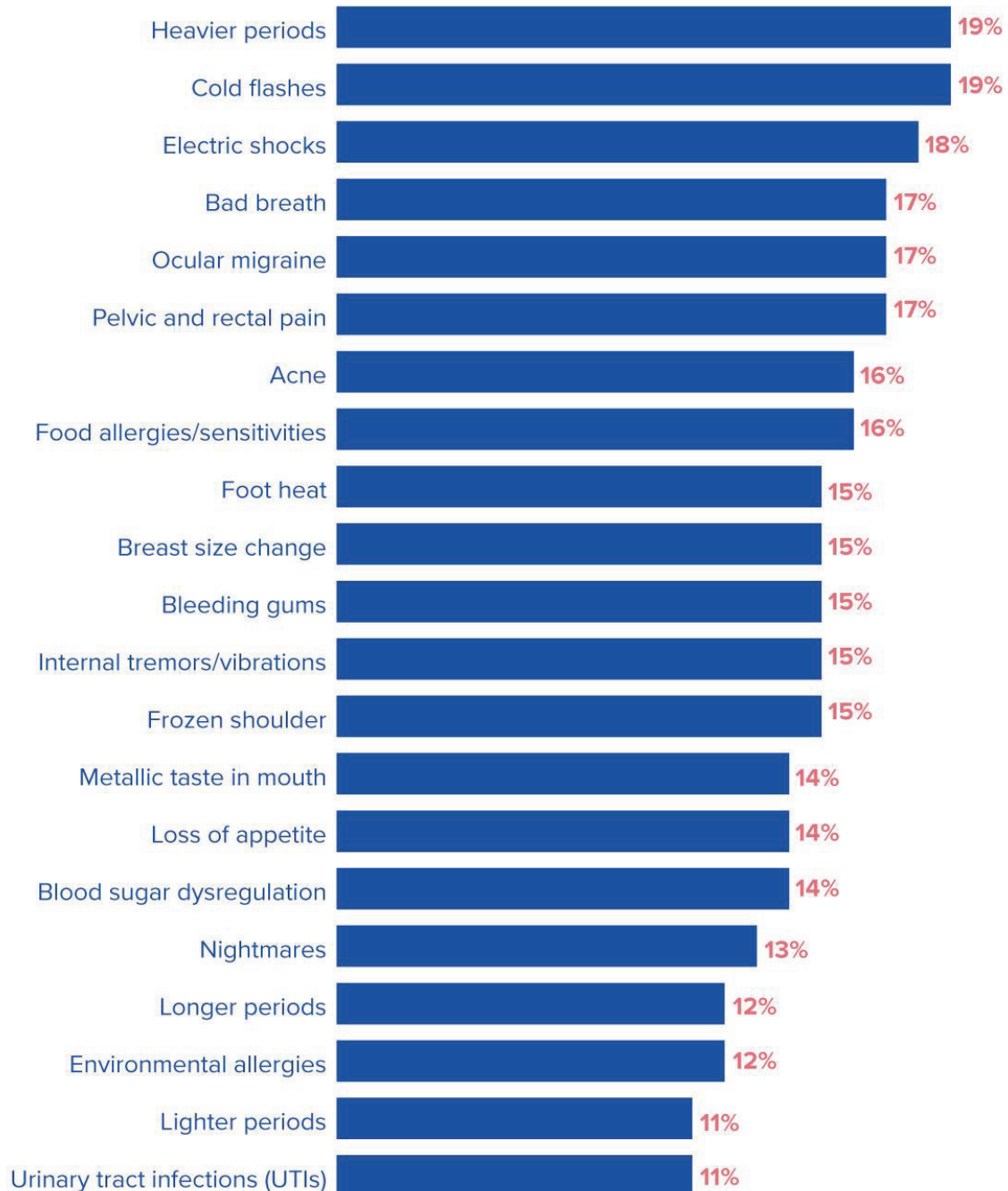
Top 27 to 47 Menopausal Symptoms, where 30% to 39% of the respondents mentioned they were experiencing:



