

LEARN THE LANGUAGE OF MENOPAUSE

from those who are living with it

Anxiety

Definition

by Imani, 48, from Reading

When you're thinking of everything you need to get done tomorrow and it feels like it's all going to come crashing down on your head.

Brain fog

Definition

by Tara, 42, from Southport

...sorry what were we just talking about?

Loss of libido

Definition

by Fatima, 46, from Slough

Talking to my plants, doing my taxes, taking a good book to bed. I'll do anything but have sex right now.



Anxiety, brain fog and loss of libido are just a few of the myriad of potential menopause symptoms.

Visit languageofmenopause.co.uk to find out more so you can tell your GP how you're feeling, in your own words.

Help us grow the language of menopause by sharing your definition [#languageofmenopause](https://twitter.com/languageofmenopause)

These are fictional characters, describing real symptoms of the menopause.

Information in this poster is not intended as a substitute for consultation with your healthcare professional. | BHUK/2023/177 April 2023



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