

Menopausal Symptoms: There's a Place for Tech- Related Solutions!

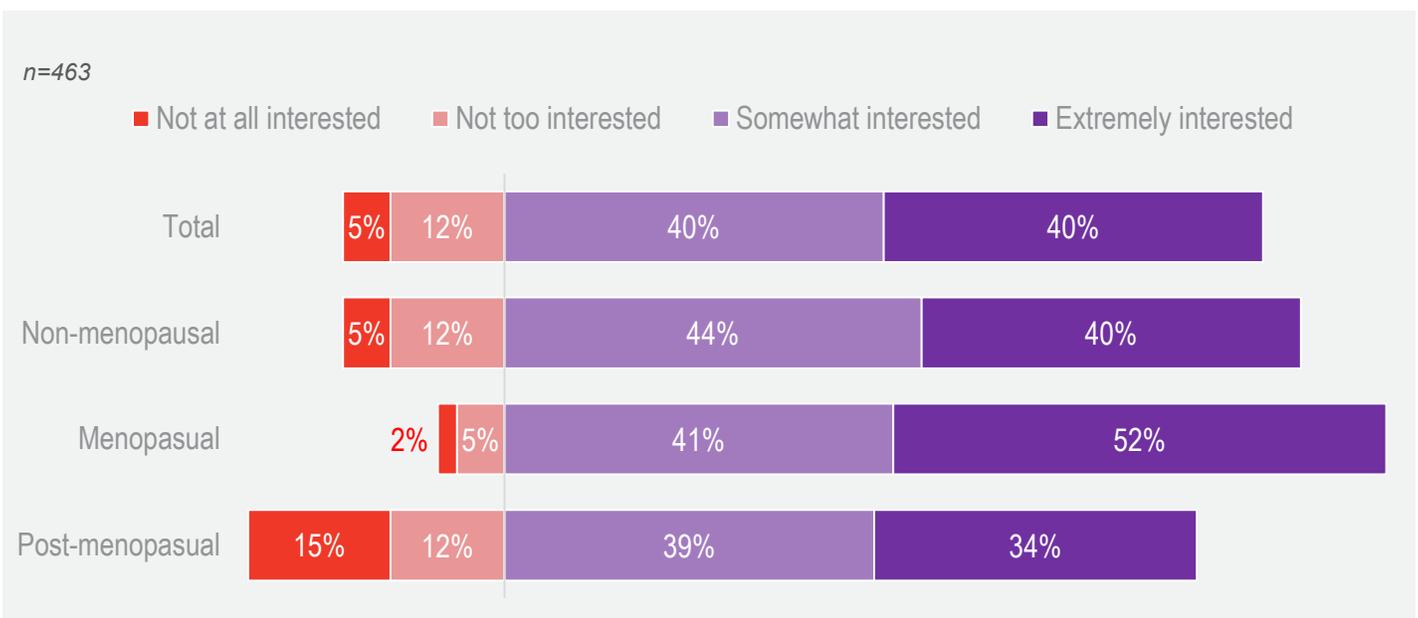
A Survey on Menopause Among
Women and Men age 35 and older



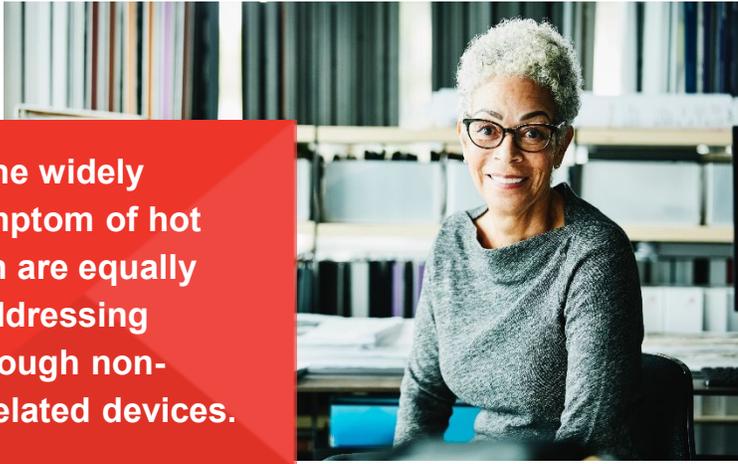
There is high interest in a non-invasive, tech-related solution to address menopausal symptoms.

Four-in-five (80%) women overall cite interest in non-invasive, tech-related solutions (e.g., a device that you wear, clothing, apps) to relieve or minimize menopausal symptoms. Among menopausal women, that proportion climbs even further (93%).

Menopause affects over 42 million women who are interested in improved solutions.

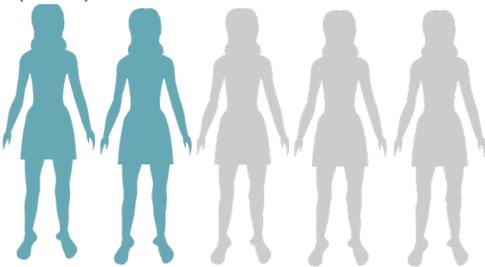


In addition to the widely recognized symptom of hot flashes, women are equally interested in addressing weight gain through non-invasive tech-related devices.



