

A photograph of three young women sitting outdoors in front of a brick building. They are all smiling and looking towards the camera. The woman on the left is wearing a light-colored sweater. The woman in the middle is wearing a dark-colored top. The woman on the right is wearing a light-colored cardigan over a dark top. The background shows a brick wall with windows. The entire image has a reddish-orange tint.

Menopause within South Asian Communities
IRP Interim Presentation
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Healthcare Lab



Menopause is a point in time 12 months after a woman's last period. Typically between the ages of 45 to 55. The years leading up to that point, when women may have changes in their monthly cycles, hot flashes, or other symptoms.

13 Million
menopausal women in the UK

9.75 Million
showing high - extreme symptoms

4-8 Years
is how long symptoms usually last

“Women do tend to feel more isolated during this stage however, I think my patients who come from more diverse backgrounds like Asian or Black or Caribbean tend to have a harder time opening up. The conversation isn't really there for them.”

- GP at Wellesley Rd Practice

How do people usually respond to menopause in your culture?

44 responses

Women are also not fully aware, men think it's non of their business. But ultimately family affection, understanding and harmony is impacted by this ignorance 😞

It is not quite spoken about

Conversations are starting to happen but it's new

Not an open topic

Not talked about

It's starting to be spoken about more openly, it feels less taboo now however still isolating and can feel scandalous

I don't think there is much awareness, with women and especially with men

Similar to menstruation, it's a taboo topic that is not openly discussed

45%

of women have never spoke to their GPs about their symptoms

80%

of women come to their GPs with a self diagnosis or mention previous self treatment

62%

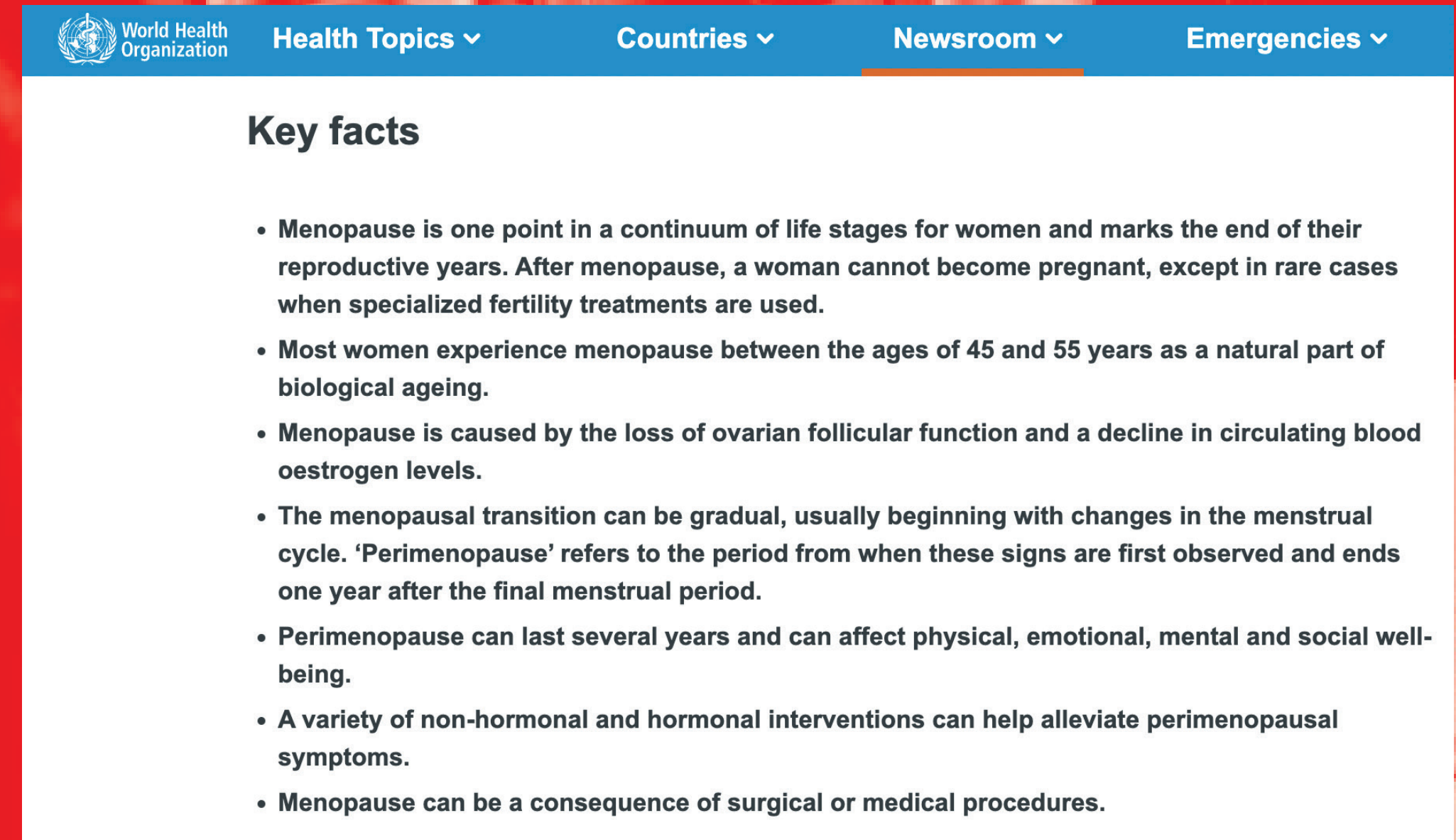
of women experience perimenopausal symptoms without realisation



