



PRESENTS

Infrequently Asked Questions

LET'S MAKE THIS THE

#LASTLONELYMENOPAUSE

ONE TRICKY, FUNNY, LOVELY
CONVERSATION AT A TIME

"Is the boiler broken?" & other such questions

KAREN, 52, WAS
ABOUT TO CALL
THE BOILER
MANUFACTURER

Then, she realised she was
having a hot flush. Her
perimenopause had started.
She hadn't expected it.



41% of women
say they were
unprepared for
The menopause.

That's huge given it's our biological
destiny. Every single one of us.

And yet most of us don't even realise
when our own mums, aunties or
mother figures are going through it.

The more we talk about it, the
better prepared we'll be.

No more surprises. No more "am
I losing my mind?", "what's that on
my chin!?" or "what are kegels?"

We can do better than that.

Let's make this the last generation
of women going through the
menopause unprepared.

**BY ASKING THE RIGHT
QUESTIONS.**

"Mum, tell me about the menopause"

WHETHER YOU'RE A TEENAGER WANTING TO BETTER SUPPORT YOUR MUM, SOMEONE IN YOUR FORTIES ASKING AN AUNT WHAT THE NEXT DECADE MIGHT HOLD FOR YOU, OR SOMEONE GOING THROUGH IT NOW LOOKING FOR EXTRA ADVICE, TALKING ABOUT THE MENOPAUSE HELPS US ALL FEEL BETTER PREPARED FOR WHAT'S TO COME.

And, it makes those of us going through it feel understood.



Here are some questions
you could use
to kickstart a
conversation:

- What did you least expect about the menopause?
- What do you wish you'd known about the menopause?
- What's the menopause actually like?
- What are the good bits/your menopause highlights?
- Is there anything I can do to make it easier for you?

Or: IF YOU'RE SPEAKING TO SOMEONE WHO'S BEEN THERE, DONE IT, BOUGHT THE SWEAT-STAIN-T-SHIRT, YOU CAN ASK:

- Is there anything I can do to make it easier for you?

32% FELT VERY
ALONE DURING
THE MENOPAUSE.

LET'S MAKE THEM FEEL
SEEN AND SUPPORTED.
BY LISTENING MORE.

WE ASKED WOMEN
WHO'VE BEEN
THROUGH IT SOME
QUESTIONS ABOUT
THE MENOPAUSE.

We hope their answers speak to how
valuable it is to ask these questions,
and have these conversations.

Read on for a snapshot of what
the menopause is really like, as
told by the experts (those who've
actually been through it).



What's the menopause like?

66

**THE MENOPAUSE IS
LIKE A HORROR MOVIE:**
STARRING ME AS
THE SCARY MONSTER,
HAGGARD FROM
LACK OF SLEEP. 99

**IT'S LIKE A SNAKE
SHEDDING IT'S SKIN.**

**MY BODY CHANGED,
I GAINED WEIGHT.**
I HAVE MORE HAIR
ON MY FACE THAN I
HAVE ON MY HEAD.

66

**I FEEL MOSTLY IN CONTROL,
BUT I DO REALLY STUPID THINGS.**
I PUT COFFEE AND SUGAR IN THE
FRIDGE. I FORGET ABOUT THE
CHICKEN IN THE OVEN. I WALK
INTO A ROOM AND FORGET
WHY I'M THERE. ONCE, I EVEN
FORGOT MY DAUGHTER'S NAME.
MY HUSBAND SAYS 'WHY DID
YOU DO THAT?' I TELL HIM,
IGNORE ME IT'S JUST THE
BRAIN FOG TALKING. 99

66

I EMBRACE THE MENOPAUSE. I'VE ALWAYS LOVED GETTING OLDER. IT'S A NEW CHAPTER.

99

IT'S A ROLLER-COASTER RIDE: UPS AND DOWNS, AN EXPLOSION OF SO MANY DIFFERENT FEELINGS. YOUR BODY CHANGES ARE ALL OVER THE PLACE: YOUR HAIR, EYES, TIREDNESS. IT ALL HITS YOU AT ONCE.

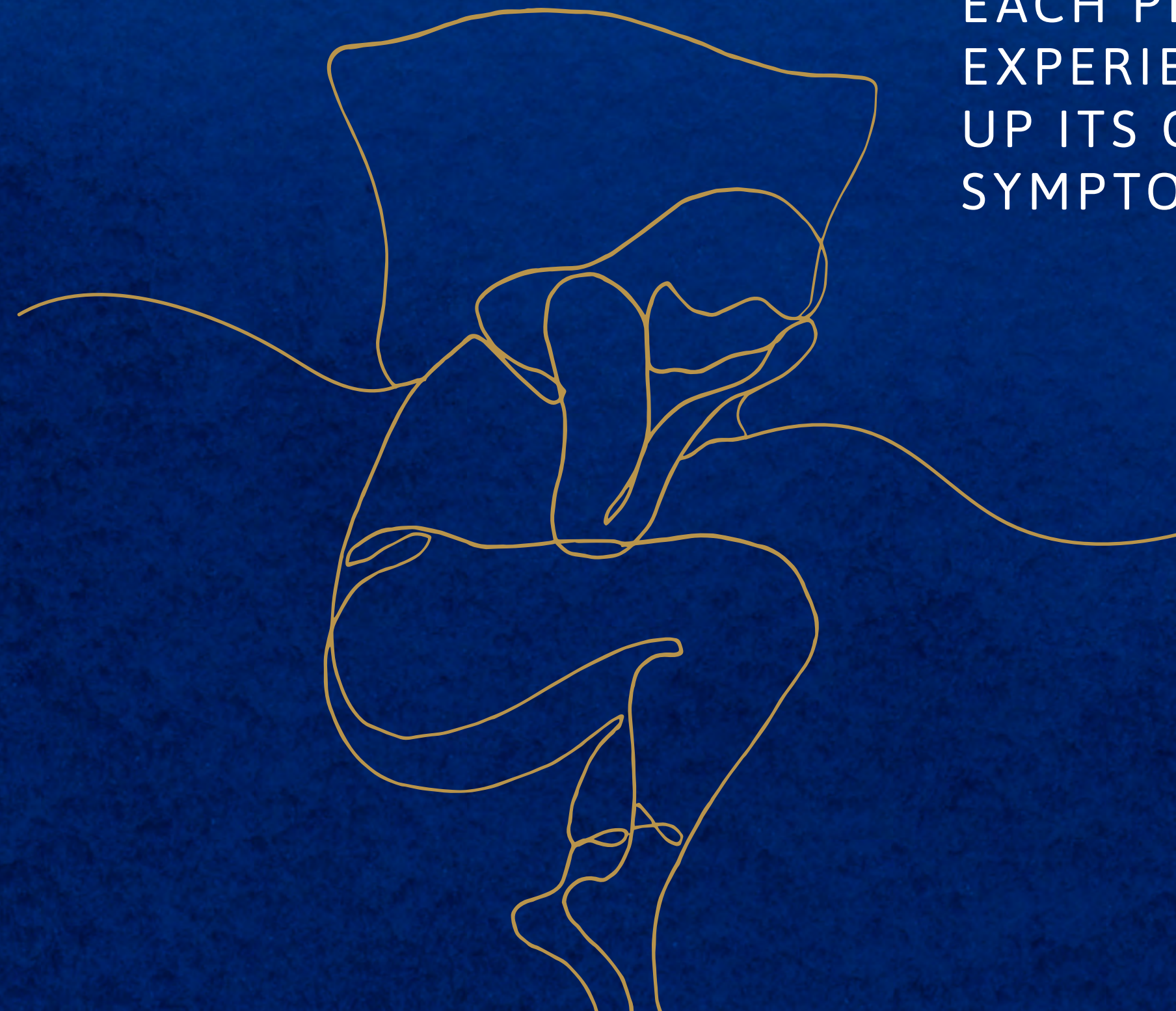
THE MENOPAUSE IS FULL OF UPS AND DOWNS. AND IT'S DIFFERENT FOR EVERYBODY.

