

# THE BURDEN OF MENOPAUSAL VASOMOTOR SYMPTOMS

Menopause is the time that marks the end of menstrual cycles and is confirmed after the woman has gone 12 months without a menstrual period. The average age of menopause is 51, and the menopausal transition is associated with dozens of symptoms that can impact a woman's life.<sup>1-3</sup>

## COMMON MENOPAUSE-RELATED CONDITIONS INCLUDE:<sup>4</sup>

- Vasomotor symptoms (VMS)
- Genitourinary syndrome
- Sleep disorders
- Mood changes
- Cardiovascular and metabolic changes
- Loss of bone mineral density

**UP TO  
80%** VMS are amongst the most common symptoms of menopause, and occur in up to 80 percent of women during the menopausal transition.<sup>5,6</sup>

## VMS CAN IMPACT:<sup>7</sup>



**Mood**  
(69%)



**Sleep**  
(82%)



**Concentration**  
(69%)



**Energy**  
(63%)



**Sexual  
activity**  
(41%)



**Leisure/social  
activities**  
(46%)



**Work**  
(46%)

**References:** **1.** Manson JE, Bassuk SS. Menopause and postmenopausal hormone therapy. In: Jameson JL, Fauci AS, Kasper DL, et al, eds. Harrison's Principles of Internal Medicine. 20th ed. New York, NY: McGraw-Hill Education, 2018:2803-2810. **2.** Zouboulis CC, Blume-Peytavi U, Kosmadaki M, et al. Skin, hair and beyond: the impact of menopause. *Climacteric* 2022;25(5):434-442. **3.** Lund KS, Siersma VD, Christensen KB, et al. Measuring bothersome menopausal symptoms: development and validation of the MenoScores questionnaire. *Health Qual Life Outcomes* 2018;16(1):97. **4.** Monteleone P, Mascagni G, Giannini A, et al. Symptoms of menopause - global prevalence, physiology and implications. *Nat Rev Endocrinol* 2018;14(4):199-215. **5.** Thurston RC. Vasomotor symptoms. In: Crandall CJ, Bachman GA, Faubion SS, et al, eds. *Menopause Practice: A Clinicians' guide*. 6th ed. Pepper Pike, OH: The North American Menopause Society 2019:43-55. **6.** Nappi RE, Siddiqui E, Todorova L, et al. Prevalence and quality-of-life burden of vasomotor symptoms associated with menopause: A European cross-sectional survey. *Maturitas* 2023;167:66-74. **7.** Williams RE, Levine KB, Kalilani L, et al. Menopause specific questionnaire assessment in US population-based study shows negative impact on health-related quality of life. *Maturitas* 2009;62(2):153-159.