Few currently opt for prescription medications to help relieve symptoms of menopause; fewer are considering prescription medication in the future.

The top three cited treatments/activities to address menopausal symptoms include taking vitamin supplements (47%), exercise (30%), and prescription medications (30%). Looking ahead, the top considered choices are outside the realm of prescription medication and include exercise (26%), taking vitamin supplements (25%), and changing their diet (21%).



2 in 5

women who do not use prescription medicines for their menopausal symptoms say it is because of possible side effects

<p>Current top three treatments/activities</p>	 <p>47% vitamin supplements</p>	 <p>30% exercise</p>	 <p>30% prescription medications</p>
<p>Future top three treatments being considered</p>	 <p>26% exercise</p>	 <p>25% vitamin supplements</p>	 <p>21% change diet</p>

“Most women want to address hot flashes”

29%



Most important for me:



16% Hot flashes



16% Weight gain

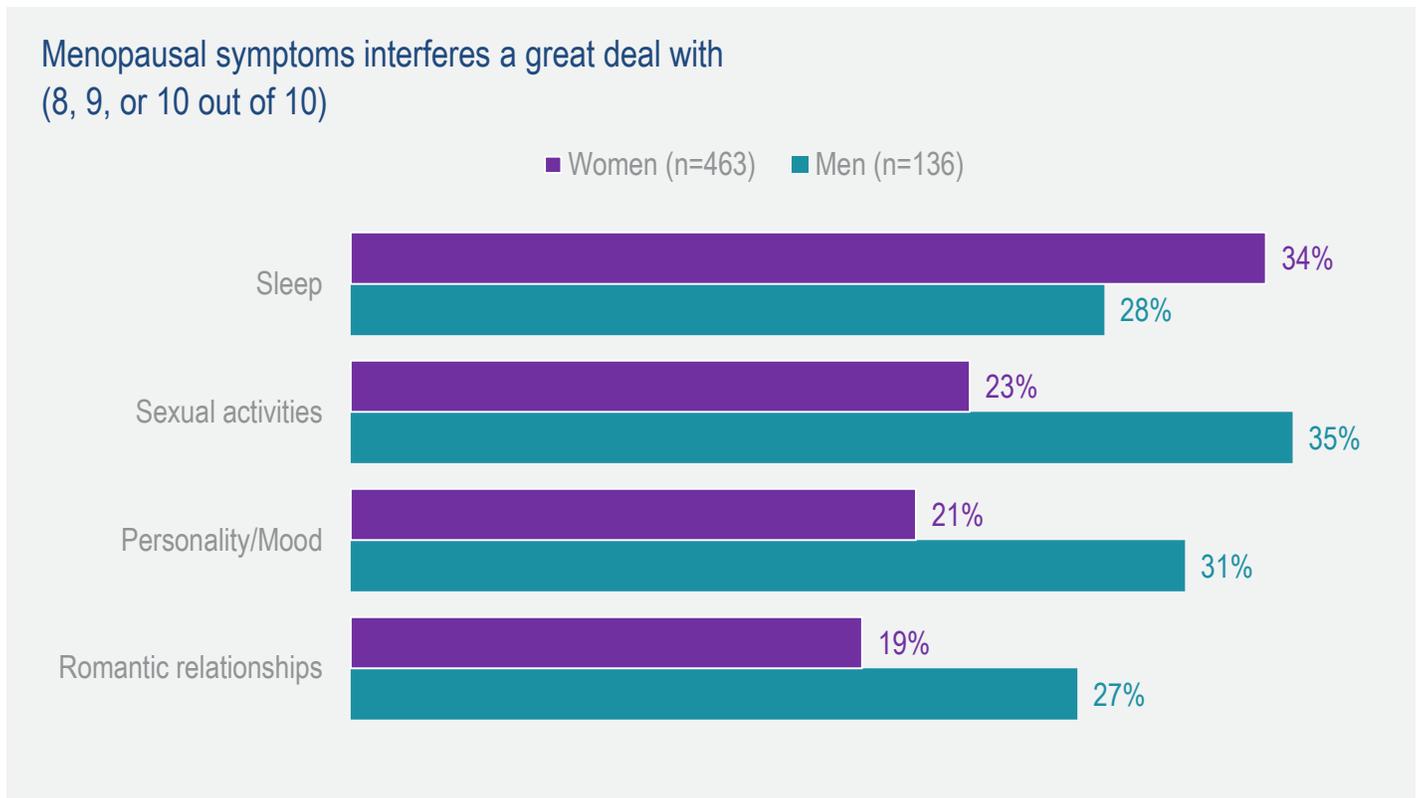
Two in five (40%) premenopausal women say they are not prepared for the menopausal process.

Menopausal symptoms negatively impact sleep, sexual activities, and mood for women and their companions.

One third (34%) of women say their menopausal symptoms interfere a great deal with their sleep and one in five or more say their symptoms interfere with their mood (21%) and romantic relationships (19%). Similarly, about one-third of men say their partner's menopausal symptoms interfere with their own sexual activities (35%) and mood (31%) and more than one-quarter say the symptoms interfere with their sleep (28%) and romantic relationships (27%) in general. Together menopausal symptoms may negatively affect more than 80 million Americans in any given year.

