



Living Well North Tyneside

Supporting Health and Wellbeing

World Menopause Awareness Day, held annually on 18th October, aims to raise awareness about menopause and the support options available to help women improve their health and wellbeing. This global campaign encourages healthcare professionals, women, and the general public to participate by sharing educational materials, organising events, and spreading the word through social media. The theme for World Menopause Day 2024 is **Menopause Hormone Therapy (MHT)**, which focuses on the benefits and considerations of this treatment option.

What is Menopause?

Menopause is a natural stage in a woman's life that usually occurs between the ages of 45 and 55, though it can happen earlier or later for some women. It is defined as the time when a woman has not had a menstrual period for 12 consecutive months. The years leading up to this, known as perimenopause, are marked by a decrease in oestrogen and progesterone levels, which can lead to a range of symptoms, including:

- Hot flushes
- Night sweats
- Mood swings
- Sleep disturbances
- Anxiety
- Difficulty concentrating

These symptoms can affect a woman's daily life and wellbeing, and it's crucial to ensure that women have access to the right support and treatments to manage them effectively.

Menopause Hormone Therapy (MHT)

The theme for World Menopause Day 2024 is Menopause Hormone Therapy (MHT). This treatment is the most effective option for relieving the common symptoms of menopause. MHT works by replenishing the hormones, such as oestrogen, that decrease during menopause, helping to reduce symptoms like hot flushes, night sweats, and vaginal dryness. It can also help protect against bone loss and reduce the risk of osteoporosis.

While MHT can significantly improve quality of life for many women, it is not a one-size-fits-all solution. Each woman's medical history and individual health needs should be carefully considered before starting MHT. Women should work closely with their healthcare providers to weigh the benefits and potential risks, ensuring they receive the most appropriate treatment for their situation.

Why World Menopause Day is Important

World Menopause Day plays a critical role in breaking the silence and stigma surrounding menopause. Despite being a natural part of life, menopause is often misunderstood or considered a taboo subject, leaving many women feeling isolated. This awareness day encourages open conversations about menopause, empowering women to seek support and treatment options that improve their wellbeing.

Menopause not only impacts women physically but can also affect mental health and work performance. Raising awareness of the symptoms and offering better support in all areas of life—from healthcare to the workplace—is essential.

How You Can Get Involved in World Menopause Day

There are several ways to participate in World Menopause Day 2024 and help spread awareness about menopause and Menopause Hormone Therapy:

1. **Share Educational Resources**

Print and distribute World Menopause Day materials to your community, workplace, or local healthcare centres. These resources can help educate people about menopause, its symptoms, and the role of MHT in managing these symptoms.

2. **Organise Events**

Host events in your local community or workplace to engage people in conversations about menopause. You could organise workshops, seminars, or even informal meet-ups where women can share their experiences and receive information on MHT and other support options.

3. **Use Social Media**

Raise awareness on social media by sharing posts from the official World Menopause Day campaign. Use hashtags like #WorldMenopauseDay2024 and #MenopauseHormoneTherapy to join the global conversation and encourage others to learn more about menopause and the available treatments.

4. **Encourage Open Conversations**

Whether in the workplace, at home, or within your community, encourage open and supportive discussions about menopause. Many women feel uncomfortable talking about their symptoms, but raising awareness can help them feel more confident in seeking help.

5. **Promote Menopause-Friendly Workplaces**

Many women experience menopause symptoms while still working, and these symptoms can affect their job performance and overall wellbeing. Employers can help by implementing menopause-friendly policies, such as flexible working hours, access to cooler workspaces, and support for mental health.

6. **Support Your Loved Ones**

If someone you know is going through menopause, offering support and understanding can make a world of difference. Simple actions like being a good listener or encouraging them to seek professional help if needed can greatly impact their wellbeing.

Menopause is a Natural Transition

While menopause can bring challenges, it is a natural part of a woman's life. Raising awareness about menopause and offering support can help women navigate this stage with confidence and wellbeing. World Menopause Day 2024 highlights the importance of understanding the role of Menopause Hormone Therapy and encourages women to explore all the options available for managing their symptoms.

By working together, we can ensure that women going through menopause feel empowered, informed, and supported. For more information on World Menopause Day and resources on Menopause Hormone Therapy, visit the International Menopause Society website.

Related Links

- [International Menopause Society website.](#)
- [Menopause and the workplace](#)



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