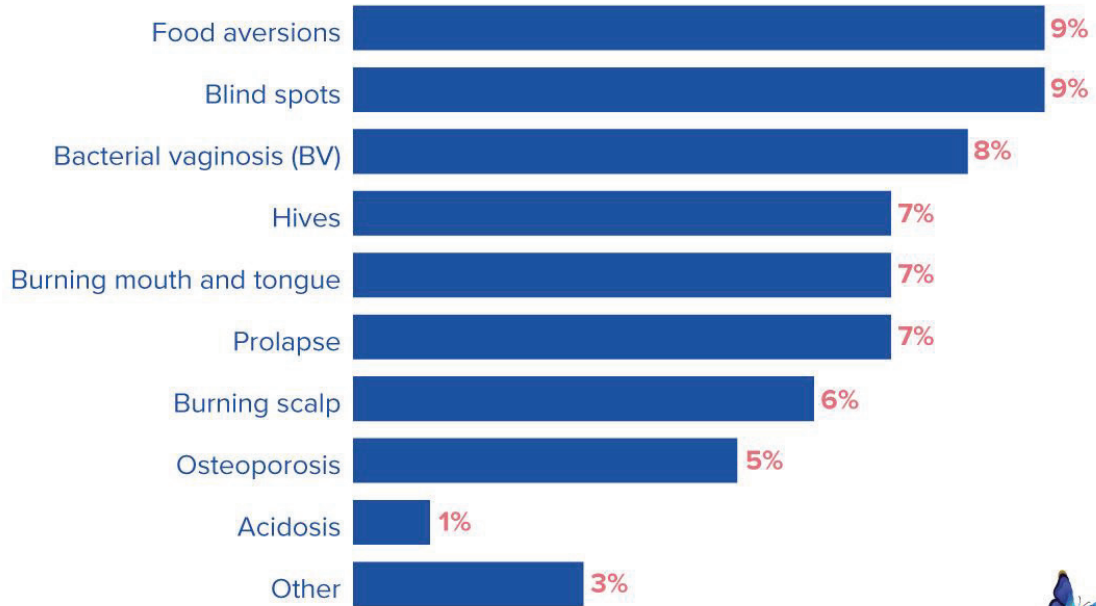
Top 48 to 72 Menopausal Symptoms, where 20% to 29% of the respondents mentioned they were experiencing:



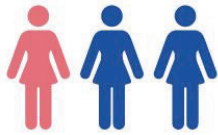
Top 73 to 94 Menopausal Symptoms, where 10% to 19% of the respondents mentioned they were experiencing:



Top 95 to 104 Menopausal Symptoms, where less than 10% of the respondents mentioned they were experiencing:



Who Women Turn To for Help with Perimenopause and Menopause Symptoms



1 in 3 turned to their doctors



1 in 4 looked for outside help from family, friends, social media, or the internet

Respondents who sought help via social media, healthcare providers (other than doctors), or Google/the internet had generally higher success rates in finding, at least partially, their answers, while those who looked for doctors' help or who have not looked for outside help had lower success.

Women in perimenopause or menopause who are unsure will either reach out to their doctor or not speak to anyone about what they are experiencing.



Overall, more than half of the survey participants did not find the answers they were looking for when discussing their symptoms. Those in the perimenopause stage were more successful than the others in finding answers, while those who were unsure of their stage had the lowest rate of success.

Conclusions

Women make up nearly half of the world's population—all unique individuals who will experience menopause differently. Some start perimenopause as early as their mid 30s (some even earlier), while others don't go into menopause (defined as having gone 365 days without a period) until their late 50s. The average age for menopause is 51½.

No one should have to suffer alone. There are many more resources available today than in the past, including nutrition, lifestyle, supplements, and/or hormones. Menopause is a natural biological process which all women will experience if blessed to live long enough.

As a nutritionist, Andrea Donsky has developed for Morphus an ever-growing range of symptom-specific menopause supplements to help women master their symptoms and get back to living their lives.

In sharing the results of our ongoing perimenopause and menopause research, Morphus wants to shine a light on symptoms that can negatively affect quality of life and to ensure that menopause is a topic that can both be talked about openly—whether that be with doctors, healthcare providers, family, friends, or colleagues—and dealt with effectively through knowledge and education.

Morphus, through its website and social media channels, normalizes the conversation around menopause and provides a space and community where women in perimenopause and menopause feel heard, validated, and supported.