The stigma around menopause remains an ongoing issue due to the lack of **accessibility, open conversations and early awareness** within South Asian communities (in both origin countries and the UK)

Accessibility

- medical services
- stigma through indigestible and intimidating information
- reliable resources



The screenshot shows a webpage from the World Health Organization. The navigation bar includes 'World Health Organization', 'Health Topics', 'Countries', 'Newsroom', and 'Emergencies'. The 'Newsroom' section is active, displaying 'Key facts' about menopause. The facts are listed in a bulleted format.

World Health Organization

Health Topics ▾ Countries ▾ Newsroom ▾ Emergencies ▾

Key facts

- Menopause is one point in a continuum of life stages for women and marks the end of their reproductive years. After menopause, a woman cannot become pregnant, except in rare cases when specialized fertility treatments are used.
- Most women experience menopause between the ages of 45 and 55 years as a natural part of biological ageing.
- Menopause is caused by the loss of ovarian follicular function and a decline in circulating blood oestrogen levels.
- The menopausal transition can be gradual, usually beginning with changes in the menstrual cycle. 'Perimenopause' refers to the period from when these signs are first observed and ends one year after the final menstrual period.
- Perimenopause can last several years and can affect physical, emotional, mental and social well-being.
- A variety of non-hormonal and hormonal interventions can help alleviate perimenopausal symptoms.
- Menopause can be a consequence of surgical or medical procedures.

Open Conversation

- not commonly discussed
- leads to feeling of isolation
- continues to deem menopause as an unspoken topic
- cyclical effect through lack of conversation

Early Awareness

- disregarding scattered early symptoms and self treating
- awareness of topic in general at an earlier stage



