

The Annual Menopause Report 2021

Gaining a better understanding
of Menopause & Perimenopause
health in the UK



RESEARCH FINDINGS JULY 2021

SECTION 1

Our Sample

The Online Menopause Centre (OMC) is the UK's first online menopause clinic, providing women with the ability to access personalised and up-to-date hormone replacement therapy via an affordable, accessible and convenient online consultation.

In spring 2021, OMC ran a survey of 35-64 year old women to understand more about their awareness and experiences of menopause options in the UK. The survey was conducted online through Zing Insight's panel and achieved 455 responses.

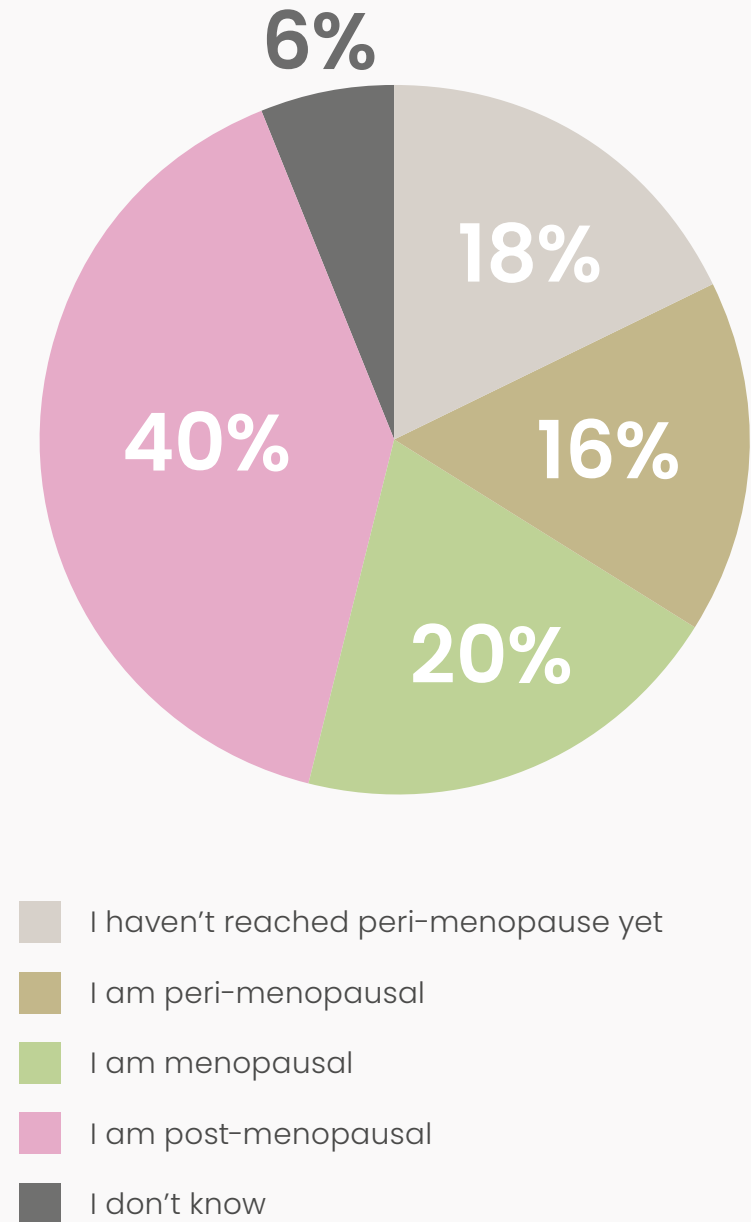


CURRENT EXPERIENCE OF THE MENOPAUSE

How would you describe your current experience in relation to the menopause?

"I am suffering from anxiety, loss of confidence, apprehension, forgetfulness – all difficult to articulate; I am just struggling on really."