THERE ARE 48 SYMPTOMS (BUT MOST OF US CAN'T NAME THREE) AND EACH PERIMENOPAUSAL EXPERIENCE OFFERS UP ITS OWN SURPRISING SYMPTOM COCKTAIL.

Some of us breeze through it like it's nothing, and some of us battle with a smorgasbord of symptoms for 12 years. Yep, that's right, it can last up to 12 years.

43% of women think their culture views the menopause in a negative way – so let's take matters into our hands and ask the menopausal people in our lives what it's like for them.

That way, we can better support those going through it, and understand the menopause better – making us all better equipped to navigate this life-stage, rogue beard hairs and all.



66

FINALLY, THE END OF PERIODS! NO MORE MONTHLY CYCLES THAT YOU HAVE TO PLAN YOUR DAYS AROUND. WHEN YOU'RE YOUNGER, IT'S LIKE THIS LITTLE FRIEND THAT POPS UP TO MAKE YOUR LIFE HELL FOR A COUPLE OF DAYS. BUT AS YOU GET OLDER YOU WANT IT TO GO; ALL THAT PAIN, STRUGGLING THROUGH IT AT WORK, BATTLING WITH SANITARY BINS, WONDERING IF YOU SMELL. IT'S ALL FINALLY OVER.

99

What have you found **challenging** about the menopause?

MOOD SWINGS. ALSO, I'VE BECOME RIDICULOUSLY EMOTIONAL, I JUST FIND MYSELF CRYING, EVEN LISTENING TO THE QUEEN'S SPEECH, IT'S RIDICULOUS!



66

I WENT OFF SEX OVERNIGHT!

Who can be bothered. It's too hot. I can't be arsed. I've got the most patient husband. It happened overnight. It doesn't help when you dry up like the Gobi Desert, your skin and everything else. He's got a right hand, so he'll be fine!

99

I FELT SUICIDAL, UNWORTH, UNLOVED. BUT I WON'T BE BEATEN BY THE PERIMENOPAUSE.

NO SLEEP, NO SLEEP AT ALL. HAVEN'T SLEPT FOR YEARS. NO IDEA WHAT THAT FEELS LIKE.

66

I'M FALLING OUT OF LOVE WITH MY PARTNER.

We've had lots of issues, with him not understanding. we stopped occasionally going out on date nights. I'll cringe if he even touches me. If he tries to get affectionate or intimate, it's the last thing on my mind. I'll say 'just go away!'.

99

66

THE BRAIN FOG TOOK OVER MY LIFE. I WAS FORGETTING TO PICK UP PEOPLE'S KIDS FROM SCHOOL – SERIOUS STUFF. LOOKING BACK, IT WAS ALL JUST MENOPAUSE. I THOUGHT I WAS GOING MAD.

99

I THINK IT'S THE NOT KNOWING, AND THEN WHEN YOU DO SEEK HELP, IT'S THE NOT LISTENING, OR THE TALKING OVER YOU. EVERYONE GOES THROUGH IT, BUT NO ONE CAN BLOODY TALK ABOUT IT.

*Many find
the menopause
challenging
and yet 1 in
5 say it's not
taken seriously.*

It's made harder – and lonelier – by the fact that nobody seems to realise just how hard it can really be.

Some menopause experiences are more difficult than others.

That's why checking in with the menopausal people in your life can make such a big difference. Ask them how they're doing, and what they're finding tricky.

Not only will they feel better understood, but by listening to their experiences, you'll feel better prepared when your time comes.

Sometimes having someone to vent to can take off a bit of that burden.

But, when lending an ear to the menopausal women in your life, why not also ask if there's anything you can do to make their experience that little bit easier?

Whether you're someone's daughter, niece, friend, boss or distant cousin, we can all make a big difference by sparing a little time to ask how the menopausal women in our life are coping

(or not coping).



And what are your menopause highlights?

I FEEL LIKE I CAN CONQUER ANYTHING. I feel a lot stronger. I'm enjoying myself. I don't worry or panic about getting old. I feel great, very confident. My girlfriends help a lot, just talking to them. They've been amazing – girlfriends, friends, colleagues. I'm conquering and getting through it.

