

## **The Menopause, why its good to talk.**

The menopause is a normal life event for a woman. It's not an illness or a medical condition and its certainly not the doom-laden metamorphic 'CHANGE' that it was thought to be in my grandmother's day! But despite great work being done to progress the cause of health and wellbeing and diversity and inclusion in the workplace, the 'M word' remains a word that is mostly unspoken or in some cases seen as taboo. As a result, many women experiencing the peri-menopause and the menopause are doing so in silence.

In reality some women are living anything from between 4-8 years (and beyond for some) of their lives experiencing symptoms that can be physically, mentally and emotionally difficult and they live through it alone, not wanting to cause social discomfort or awkwardness by speaking up about what they are experiencing and how they might be feeling.

My personal experience is that like most woman, I had a general idea of what to expect - hot flushes, irregular periods, moodiness -

