

UNPAUSING THE CONVERSATION ABOUT MENOPAUSE

Having a dedicated menopause conversation is crucial for several reasons, as menopause significantly impacts women's health, quality of life, and societal perceptions:

Address Knowledge Gaps

- Many individuals lack sufficient knowledge about the symptoms, stages, and management of menopause.
- Increasing awareness empowers women to seek timely interventions.

Reducing Stigma and Taboo

- Open conversations help normalize this transition and its impact.
- Breaking stigma introduces the opportunity for symptom management.
- Dedicated discussions allow opportunities for addressing risks for diseases like osteoporosis and cardiovascular disease and provide opportunities to address preventive health.

Supporting Workplace Inclusivity

- Menopause symptoms may impact work (ie, reduced productivity, poor concentration, and physical discomfort).

Tailored Healthcare Solutions

- Every person's menopause journey is unique, necessitating individualized healthcare recommendations, including hormone replacement therapy (HRT), non-hormonal options, and alternative therapies.

Fostering Advocacy and Policy Change

- Dedicated conversations can lead to broader advocacy efforts aimed at improving access to menopause care, coverage, and research -- and ensure that menopause is prioritized similarly to other life stages and conditions.

In summary, menopause conversations empower women, reduce stigma, and promote health equity, benefiting individuals and society as a whole.

Sources:

Lancet. [Time for a balanced conversation about menopause](#)

ACOG. [Five of the most common questions about menopause](#)

AMWA. [Check-In On Menopause](#)

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