66
I'VE ALWAYS LOVED GETTING OLDER. I FEEL LIKE A WISE OLD WOMAN. I'M LOOKING FORWARD TO NOT HAVING PERIODS. 99

66

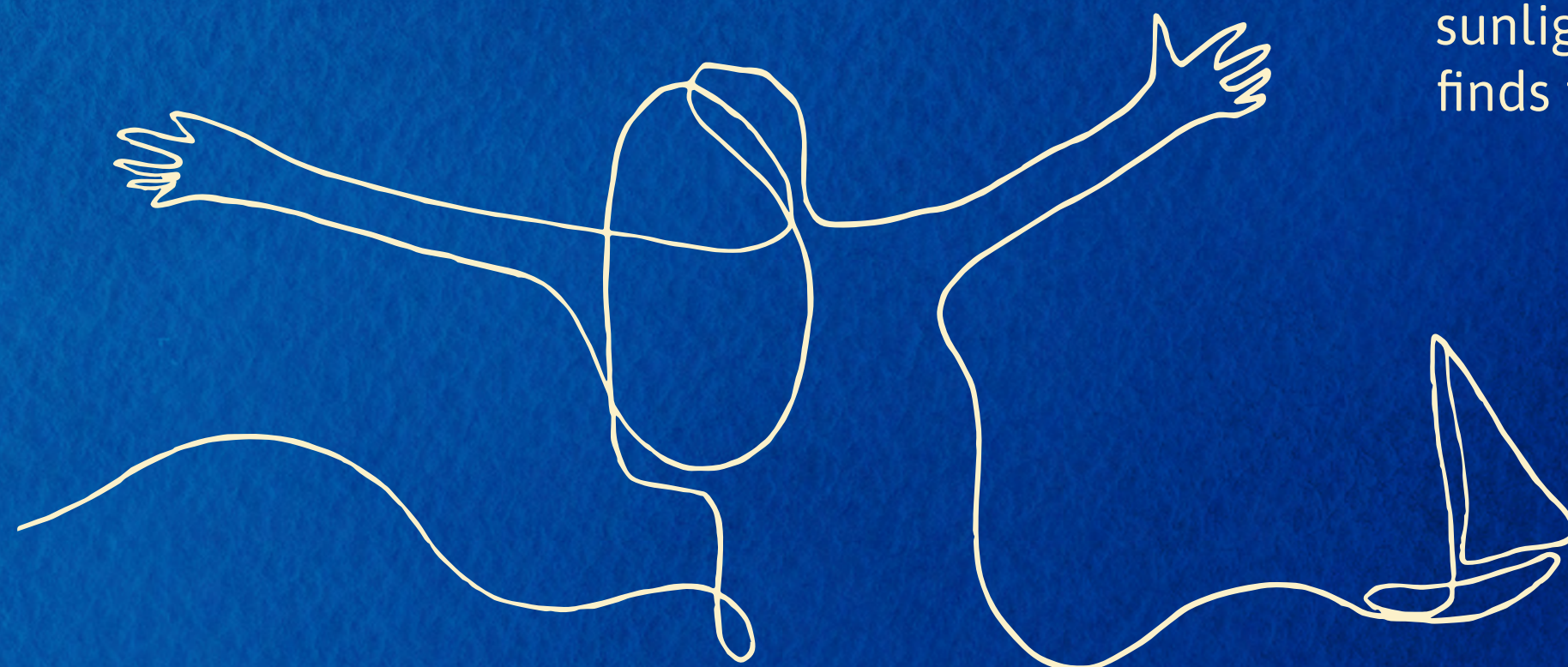
I COMPLAINED TO MY FRIEND ABOUT THE SPROUTING WHISKERS ON MY CHIN and she laughed and said, 'Oh just hang out with people your own age, they have crappy eyesight and none of us can see those hairs without a magnifying glass and sharp sunlight.' Humour always finds the bright side. 99

66

IT CAN DEFINITELY BE A GOOD THING! I'VE GROWN INTO MYSELF. I'VE FLOWERED. IT'S NOT ALL DOOM AND GLOOM. WHEN YOU COME THROUGH IT, YOU FEEL GOOD ABOUT YOURSELF AND CONFIDENT. YOU KNOW YOURSELF. THIS IS WHO YOU ARE. 99

66

I ACTUALLY GET TO BE MYSELF AGAIN, NO MORE DRAMA. JUST PEACE. I DON'T HAVE TO IMPRESS ANYONE ANY MORE. I CAN BE MYSELF. IF YOU DON'T LIKE IT, SAIL ON! 99



COMING THROUGH THE OTHER SIDE, AND KNOWING IT WILL EVENTUALLY STOP.



*Sweat patches,
pelvic floor disasters
and forgetting-why-
you-walked-into-
the-room, step aside.*

SOME WOMEN THRIVE, DESPITE THE MENOPAUSE.

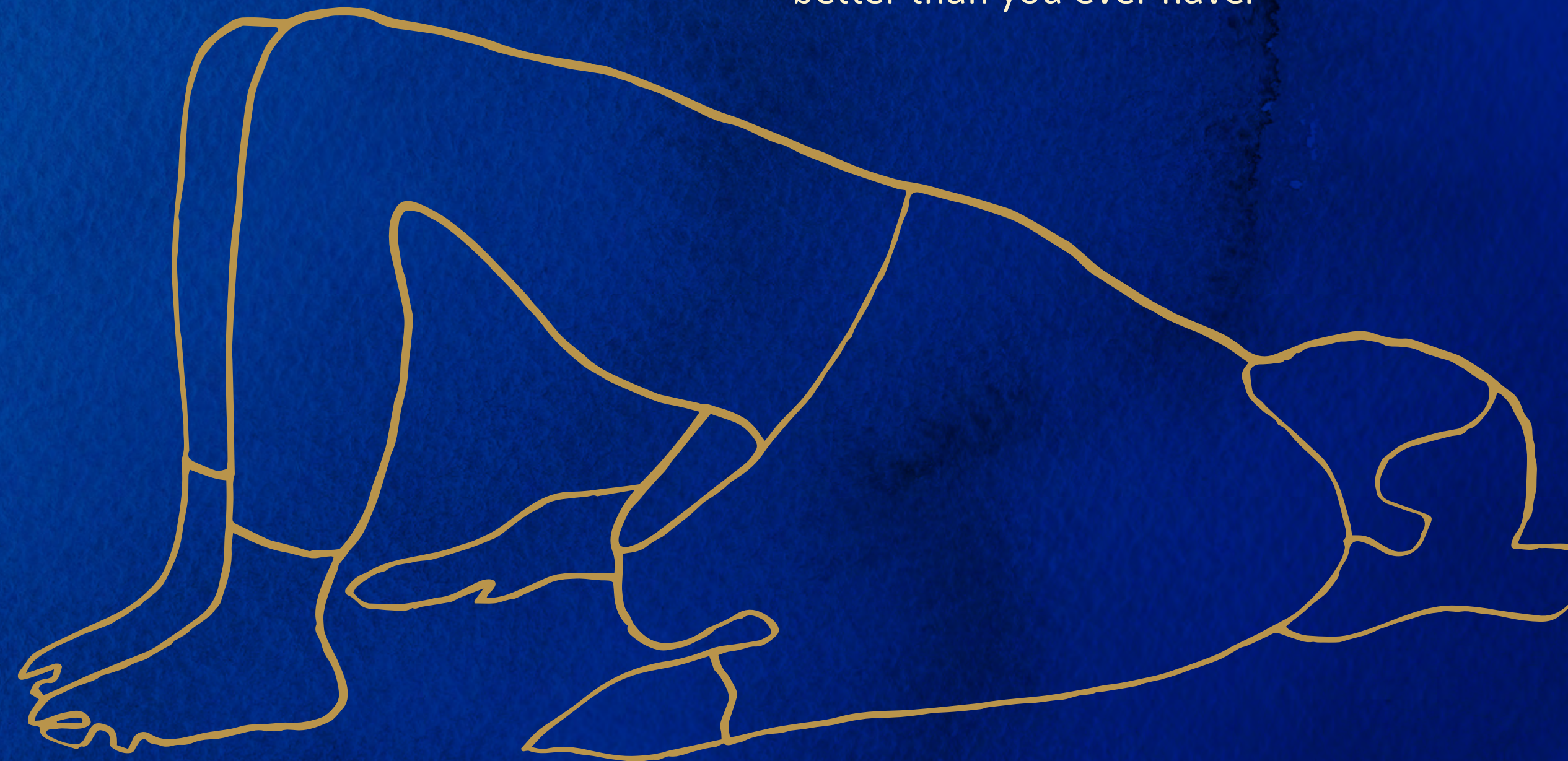
42% think that the menopause is represented and discussed in a negative way in the media.

