

Every Menopause Journey is Unique

Low Sexual Desire is Common



1 in 3 women
between the ages 40 - 64
will experience HSDD* which can severely impair relationships, mental health, social functioning and overall quality of life.^{1,2,3}

Let's Talk...

1. Many women going through menopause have concerns about sexual function; is this a concern for you?

Yes

No

2. Are you happy to discuss your concerns with your doctor?

Yes

No

3. When was your last menstrual period?

Less than 12 months



More than 12 months

* Hypoactive Sexual Desire Disorder (HSDD) is low sexual desire which is distressing

References: 1. Simon JA. Climacteric 2018;5:415-427.
2. Worsley R. J Sex Med 2017;14(5):675-686.
3. Fooladi E. Climacteric 2014;17:674-681.



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Menopause

"Just a few hot flushes and will pass after a few years..."

NO! Typically, symptoms continue for around four years, but can last up to 12 years or more¹.

Are you aware of what menopause could mean for you?

Misconceptions surround the term menopause (stages, symptoms, duration and potential impact to quality of life)

8 out of 10 women will experience an array of symptoms with varying severity²

Hot flushes

79%

Night sweats

70%

Sleeping problems / Insomnia

57%

Change to the flow / frequency of your period

54%

Mood changes (e.g. low moods)

52%

Weight gain

47%

Low energy levels

47%

Difficulty with memory and / or concentration

39%

Joint aches

38%

Loss of sex drive

37%

Vaginal dryness

35%

Increased urinary frequency or urgency

30%

Headaches

29%

Palpitations

26%

Pain during sex

13%

Other symptoms

4%

The average age of menopause in Australian women is **51 years** (normal range 45-55)

Women can spend one third of their life in the post menopause phase therefore managing your transition effectively will support your long term health and wellbeing.³

Talk to your doctor for advice and treatment options.

References: 1. NICE Press release 2015: NICE issues first guideline on menopause to stop women suffering in silence. 2. AMS Are women suffering in silence? - UK survey 2016. 3. Lancet Diabetes Endocrinol. 2022 Jun;10(6):373.

Further reading and resources:



menopause.org.au



jeanhailes.org.au



thebms.org.uk



womens-health-concern.org