– ANONYMOUS



SECTION 2

Menopause Health & Treatment



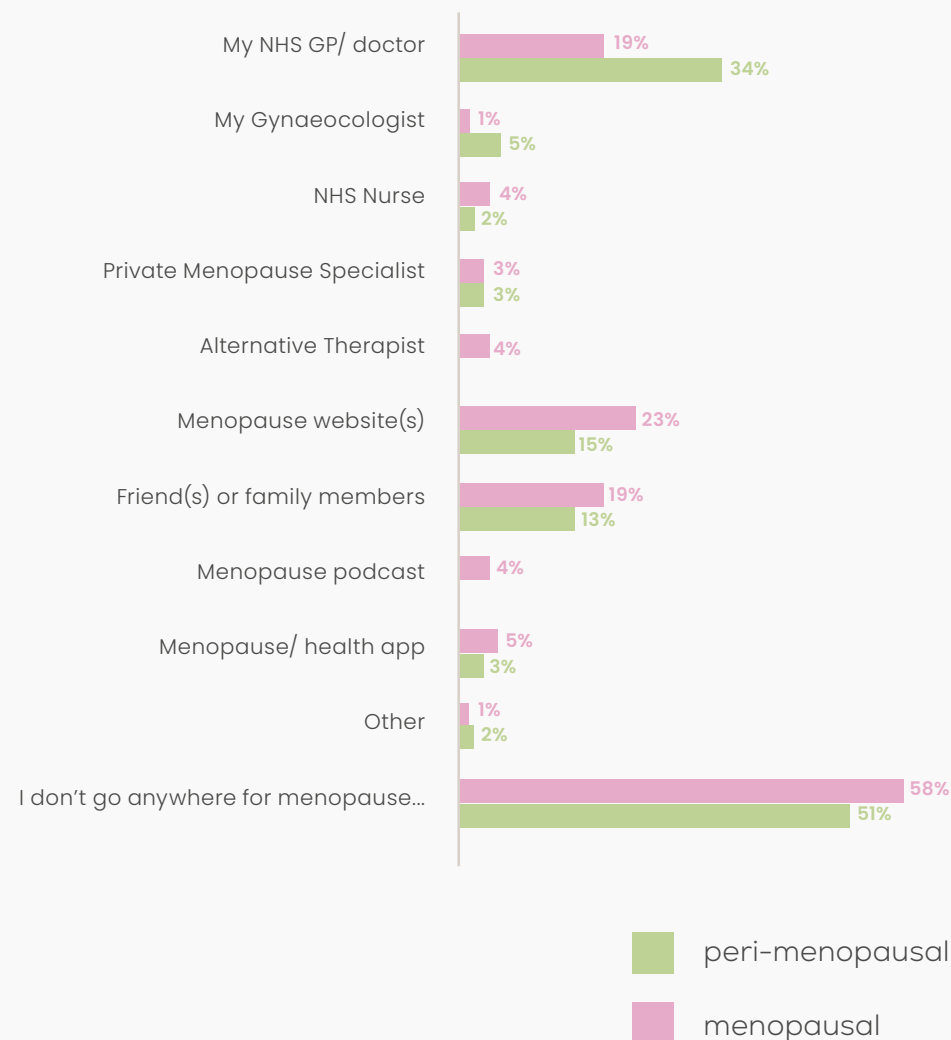
Where do you currently go for menopause health treatment and support?

"At 52 my symptoms of migraine, poor memory and insomnia were never treated as menopause and I ended up with migraine with aura and two epileptic seizures. I wonder if things had been different in the 7/8 months beforehand if I had been given treatment for menopause before the seizures."

- ANONYMOUS



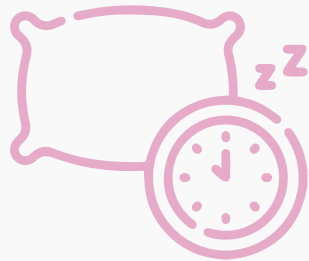
Overall, 58% of participants don't currently receive any menopause health treatment or support.