So, when it comes to finding out what the menopause is really like, you're better off turning to the women in your life, not your favourite soap opera.

When you strike up a conversation with your friends or family about the menopause, make sure to ask the menopausal or post-menopausal women in your life what was GOOD about it, for them.

It's important that we are prepared for the challenging stuff, but it's also nice to remember that it's not all bad.

Maybe, after it's all over, your codependent relationship with an electric fan will all be worth it, if it means knowing yourself better than you ever have.



What did you least expect about the menopause?

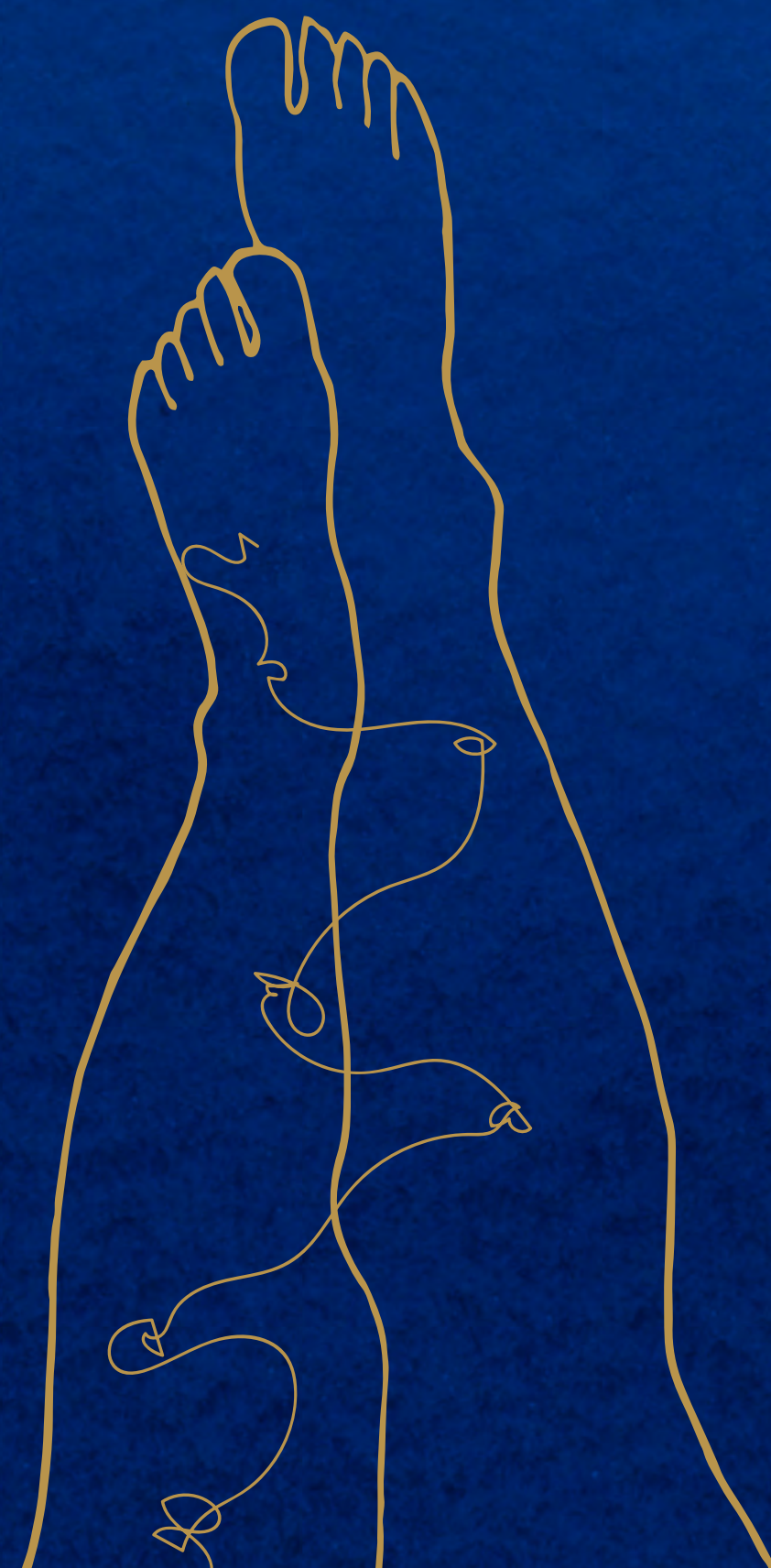
66

LEAKING: I DIDN'T KNOW IT WAS A PART OF MENOPAUSE AT ALL.

I thought it only affected women who were way older. I didn't know a weak bladder could be part of your midlife. If I had known how common it is, I would have felt less shame about it.

99

ITCHING LEGS, UP AND DOWN, LIKE INSECTS. THAT WAS A SURPRISING SYMPTOM!



66

MENOPAUSE SYMPTOMS ARE NOT UNDERSTOOD.

People don't realise how disabling it is! Hot flushes can be such a handicap. When you're at work and need to calm down or take a breath of fresh air, people don't understand. It ruins your life. We need to communicate more about it. It shouldn't be taboo.

99

I WAS SURPRISED AT THE LACK OF REAL INFORMATION. THERE WERE NO REAL FACTS. WHEN I STARTED MY PERIOD I HAD NO INFORMATION. YOU HAD TO HIDE IT. STARTING MENOPAUSE IS THE SAME THING.

66

IT AFFECTED ME QUITE DRAMATICALLY AT WORK, IN TERMS OF MY PERFORMANCE. THAT WAS A SHOCK. BUT I'D NEVER THINK OF SAYING, 'I'M PERFORMING REALLY BADLY BECAUSE I'M HAVING A BAD DAY WITH MY MENOPAUSE', NEVER. I WISH IT WAS EASIER TO SAY THESE THINGS.

99

66

I WAS SCARED AND I DIDN'T KNOW WHAT PERIMENOPAUSE WAS. I WAS STILL IN MY 40S, NEWLY DIVORCED. I DIDN'T WANT TO FEEL I WAS GETTING OLD BUT IT WAS SHOCKING AND SCARY. I'M EMBRACING IT NOW. I'M LOVING THAT FEELING OF ENJOYING WHO I AM, WITHOUT THE DRAMA.

