

Menopause:

Social Taboos, Symptoms, and Surprising Gaps in Support

The largest-ever menopause survey shows women are not getting enough support while dealing with symptoms that significantly impact their quality of life. And they believe normalizing the discussion around menopause is a critical first step.



Women Not Getting Needed Menopause Support

94%

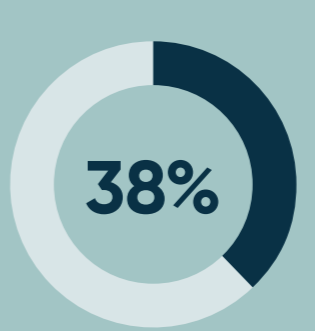
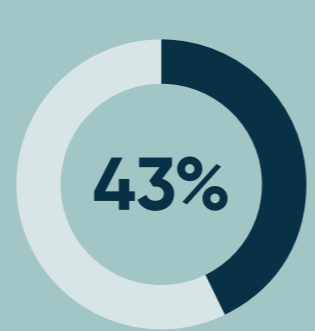
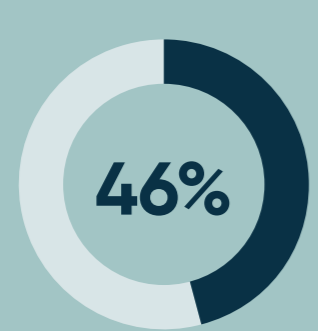
of women feel they don't get enough support during the menopausal journey



33% feel truly supported by their spouse or partner

Only 1 in 5 women consistently turn to their spouse or partner for support

The best ways spouses and partners can provide support:



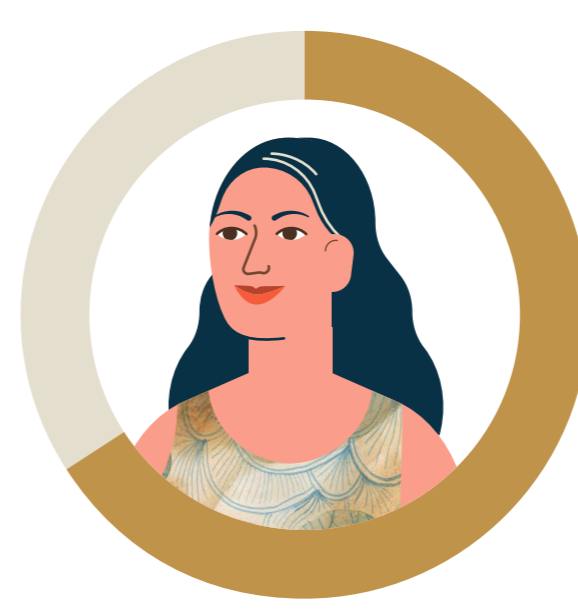
Taking Menopause Talk Beyond the Inner "Girls" Circle

Talking about it is hard. Talking about it with a doctor is even harder.

58% of women look for support from female family and friends

50% of women rely on online communities of like-minded women

46% rely on medical professionals

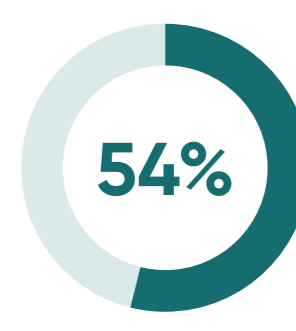
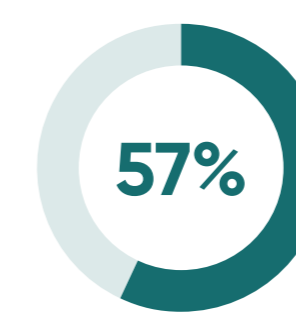
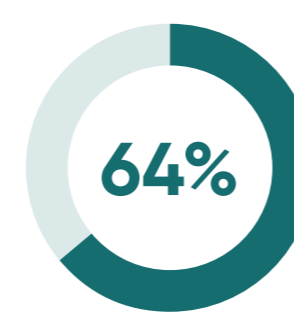
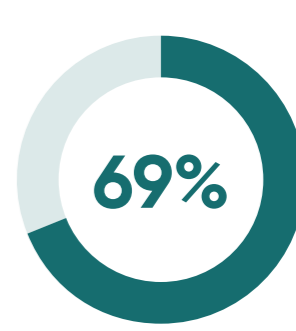
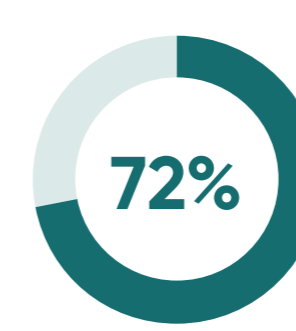
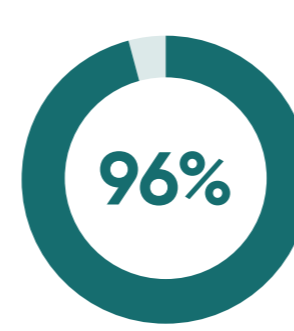