Most difficult menopause symptom to manage

"It's horrible, the night sweats are so bad, the mood swings dreadful"

- ANONYMOUS



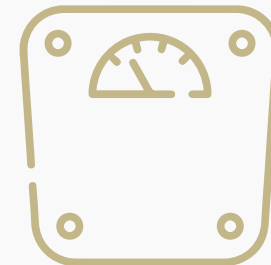
43%

lack of sleep /
disturbed sleep



41%

hot flushes



40%

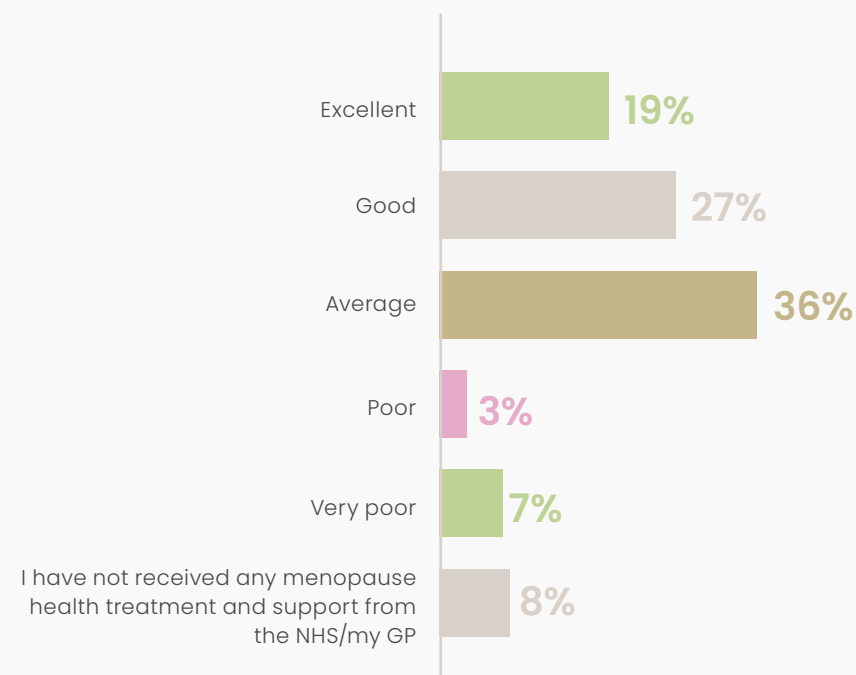
weight gain

How would you rate the menopause health treatment and support you received/ have received from the NHS/ your GP?

“Male GP shrugged his shoulders and told me to order herbal supplements online. Refused to discuss HRT.”

– ANONYMOUS

46% rated their menopause health experience with the NHS as average or poor



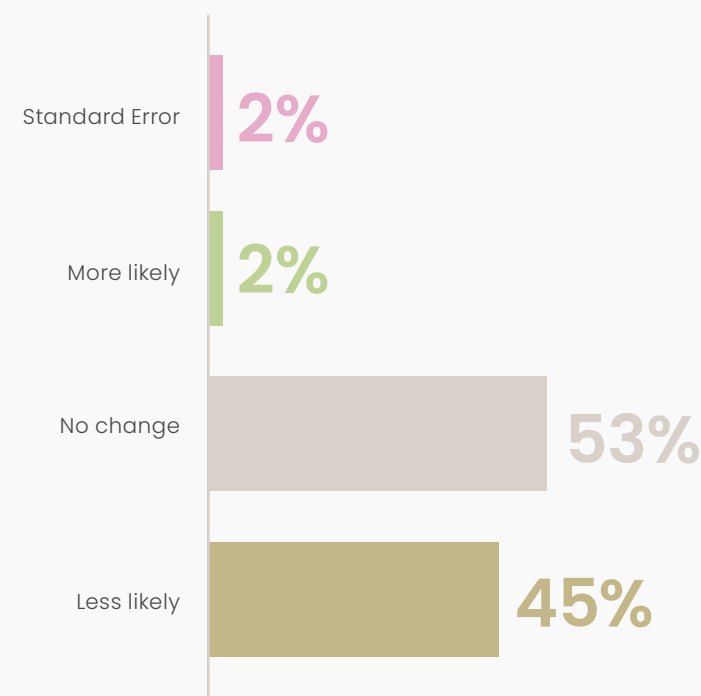
Since COVID-19, are you more or less likely to visit your GP about your menopause health?

"Was happy with NHS HRT prescriptions, but didn't cure all the symptoms. It's been a while now and I'm over most of them, so still get flushes."

