

Let's
talk
menopause
♡

Maybe It's **MENOPAUSE** MAYHEM

MYTH BUSTERS

ANSWER SHEET

Use these short explanations to reveal each answer and prompt discussion.

Different
experiences.
A stronger
workplace. ♡

1 MYTH Menopause does not only affect women over 50. It can happen earlier, and perimenopause may begin before menopause.



2 MYTH Hot flushes are one possible symptom. Experiences can also include sleep disruption, concentration or memory changes, low mood, physical discomfort and changes in confidence.



3 FACT Perimenopause can begin years before menopause itself.



4 MYTH Everyone's experience is different. Symptoms, their severity and the support needed vary from person to person.



5 FACT Menopause can affect sleep, concentration and confidence.



6 FACT A wide range of physical, cognitive and emotional symptoms is associated with menopause. For added accuracy, say "There are many recognised menopause symptoms" rather than relying on a fixed number.



7 FACT Menopause symptoms can affect people at work, including attendance, performance and working patterns.



8 MYTH HRT is not the only option. Other approaches may include non-hormonal treatments, cognitive behavioural therapy and individual lifestyle changes. People should seek appropriate medical advice about their options.



9 MYTH Some trans men and non-binary people can experience menopause. A clearer version of the statement is: "Only women can experience menopause."



10 FACT Open, respectful conversations can improve understanding and help people identify appropriate workplace support.



QUICK ANSWER SEQUENCE



1 M | 2 M | 3 F | 4 M | 5 F | 6 F | 7 F | 8 M | 9 M | 10 F

Discussion prompt: Which answer surprised you most, and what could we do to make conversations about menopause more supportive?

Knowledge
creates change. ♡

World Menopause Day
18 October

More understanding.
Brighter tomorrows. ♡

SAME TEAM. STRONGER TOGETHER.