66%

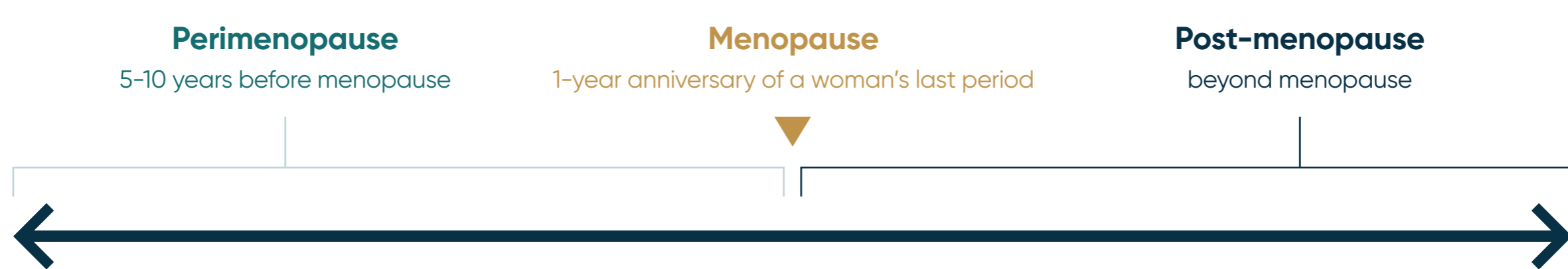
of women say normalizing menopause is the most important way everyone can support each other

Menopause Symptoms Be Damned, We Thrive

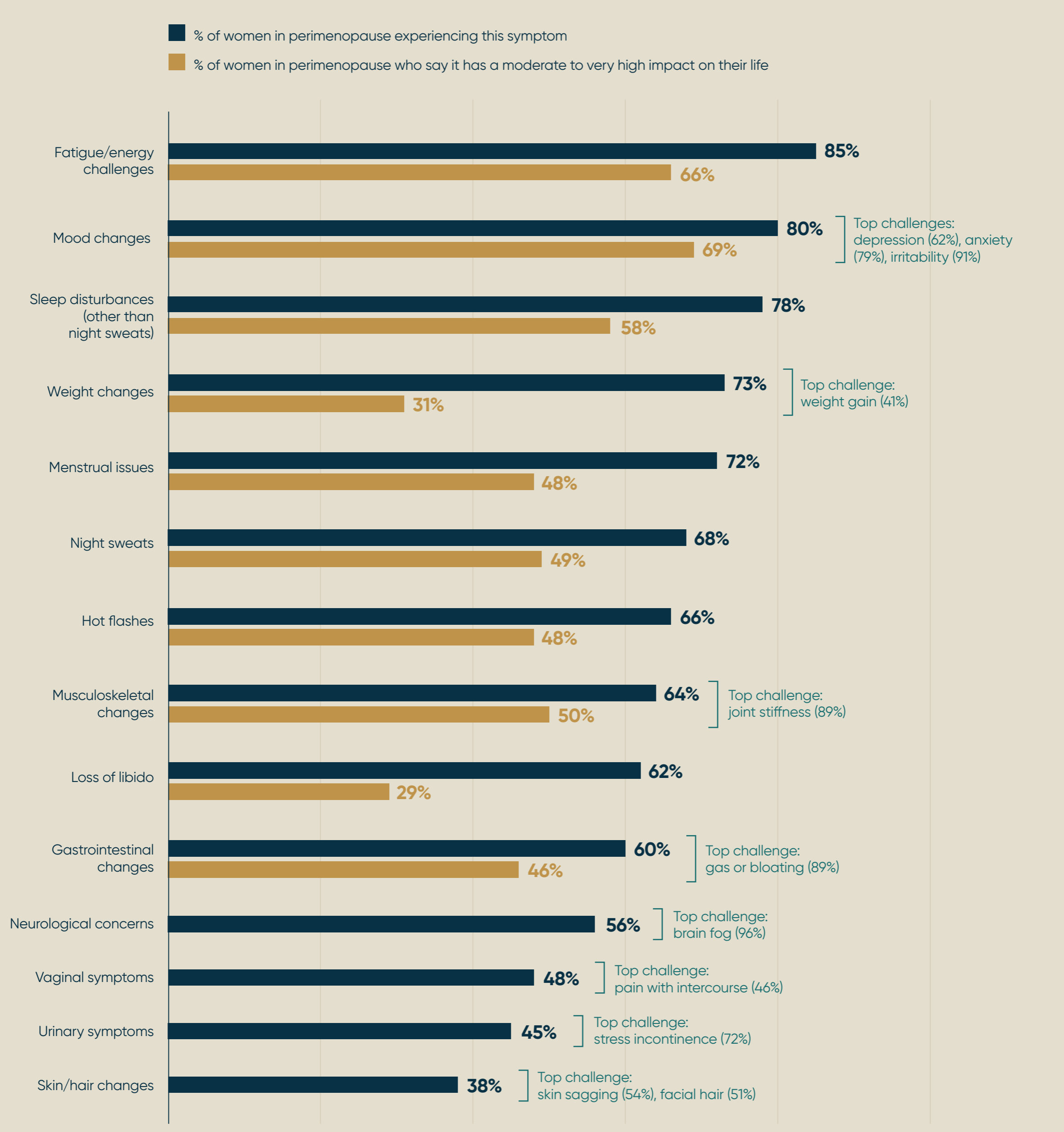
Menopause isn't an expiration date. In fact, most women experiencing menopause symptoms feel stronger, happier, and more confident in comparison to their decade-younger self.