- ANONYMOUS

45%

of women surveyed said they're now less likely to visit their GP as a result of COVID-19

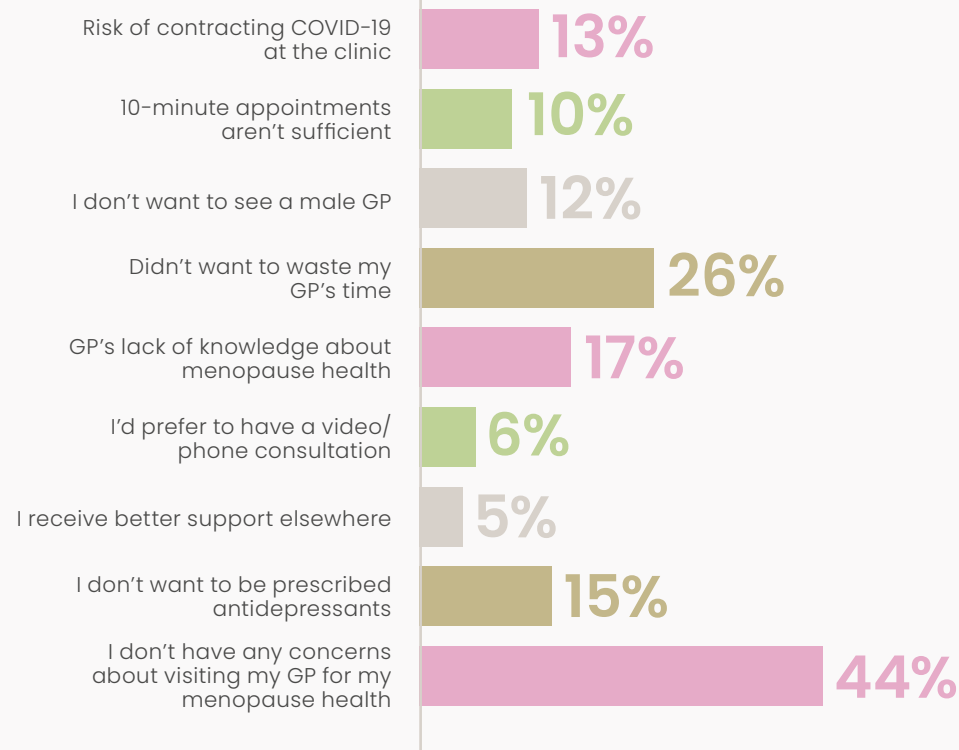


CONCERNS ABOUT VISITING A GP FOR MENOPAUSE HEALTH

What concerns do you have about visiting your GP about your menopause health?

"I would feel a bit embarrassed to go to my Doctors right now as they are so busy, so my illness would have to be something serious."

- ANONYMOUS



TOP 3 CONCERNS



26%

of women said they didn't want to waste their GP's time



17%

were concerned about GP's lack knowledge about menopause health



15%

don't want to be prescribed antidepressants

INFORMATION ABOUT MENOPAUSE & PERIMENOPAUSE

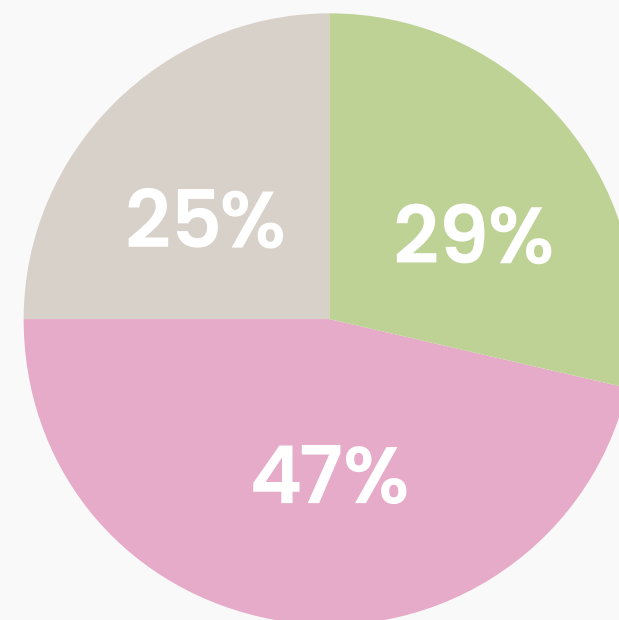
Do you think there is enough information about the menopause/ peri-menopause freely available for women to access?

