

Me, Work and the Menopause

It could be the menopause...



It's not always easy to know if your menopause has started.

Many of the early symptoms can be overlooked or mistaken for something else. If you're experiencing any of these signs it might be worth asking... 'could it be the menopause?'

- Irregular or heavy periods
- Hot flushes
- Perspiration
- Mood swings
- Dizziness
- Disrupted sleep
- Night sweats
- Tiredness or lack of energy
- Loss of memory
- Difficulty concentrating ('brain fog')
- Depression or anxiety
- Irritability
- Low self-esteem
- Palpitations
- Headaches and migraines
- Changes in eating patterns
- Joint pain
- Dry or itchy skin
- Reduced sex drive
- Vaginal dryness
- Frequent urination
- Urinary infections

These are just some of the most common symptoms. The menopause can feel different for everyone and you may have all, some or none of these symptoms. You know best how you feel.

Where to go for support

The menopause usually happens between the ages of 45 - 55, but it can start earlier naturally or as a result of other health conditions or surgery.

Getting the right support early can help to reduce the impact of the menopause on your health, family life, social life and work. If you think your menopause has started, speak to your GP for advice about how you are feeling.

Where menopause symptoms are affecting you in work you can also talk to your Usdaw rep. The Union can help you to get the support you need.

Usdaw has a range of resources on the menopause, your rights at work and organisations that offer additional support. For more information visit the Usdaw website:
www.usdaw.org.uk/menopause

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