More Than 1 Day: Menopause is a Transition to the Second Phase of Life

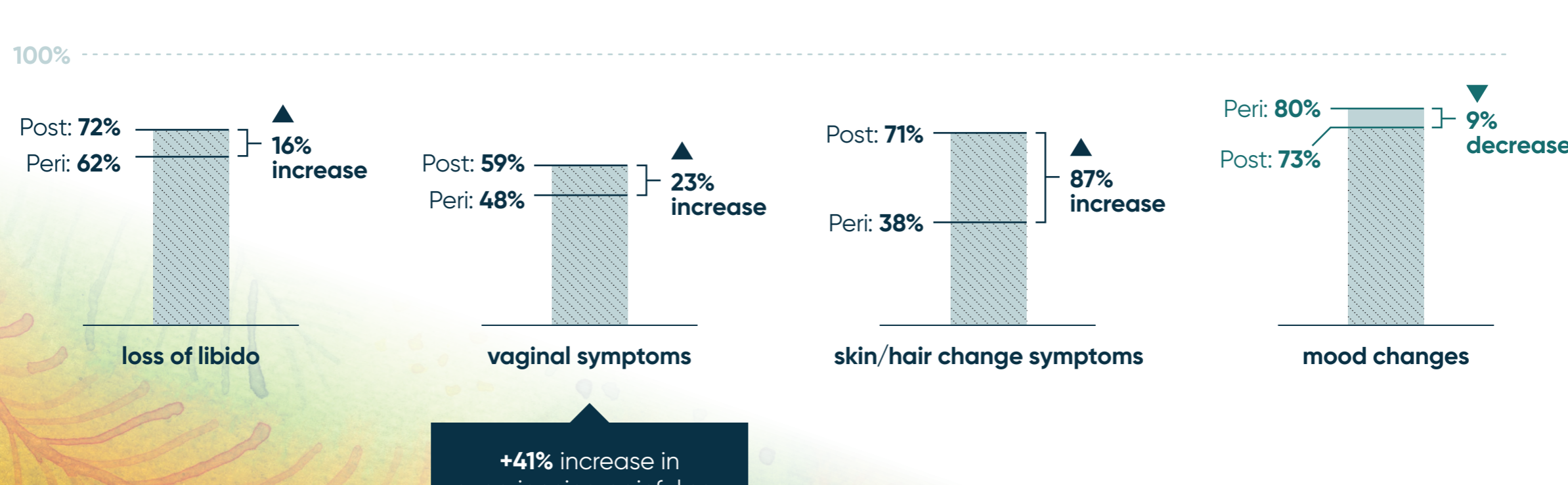


But It's Serious: Menopause Symptoms are Real and Impact Quality of Life



How Symptoms Change on the Other Side of the Menopause Marker

In post-menopause, women reported an increase in symptoms associated with lack of estrogen, and a decrease in issues with mood changes.



There's an Elephant in the Room to Talk About

Everyday symptoms can be such a struggle to manage that women experiencing menopause symptoms tend to focus on the immediate challenges versus the long-term issues that can affect their future health.



56% reported concerns about neurological issues
 Nearly **2 in 3** Americans with Alzheimer's are women



23% reported feeling concerned about cardiovascular conditions
#1 killer of women is heart disease



16% reported feeling concerned about bone health
27.3 million women suffer from low bone density



Want to learn more about how to embrace this new phase of life? Find health and wellness information, solutions, and community with Gennev, the online clinic fully dedicated to women in the second half of life...starting with menopause.

Learn where you are in this journey by taking the [Gennev Menopause Assessment](#)