Why is developing a non-invasive tech-related solution important?:

Quality of Life and Work Productivity

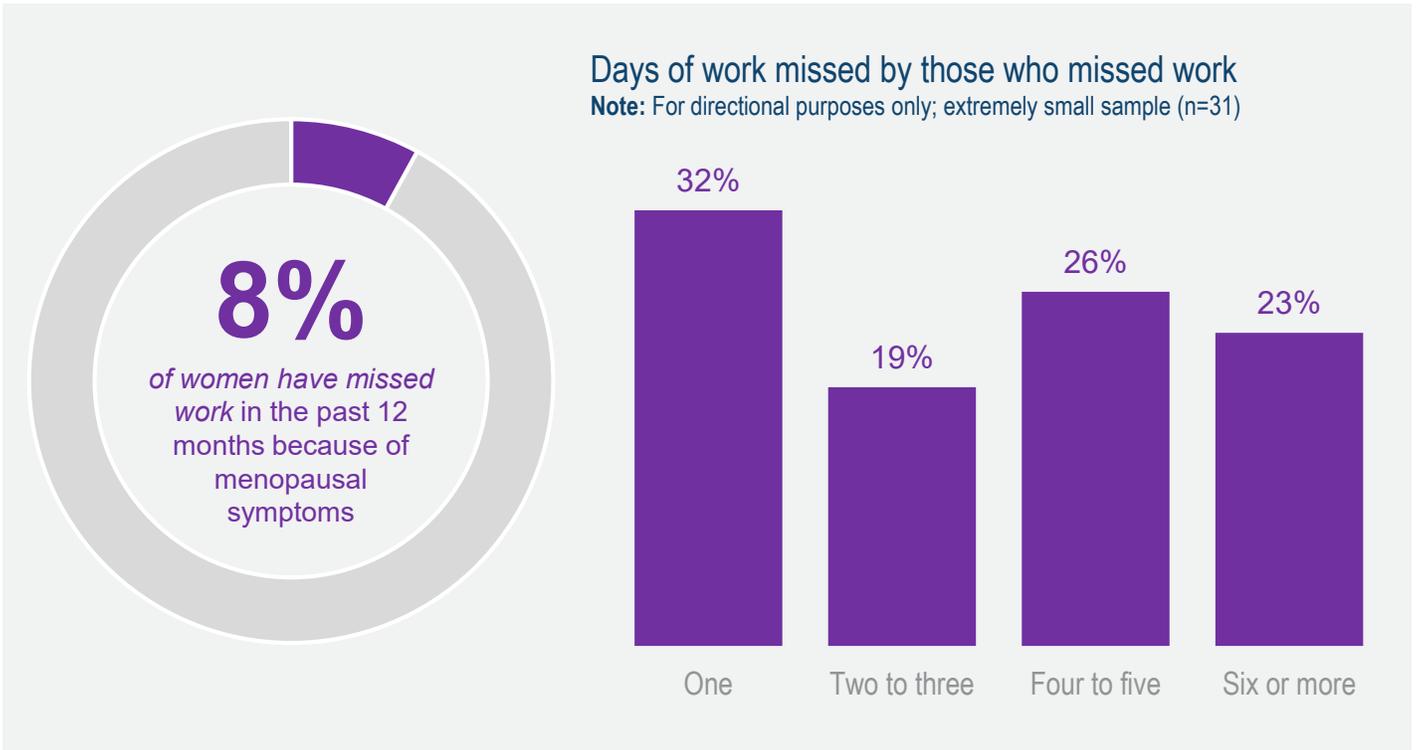


Menopausal symptoms have also negatively affected work productivity for nearly one in ten women and men.

One third of the working or retired women in the study said symptoms interfered either a moderate amount (25%) or a great deal (8%) with their work. Similarly, men who are or have been in relationships with women going through the menopausal process report similar levels of impact (28% moderate amount and 12% a great deal).

Many women have missed work because of menopausal symptoms.

Almost one in ten (8%) of women in the study said they have missed work in the past 12 months because of menopausal symptoms. For a smaller minority, the impact is greater than 6+ missed working days. Of those who have missed work in the past year, three in ten (32%) said they missed one day, 19 percent said they missed 2 to 3 days, one-quarter (26%) said they missed 4-5 days, over one in five (23%) said they missed 6 or more days of work because of their menopausal symptoms.



Implications

At any given time, over 42 million women will spend a significant amount of their lives managing menopausal symptoms. These symptoms negatively impact most of these women's and their companion's quality of life as well as some individual's work productivity. In an effort to find a treatment/activity to help relieve menopausal symptoms, women are more inclined to search for solutions other than prescription medication such as vitamin supplements and exercise. The vast majority of women in the study said they are interested in possible non-invasive tech-related solutions to help relieve some of their symptoms.

Methodology

This online survey of 599 men and women age 35 and older was fielded from December 6 – 12, 2019. The sample was drawn from AARP's proprietary online panel (age 35+).



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