99

*Nobody should
be caught
off guard by
the menopause.*

**NORMALISING THE
MENOPAUSE IS ONE
OF THE MOST VALUABLE
WAYS EVERYONE CAN
SUPPORT EACH OTHER.**

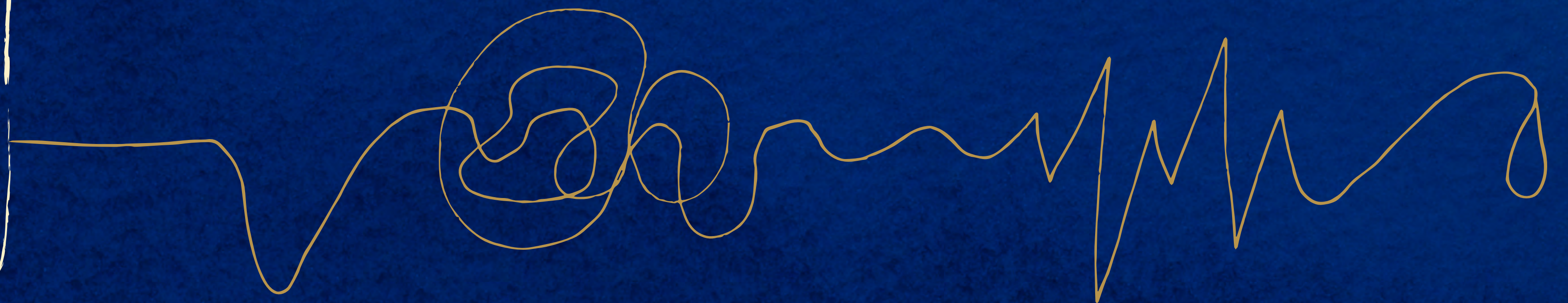
So, why not put the kettle on, call up your nan or your auntie and chat menopause?

You could ask her what she least expected about it, what symptoms caught her most off guard, and what she wishes she'd known before starting menopause.

You'll have a better idea what to expect when your time comes, and she'll feel heard.

Plus, with some luck, you'll share a few laughs, and feel that little bit closer to each other. At the very least, she'll be glad you called.

AT THE BEGINNING EVERYTHING WAS UNKNOWN. I HAD QUITE A FEW SYMPTOMS. ONE WAS DEPRESSION, OTHERS WERE MORE LIKE BRAIN FOG, MOOD SWINGS, AND THE SWEATS, BUT NONE OF THEM WERE ADDED UP TOGETHER BY MY DOCTOR OR ANYONE AND I WASN'T TOLD IT WAS THE MENOPAUSE. SO THE WHOLE THING JUST FELT LIKE ONE BIG UNEXPECTED MESS.



Do you wish we all talked more about the menopause?

“

YES. WE NEED TO TALK ABOUT IT. We need to take the drama out of it and prepare young women for what will happen. I had hot flushes that were very intense and it was a difficult period for me to go through. It's good to talk about it, it reassures you.

”

IT'S PART OF LIFE. IF WE HAVE MOOD SWINGS IT'S PROBABLY GOOD TO EXPLAIN TO THE FAMILY WHY IT HAPPENS AND NOT HIDE IT.

I WISH I'D DONE MORE RESEARCH AND LISTENED MORE TO AUNTIES SPEAKING ABOUT IT, INSTEAD OF BEING OBLIVIOUS TO IT.

“

I'M GLAD I TALKED TO MY PARTNER. He knows when I'm having a 'tropical moment'. He'll say, 'do you need to stand at the front door?' that sort of thing. I've had to speak to him because I've changed.

”

“

I JOKE ALL THE TIME: 'I WET MYSELF!' I DON'T SAY 'LEAK' OR USE POLITICALLY CORRECT WORDS. I'M VERY FREE SPEAKING. I'LL SAY 'GOD, I WET MYSELF!' I THINK WE COULD ALL DO A BIT MORE OF THAT.

”



29% of people
who haven't yet
started the
perimenopause
absolutely *dread it.*

**PERHAPS IF WE
TALKED MORE ABOUT
IT, WE'D FEEL A LITTLE
CALMER ENTERING
THIS LIFE STAGE.**

AFTER ALL, THE
SCARIEST THING
IN THE WORLD IS
THE UNKNOWN.

If you're having a conversation about the menopause with someone you love who has been – or is going – through it, it might be interesting to discuss how comfortable they feel, or have felt, talking about it.

These conversations are not always easy, but that's an interesting conversation in and of itself.

Why do we find it tricky to talk about our night sweats and dry bits? We all change, so why go through it alone?



Who do you talk to about the menopause?

I'M LUCKY. I'VE GOT A GREAT GROUP OF FUNNY FRIENDS. WE CAN LAUGH ABOUT IT ALL OVER A BOTTLE OF PROSECCO; WE LAUGH AND CRY AND GET HYSTERICAL OVER FUNNY STUFF.

66

I JOINED A PRIVATE FACEBOOK GROUP, WHICH IS ALL ABOUT LAUGHTER AND NOT TAKING YOURSELF TOO SERIOUSLY. THE INFORMATION HAS BEEN MY SAVIOUR, TOO. I'M NOT EMBARRASSED. MY KIDS THINK 'MUM'S MUM AND IT'S FUNNY.' I'M HAPPIER NOW, DEALING WITH LIFE HEAD-ON. 99

66

IT POPS INTO CONVERSATION. When I'm having a hot flush and there are colleagues around me, the conversation flows towards it naturally. My colleagues often haven't slept either, so we talk about our insomnia – it doesn't have to be a round table discussion! It should just be part of the natural fabric of conversation in the workplace!

99

66

I'VE NEVER SPOKEN ABOUT IT WITH MY PARTNER, EVER. I DON'T KNOW WHY, I DON'T KNOW. I'LL HOLD MYSELF AND SAY, 'I NEED A WEE!' BUT I'VE NEVER SAID IT'S BECAUSE OF THE MENOPAUSE. EVERYONE JUST PRESUMES IT'S BECAUSE I'VE HAD CHILDREN. 99

I HAD TO TALK TO MY HUSBAND TO EXPLAIN TO HIM WHY HE'S GETTING LESS SEX NOW! BUT I'M GLAD I DID, HE'S BEEN A GREAT SUPPORT.

66

I CAN TALK TO ANYONE ABOUT IT! 10 years ago we thought menopause meant you dried up. Now we know we're having mood swings because of the menopause, and all sorts of other symptoms. You can talk about it, like you can about periods. 99



*Although 43% felt
very alone during the
menopause, many
do turn to friends
and family for help.*

Whether that be borrowing some
shoulders to snot-cry onto, or
turning to the tonic of laughter.

**37% FELT SUPPORTED
BY FEMALE FRIENDS
AND 34% SAY THEIR
PARTNER SUPPORTED
THEM, AND PREVENTED
THEM FROM FEELING
LONELY.**

**WE SHOULD ALL
BE MORE LIKE THAT
37 AND 34%.**

How do we broaden out the
conversation to include more men?

Let's get our sons, brothers, uncles,
and male friends talking about itchy
vulvas, constantly forgetting where
you put your keys and the joys of lube.