"NHS care is too centred on taking tablets rather than holistic. This is not good enough no experience or discussions with my GP, nurse, etc.. not even in a form of an informative letter, leaflet or any form of information."

- ANONYMOUS

47%

of women surveyed think there is not enough information available about the menopause/peri-menopause



- Yes, there's lots of information available
- No, there's not enough information available
- I don't know

SECTION 3

Menopause Treatments



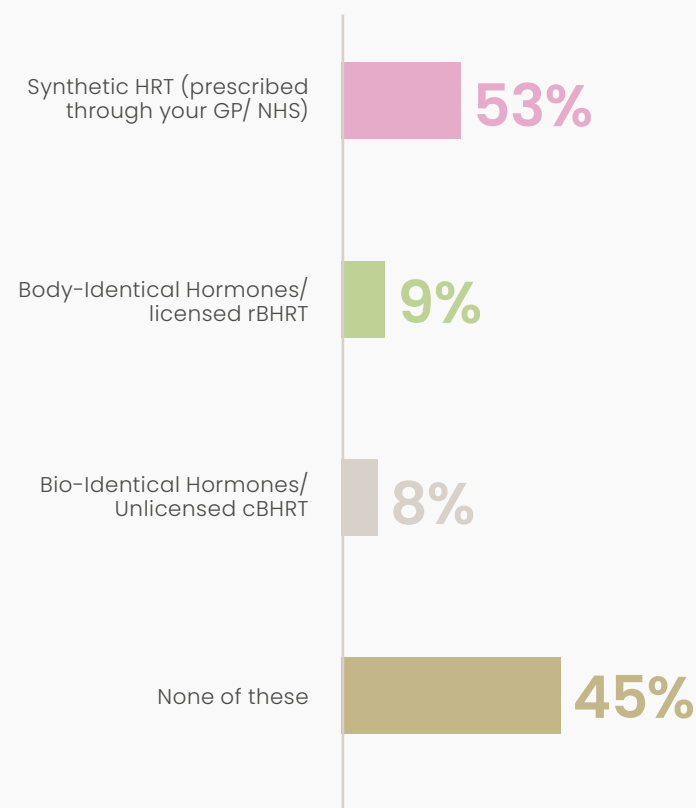
AWARENESS OF HRT

Which of the following types of Hormone Replacement Therapies (HRT) are you aware of?

"I haven't bothered to ask for treatment because it seems as if nobody is bothered with it in the NHS. I just put up with all the symptoms and hope they will stop one day."

- ANONYMOUS

45% of women were not aware of the different types of HRT



CURRENT MENOPAUSE TREATMENTS

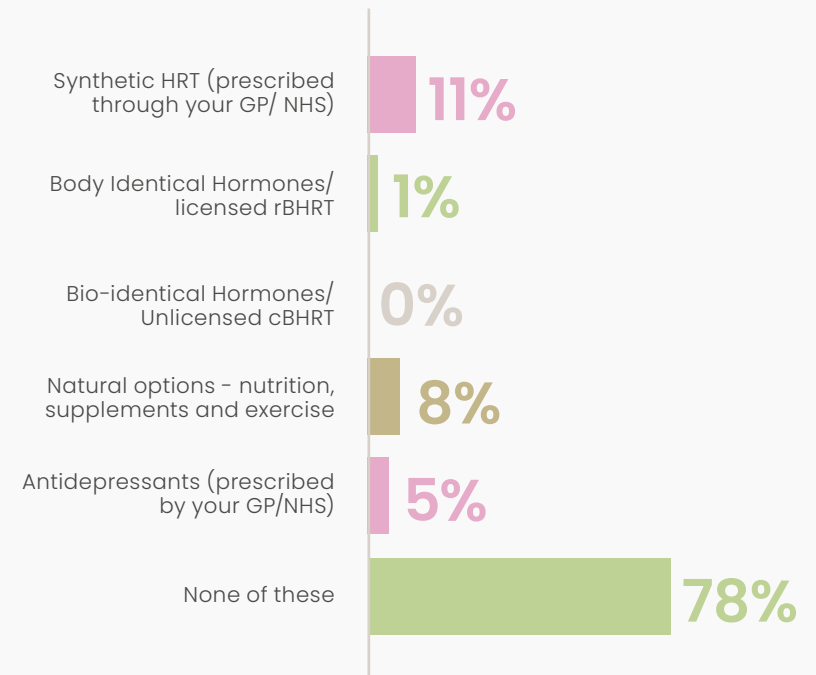
Which of the following types of menopause treatments are you receiving?

