

Let's
talk
menopause
♡

Maybe It's **MENOPAUSE** MAYHEM MYTH BUSTERS



CHALLENGE MISCONCEPTIONS. BUILD UNDERSTANDING.
STRONGER TOGETHER.



Read each statement and decide: Myth or Fact?

Tick your answer, then compare and discuss with your team.

Small
conversations
make a big
difference. ♡

1

Menopause only affects
women over 50.

☐

Myth

☐

Fact



2

Hot flushes are the only
common menopause symptom.

☐

Myth

☐

Fact



3

Perimenopause can begin
years before menopause itself.

☐

Myth

☐

Fact



4

Everyone experiences
menopause in the same way.

☐

Myth

☐

Fact



5

Menopause can affect sleep,
concentration and confidence.

☐

Myth

☐

Fact



6

There are more than 30
recognised menopause symptoms.

☐

Myth

☐

Fact



7

Menopause can affect
work performance.

☐

Myth

☐

Fact



8

HRT is the only way to manage
menopause symptoms.

☐

Myth

☐

Fact



9

Men can't experience
menopause.

☐

Myth

☐

Fact



10

Talking openly about menopause
can help reduce stigma and
create a more supportive workplace.

☐

Myth

☐

Fact



Knowledge
creates change. ♡



DISCUSS, LEARN, SHARE

It's not about getting every
answer right – it's about
starting the conversation.

More understanding.
Brighter tomorrows. ♡

SAME TEAM. STRONGER TOGETHER.