And, when there are so many
menopausal women in the workplace
silently struggling, how do we
broaden out the conversation to
include our colleagues, our bosses?
How about speaking to a colleague
to find out what the menopause
is like for them?

The more we normalise talking
about it openly in the workplace,
the better we'll be able to support
women juggling hot flushes and
Excel spreadsheets (not a fun combo).



Did you speak to your mum about the menopause?

66
I FEEL WE ARE FAILED BY OUR MOTHERS; WE WEREN'T TOLD. IT WAS NEVER DISCUSSED, NOT EVEN WITH MY SISTER. SO WE WERE LEFT TO EXPERIENCE IT ON OUR OWN. IT'S A BIG TABOO STILL. 99

66
MY MOTHER AND I TALKED ABOUT IT. Her mother talked to her about it, too. Her mother had bad hot flushes: she would cut up her clothes to cool down. My mother did the same. It's like a little piece of knowledge passed on. I do it too, now. There was no taboo in my family. 99

66
MY MUM DIDN'T TALK ABOUT THE MENOPAUSE. She's Irish Catholic, with five kids. The only thing she said was do those pelvic floor exercises. She said it's like holding in a wee, and then like sitting on the toilet and letting it go. She said to do it while you're washing up. That's all she ever said about the menopause. She never talked about the changes. 99

MY MUM WAS VERY, VERY PRIVATE. Now I know that she actually went through the menopause at a very young age as well. But I didn't know, she didn't tell me. We never had that conversation. I wonder if it was very lonely for her.

I WISH I'D BEEN GIVEN MORE INFORMATION BY MY MOTHER.

66
MY DAUGHTER'S 19, SO I HAD THE CONVERSATION WITH HER WHEN I WAS GOING THROUGH THE PERIMENOPAUSE ABOUT 2 YEARS AGO. I DIDN'T WANT THINGS TO BE HOW THEY WERE WITH MY MUM. 99

Why not ask your mum,
or someone who's like
a mum to you, what her
menopause is or was like?

BY PASSING ON MENOPAUSE
KNOWLEDGE THROUGH THE
GENERATIONS, THE SAME WAY
WE PASS ON STEW RECIPES
AND FAMILY HEIRLOOMS, WE'LL
ENSURE THE NEXT GENERATIONS
OF WOMEN GOING THROUGH
THE MENOPAUSE DON'T FEEL
UNPREPARED, OR LONELY.

Yes, it's less glamorous than
your great grandmother's
gold-gilded fabergé egg.
But it'll certainly be a lot
more useful to you, and the
generations to come.



What surprised you most about bladder weakness and the menopause?

66
IT COMES OUT OF THE BLUE. I'LL BE FINE AT WORK AND THEN IT GETS TO LUNCHTIME, I STAND UP AND IT FEELS LIKE I'M GOING TO WET MYSELF. THERE'S NO WARNING! NO URGE TO GO TO THE TOILET. IT JUST COMES OUT. 99

IT TOOK ME TO A REALLY DARK PLACE, 'WHAT'S HAPPENING NOW, AM I GOING DOWNHILL?' I'LL BE LAUGHING AND HAVING TO TOUCH MYSELF TO SEE IF I'VE LEAKED.

66
I KEPT GOING TO MY GP AND EXPLAINING THE LITTLE SYMPTOMS and it was, 'Oh, you're too young, you're too young, no, you're absolutely fine.' They actually put me on antidepressants. She told me it was all in my head. I said, 'Okay, what do I need to do? Take my knickers off and let you see that it's not in my head. My knickers are wet; I am weeing myself and it's uncontrollable. Whenever I sneeze, I pee!' 99

I FELT LIKE GRANDMA. She used to wet herself and now I was wetting myself if I blew my nose, or sneezed. I wondered is this forever? Do I really have to live with this? It would've been easier if I had known that it happens at such a young age. I wasn't prepared.

66
IT COMES OUT OF THE BLUE. I'LL BE FINE AT WORK AND THEN IT GETS TO LUNCHTIME, I STAND UP AND IT FEELS LIKE I'M GOING TO WET MYSELF. THERE'S NO WARNING! NO URGE TO GO TO THE TOILET. IT JUST COMES OUT. 99

66
CAR JOURNEYS. I HAVEN'T GONE FOR A LONG CAR JOURNEY WITHOUT HAVING TO STOP, AND I PLAN AHEAD TO GO FOR A WEE. I NEVER DID THAT BEFORE. 99

I JUST NEED TO KNOW WHERE THE NEAREST TOILET IS. IF I'M MEETING SOMEBODY OUT OR I'M AT SOMEBODY'S HOUSE, MY FIRST THOUGHT IS 'WHERE IS THE TOILET?' DURING COVID EVERYWHERE WAS CLOSED, AND I DIDN'T KNOW WHERE I'D GO TO THE LOO. YOU COULDN'T JUST NIP INTO A COFFEE SHOP. THAT WAS DIFFICULT.

66

MY HORROR STORY IS ACTUALLY SEX WITH BLADDER WEAKNESS.

If I have an orgasm, wee will come out. That happened regularly. Luckily, it doesn't happen so much now with the pelvic training I've been doing, I've realised it really has helped that. It's embarrassing. Your partner's like, 'Hold on, what the hell's that!? Are you weeing!?' 'Actually, yeah, I am and, actually, I can't stop it!'

99

66

IT'S LIKE BEING A GIRL GUIDE. BEING PREPARED, TAKING EXTRA UNDERWEAR IN MY BAG.

99

MOST PEOPLE DON'T EVEN REALISE THAT BLADDER WEAKNESS OFTEN COMES AS A PACKAGE DEAL WITH THE MENOPAUSE.

BUT IT'S MUCH MORE COMMON THAN PEOPLE THINK.

In fact, 1 in 3 women over 35 experience involuntary urine leakage

We need to talk about menopause's lesser known aspects, so that they don't catch us off guard.

Nobody should be blindsighted by bladder weakness – or by libido drops, joint pain or sudden urges to throttle your partner.

By asking more questions – and doing those pesky pelvic floor exercises – we can all feel better prepared.