"I have tried HRT patches however had side effects so stopped."

- ANONYMOUS

78%

of women surveyed were not receiving any form of menopause treatment



SECTION 4

Private Menopause Health



LIKELIHOOD TO USE A PRIVATE MENOPAUSE HEALTH SERVICE

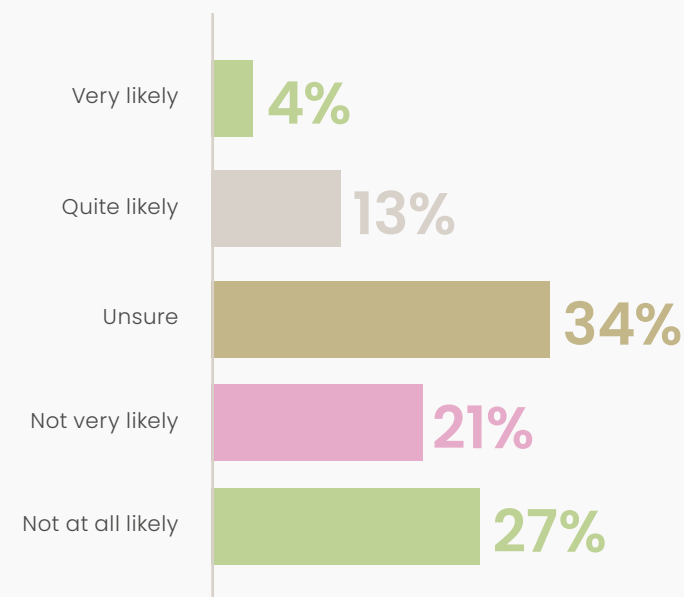
If you were dissatisfied with your NHS care, how likely are you to consider using a private menopause health service in the future?

"There is a lack of care and information from the NHS so if you can't afford to go private then tough luck, it's drugs or nothing."

- ANONYMOUS

17%

of women said they would be likely to consider using a private menopause service

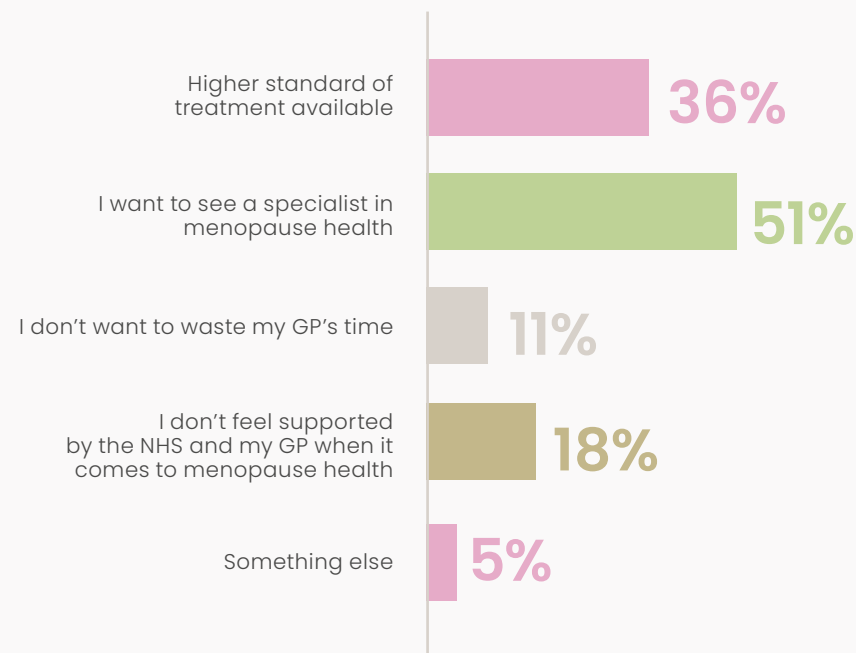


REASONS TO USE A PRIVATE MENOPAUSE HEALTH SERVICE

What would be the main reason for you to consider using a private menopause health service in the future?