Accessibility to information + medical support

Building communities + conversations early on

Co-creation to amplify voices

ALTERNATING LENS OF RESEARCH

DESIGNING FOR EXTREMES



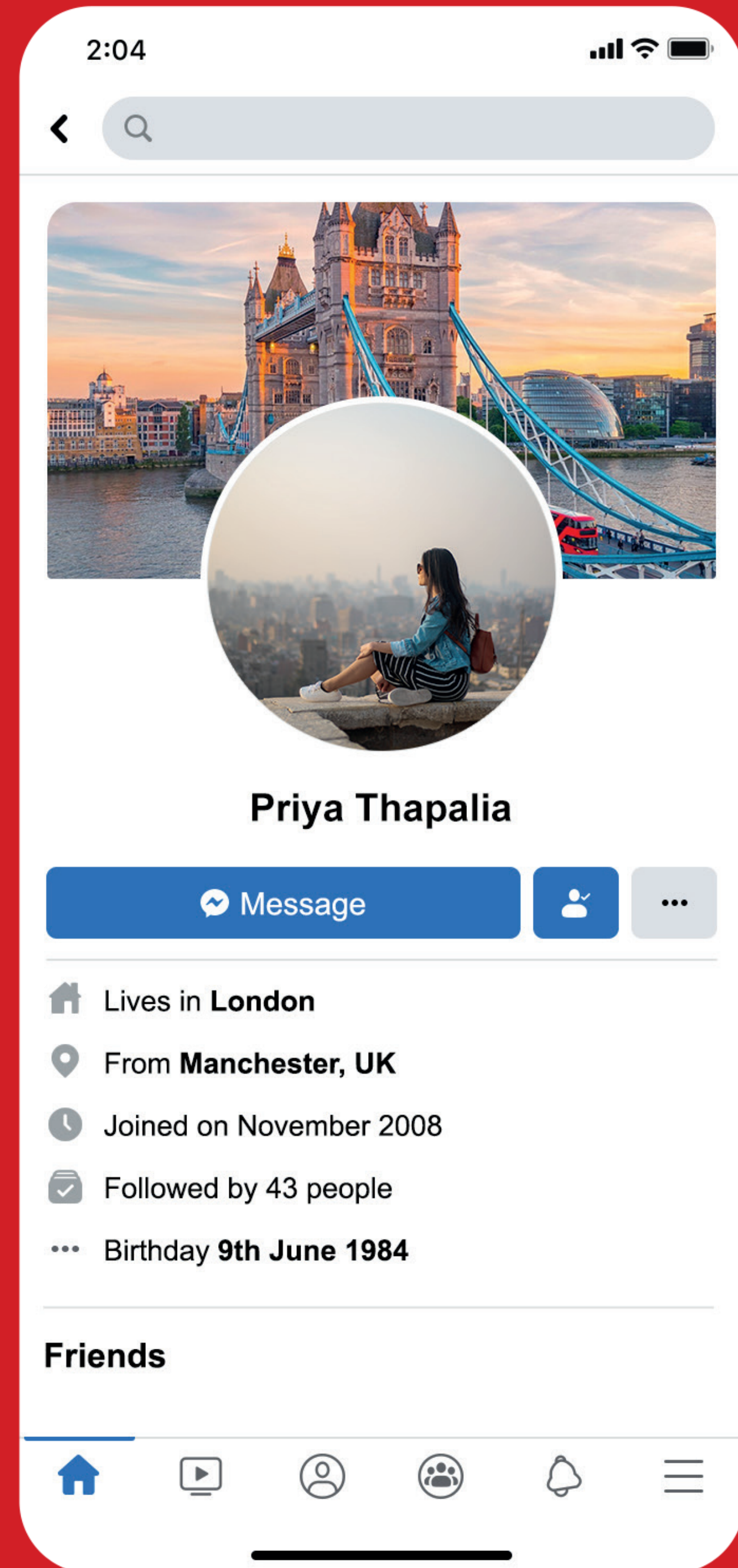
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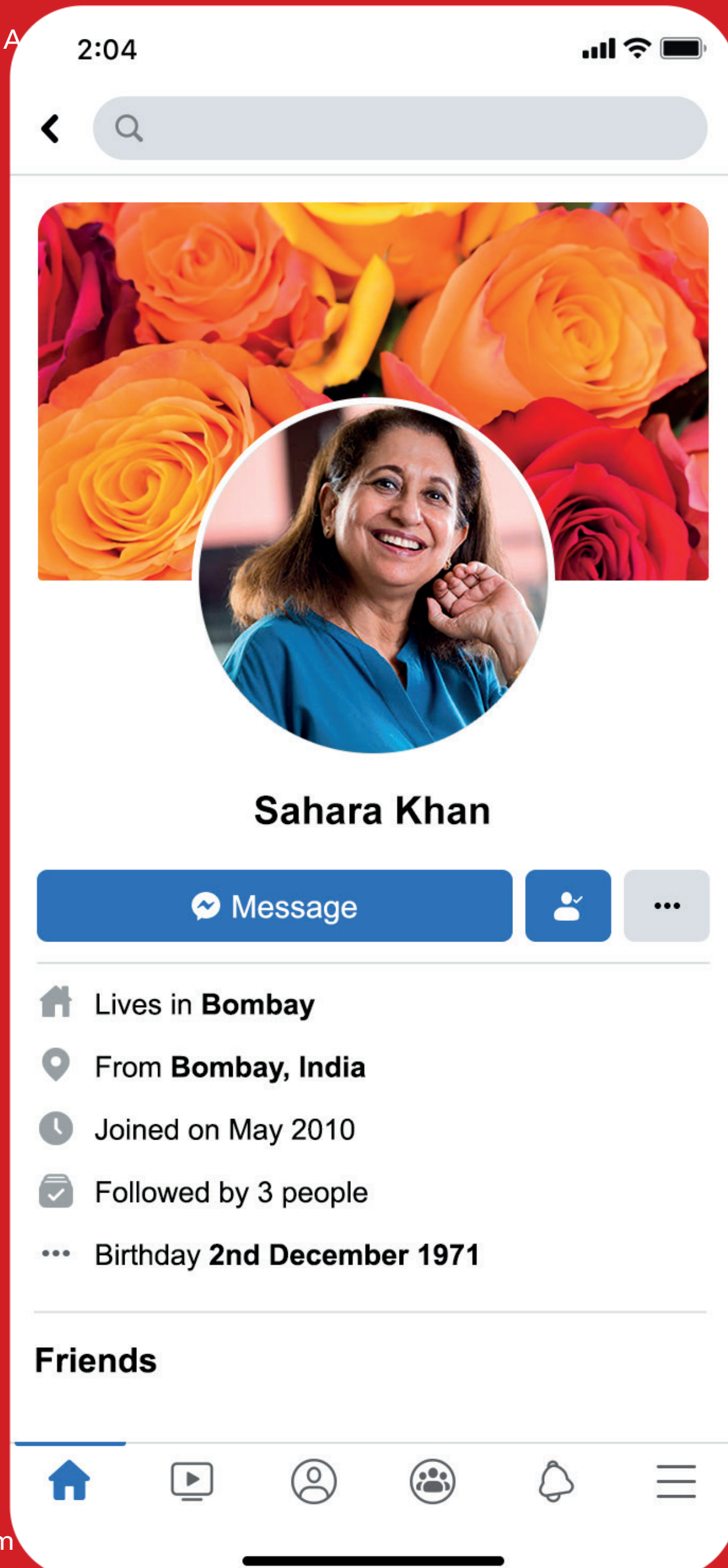
SOCIAL CHANGEMAKERS & INNOVATORS - YOUTH FOR NUTRITION
facebook.com/youthfornutrition/

If there is more early awareness and community building opportunities throughout the journey of menopause then, people will become more socially aware of the problem thus reducing the stigmas surrounding the topic.

The Blooming Metropolitan

“When I have joint pains I just take a pain killer and get on with my day, it doesn't seem that serious”





The Mature Metropolitan

“Being menopausal has been difficult especially with barely any support. My partner doesn’t understand and it’s not that talked about”

Before Perimenopause

- Build awareness of symptoms + menopause
- Build community

During Perimenopause + Menopause

- Build awareness
- Build community
- Build access to medical support + information
- Build family support mechanism

Currently:

- Workshops of first ideation phase on family support during perimenopause + menopause, community building, opening conversations

Next Steps:

- Further exploration of second ideation phase:
- digital community platform with accessibility to professional advice?
- adding onto existing menstruation services to help build early awareness?
- accessible self tests?
- partner support kits?