If you want to know more about bladder weakness, explore our website:

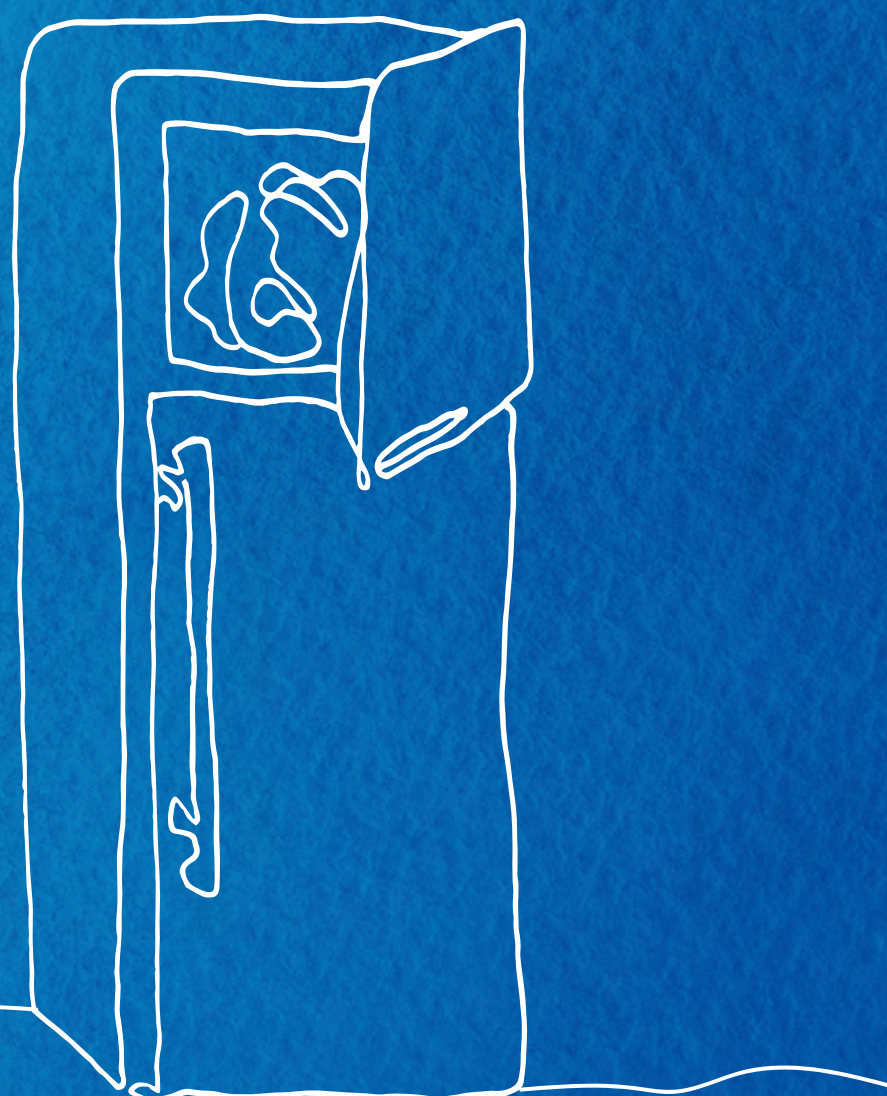
TENA.CO.UK



What are some practical tips you'd want to pass on to those who have yet to go through the menopause?

66

KEEP A CABBAGE IN THE FREEZER TO POP ON THE VAGINA. TRUST ME, IT SOUNDS WEIRD BUT IT WORKS. 99



66

CHILL A PILLOW FOR HOT SWEATS AT NIGHT. 99

GET A DOG 'COOL MAT' AND PUT IT IN YOUR PILLOW CASE WHEN YOU GO TO SLEEP – IT'S HEAVEN!

66

INVEST IN A BIG TUB OF COCONUT OIL – IT'S A GOOD LUBRICANT FOR EVERYTHING! 99

REMEMBER TO WEAR SOMETHING COMFY IN YOUR KNICKERS IN CASE YOU PEE YOURSELF!

66

I TOLD MY SISTER THAT SHE HAD TO LOOK AFTER HER HEALTH, THAT HER WHOLE BODY WOULD CHANGE. I told her to be ready to change her diet, and exercise. I wrote her a whole letter. I told her what to expect; mood swings, hot flushes, everything. 99

IF YOU'VE BEEN THROUGH THE MENOPAUSE, WHY NOT WRITE A LETTER TO SOMEONE IN YOUR LIFE TELLING THEM WHAT TO EXPECT, AND PASSING ON YOUR TIPS AND TRICKS?

Everyone finds their own ingenious ways of coping with the menopause, and has their own tips and tricks. Ask the women in your life about theirs.

For extra tips and tricks on how to cope with the more practical realities of bladder weakness or vaginal dryness, please visit:

TENA.CO.UK/MENOPAUSE

DON'T BOTHER BUYING A NEW COAT AGAIN AFTER YOU TURN 50.

What's the best piece of menopause advice you'd like to pass on?

66
EMBRACE IT, TALK ABOUT IT, SHARE IT, NORMALISE IT. AND DON'T BE AFRAID TO ASK FOR HELP. 99

EVERYONE IS DIFFERENT SO DON'T GET OVERWHELMED BY THE HORROR STORIES

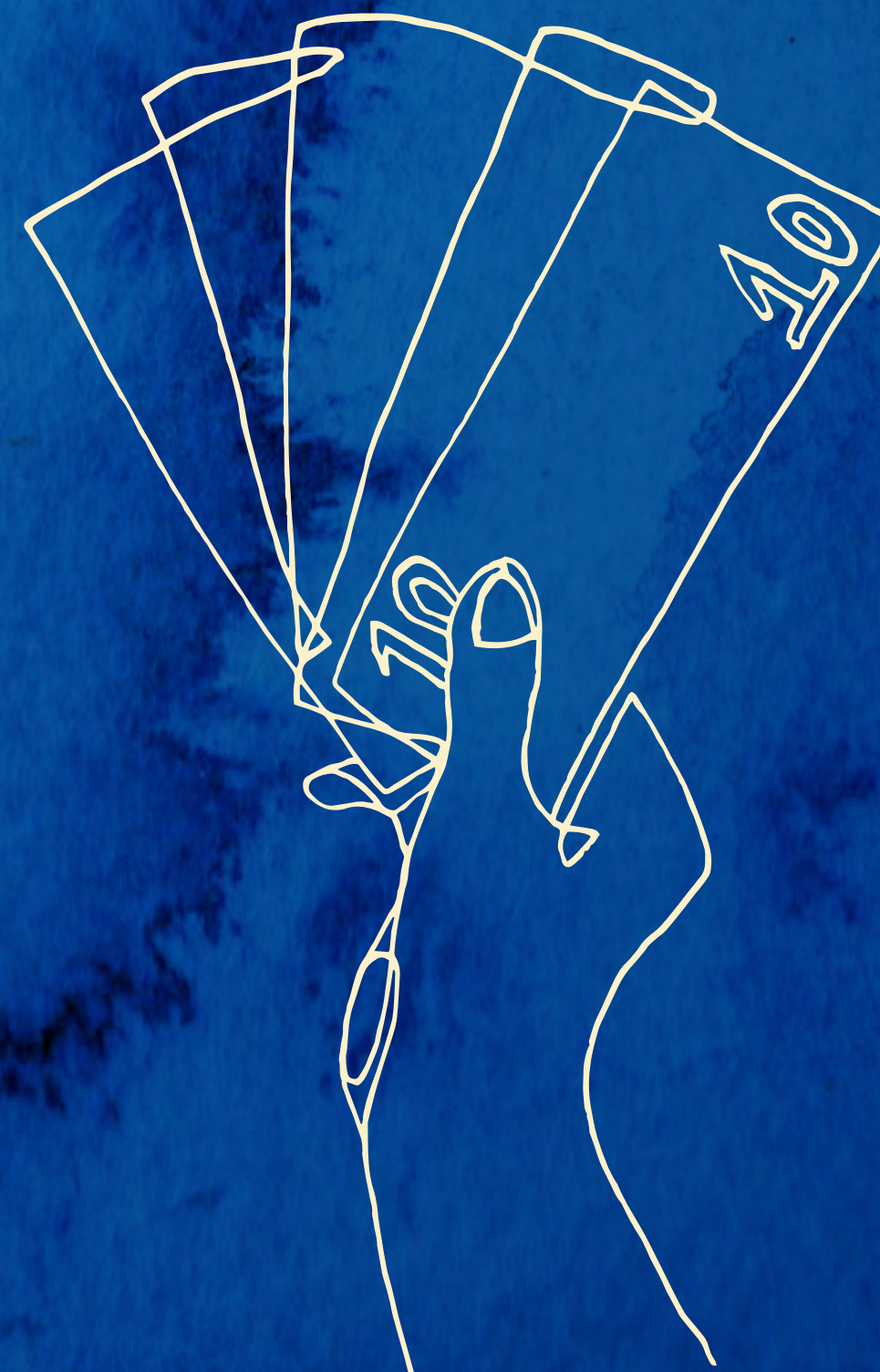
66
DON'T HIDE YOUR BODY AND DON'T STOP DOING WHAT YOU LOVE: KEEP SWIMMING AND BEING SPORTY. 99