“Definitely not enough support available. As soon as menopause is mentioned it’s a case of take these pills and goodbye. There was no mention of holistic ways to help or what to expect. Luckily I am now hopefully coming out the other side. There should be specific clinics available at the GP’s.”

- ANONYMOUS



MAIN REASONS TO CONSIDER USING A PRIVATE MENOPAUSE HEALTH SERVICE:



51%

seeing a menopause specialist



18%

said they don't feel supported by the NHS and their GP when it comes to their menopause health



36%

higher standard of treatment available

SECTION 5

Summary & Conclusions



Summary & Conclusions

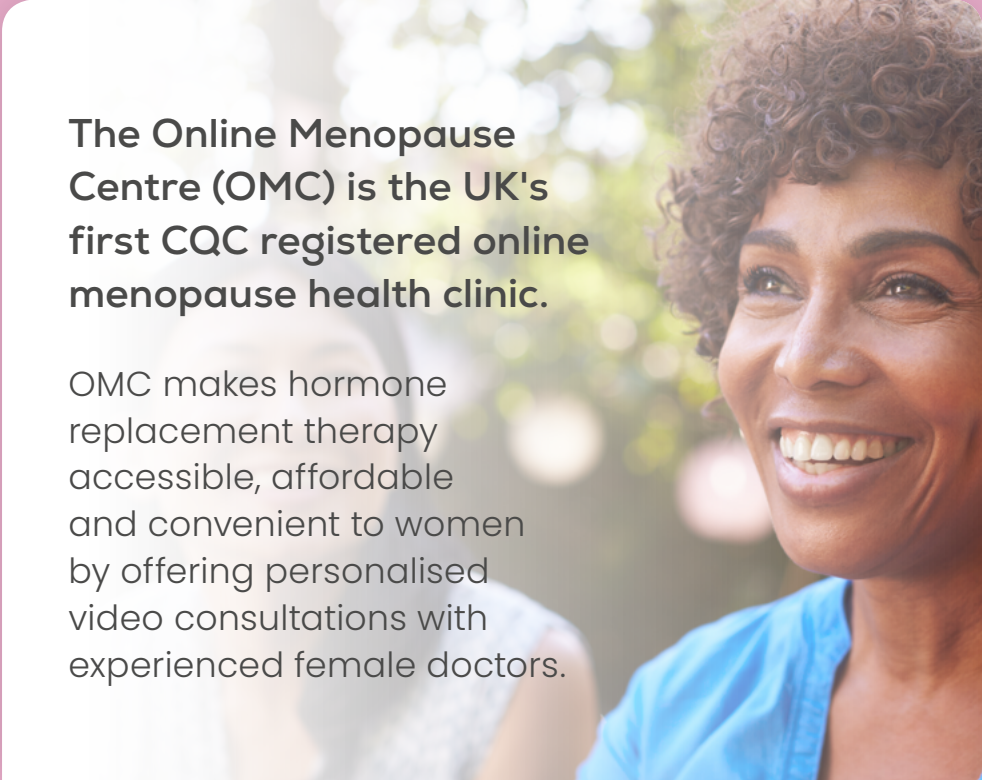
In 2021, menopausal and peri-menopausal women are still very much 'suffering in silence'.

Worried about wasting their GP's time, lacking information, awareness of treatment options and often feeling unsupported when they do reach out for help – Is it time for a menopause health revolution?

Almost half (49%) of all those experiencing NHS menopause treatment/support, consider it average (39%) or poor/very poor (10%).

Just 9% of women are aware of body identical hormones and 8% are aware of bio-identical hormones and only 1% of those experiencing the menopause (peri, menopausal or post) are receiving body identical hormones.

This research suggests that women are happy to share their stories and experiences of the menopause and treatments available and that this could be used to grow awareness of gaps in menopause health.



The Online Menopause Centre (OMC) is the UK's first CQC registered online menopause health clinic.

OMC makes hormone replacement therapy accessible, affordable and convenient to women by offering personalised video consultations with experienced female doctors.