66
THE BETTER YOU UNDERSTAND YOUR BODY THE MORE YOU WILL SUCCESSFULLY RIDE THE CHANGES THAT COME TO IT. 99

66
FIND SOMEONE YOU CAN VENT YOUR FEELINGS TO: SHARING AND TALKING REALLY HELPS. 99

LIFE IS FULL OF UPS AND DOWNS, JUST LIKE THE MENOPAUSE. IT'S ONE BIG RIDE.

66
THINK OF THE MONEY YOU'LL SAVE ON TAMPONS. 99



66
THROW YOURSELF INTO IT, IT WILL END ONE DAY, IT WILL END. 99

THE MORE WE SHARE OUR MENOPAUSAL ADVICE, THE BETTER PREPARED WE'LL ALL BE FOR THE MENOPAUSE.

Almost 1 in 5 said that they could only get access to medical information, meaning they only felt informed about the cold hard facts of symptoms.

When you Google the menopause, all you see is long, cold lists of physical symptoms (and 1000 pictures of white grey-haired women with their head in one hand, and a fan in the other).

But what about the emotional truths, the real advice from real people? The way menopause actually feels? What about the little ways that everybody finds to cope?

66

WORK THOSE PELVIC FLOOR MUSCLES. START NOW. BUILD THEM UP. BECAUSE, TRUST ME, THEY ARE GOING TO TAKE A BATTERING. 99

FIND SOMEONE YOU CAN VENT YOUR FEELINGS TO: SHARING AND TALKING REALLY HELPS.

66

I THINK WOMEN NEED TO BE ABLE TO START TALKING OPENLY ABOUT HORMONES AND ORGASMS AND VAGINAL DRYNESS AND ALL THESE THINGS BECAUSE IT'S SO OVERDUE. WE'RE NOT VICTORIANS. 99

66

DON'T SHUT OUT YOUR PARTNER. ALTHOUGH THEY CAN'T RELATE, THEY DO HAVE EMOTIONS – DON'T LET THE MENOPAUSE RUIN YOUR RELATIONSHIP. 99

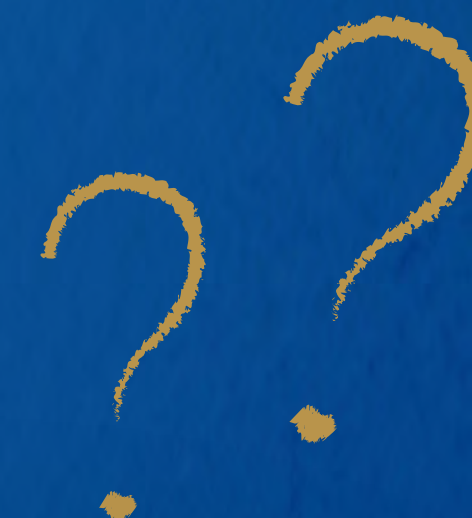


HAVING A ROUNDER TUMMY AND MORE FAT IS A RITE OF PASSAGE.

It holds wisdom from your youth and helps carry you into old age.

66

TREAT YOURSELF TO A MIDDAY SIESTA. YOU DESERVE IT HUN. 99



THERE'S A WHOLE WEALTH OF KNOWLEDGE OUT THERE, HIDING INSIDE THE UNTAPPED WISDOM OF ALL THE WOMEN YOU KNOW WHO HAVE BEEN THROUGH THE MENOPAUSE.

We're sure they'd be more than happy to share it with you.

All you have to do is ask.

*25 million women
pass through the
menopause each year.*

THAT'S A HUGE,
UNTAPPED FOUNT OF
KNOWLEDGE, ADVICE
AND EXPERIENCE.

DUE TO LACK OF
SUPPORT, ALMOST
OF A THIRD OF
WOMEN FOUND
THAT THEIR MENTAL
HEALTH HAS BEEN
NEGATIVELY AFFECTED.

AND 17% DIDN'T FEEL
SUPPORTED AT ALL
BY ANYONE.

Which means we are not asking
'how are you holding up?' often
enough, or creating enough spaces
in which women feel comfortable
sharing what they're going through.

We can make the menopause
a less mystifying, less lonely life-
stage by asking better questions.
And by actually listening.

It's really that simple.

Our bodies change. The
conversation should too.

Let's make this the

#LASTLONELYMENOPAUSE



A note on language

TECHNICALLY, THE TERM MENOPAUSE REFERS TO THE POINT IN TIME 12 MONTHS AFTER A WOMAN'S LAST PERIOD.

Perimenopause, on the other hand, in the phase leading up to this.

It's when a woman's hormone balance starts to change, and she may begin to experience symptoms.

Often, the term 'menopause' is used as a catchall phrase to refer to both stages. And we have mostly used the term in this way throughout this guide for ease and simplicity.

Footnotes

All the statistics included in this guide come from research conducted by TENA, between 14th and 21st March 2022 with 6000 women across UK, Brazil and Italy who are either pre-menopausal, going through the menopause or who have been through the menopause.

Thanks to all those who participated in this study.



Thank you...

To all those who shared their menopausal experiences with us.



#LASTLONELYMENOPAUSE

I will be me