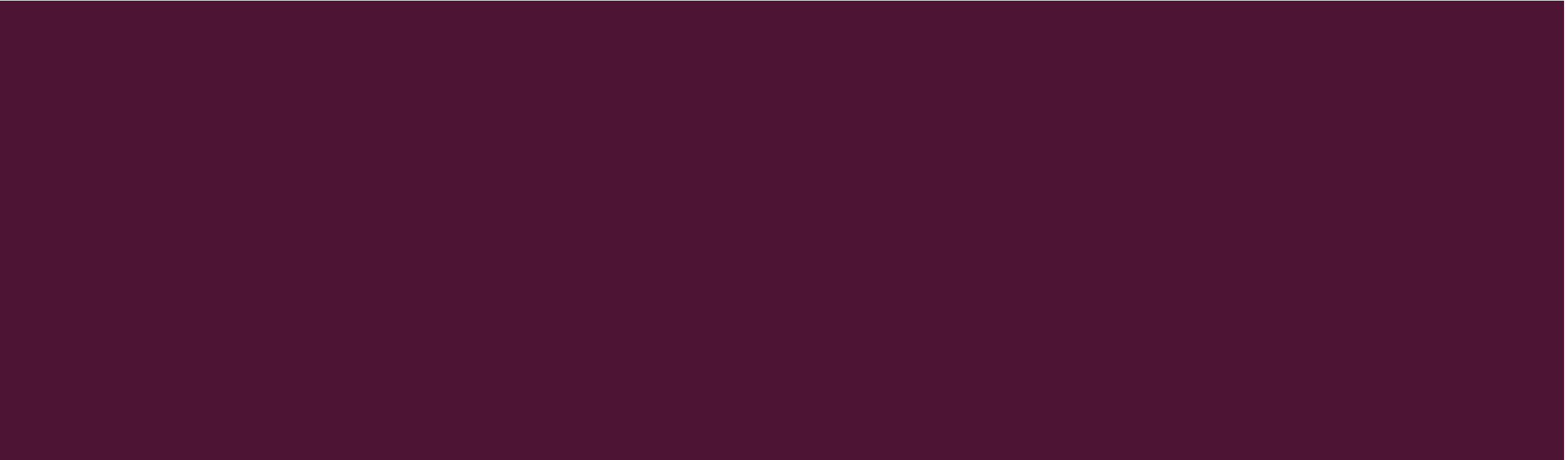




RESEARCH PROPOSAL



INVESTIGATE

- **Is the current provision for Peri-Menopause & Menopause symptoms that are being delivered by GP's under UK Government Guidelines adequate for the 2021 workforce?**

or

- **Is there a better innovative alternative?**



WHY THIS
SUBJECT?

<https://www.engagehealthgroup.co.uk/>

ITS PERSONNEL & ITS PERSONAL



5 Yrs Endometriosis

1 YR ago Surgical Hysterectomy

Business Wales Advisor

Marketing Strategist/Consultant

Project Manager

Student

Mother

I need to function effectively!



Newson Health

Research and Education

Research Journey

<https://www.newsonhealth.co.uk/>

Joint Pain

Dry Vagina

Fatigue

Weight Gain

Itchy skin

No libido

Muscle pain

Hair loss

Anxiety

Memory loss

Irregular
periods

Dizziness

Sleeplessness

Lack of focus

Skin dryness

Odour

Osteoporosis

Headaches

Night Sweats

Tingling Skin

Gum
Problems

Lack of
concentration

Hot flashes

WHY? – 35 SYMPTOMS (23 LISTED HERE)

ORGANISATIONAL APPROACH

Policies

World Menopause Day – there's no better opportunity to think about the menopause at work and the impact that the menopause has on staff. Last week, online fashion store giants ASOS announced flexible work policies and paid leave for staff during menopause as a host of new policies were introduced to support employees during 'health-related life events'.



SCIENCE

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2671783>

Context

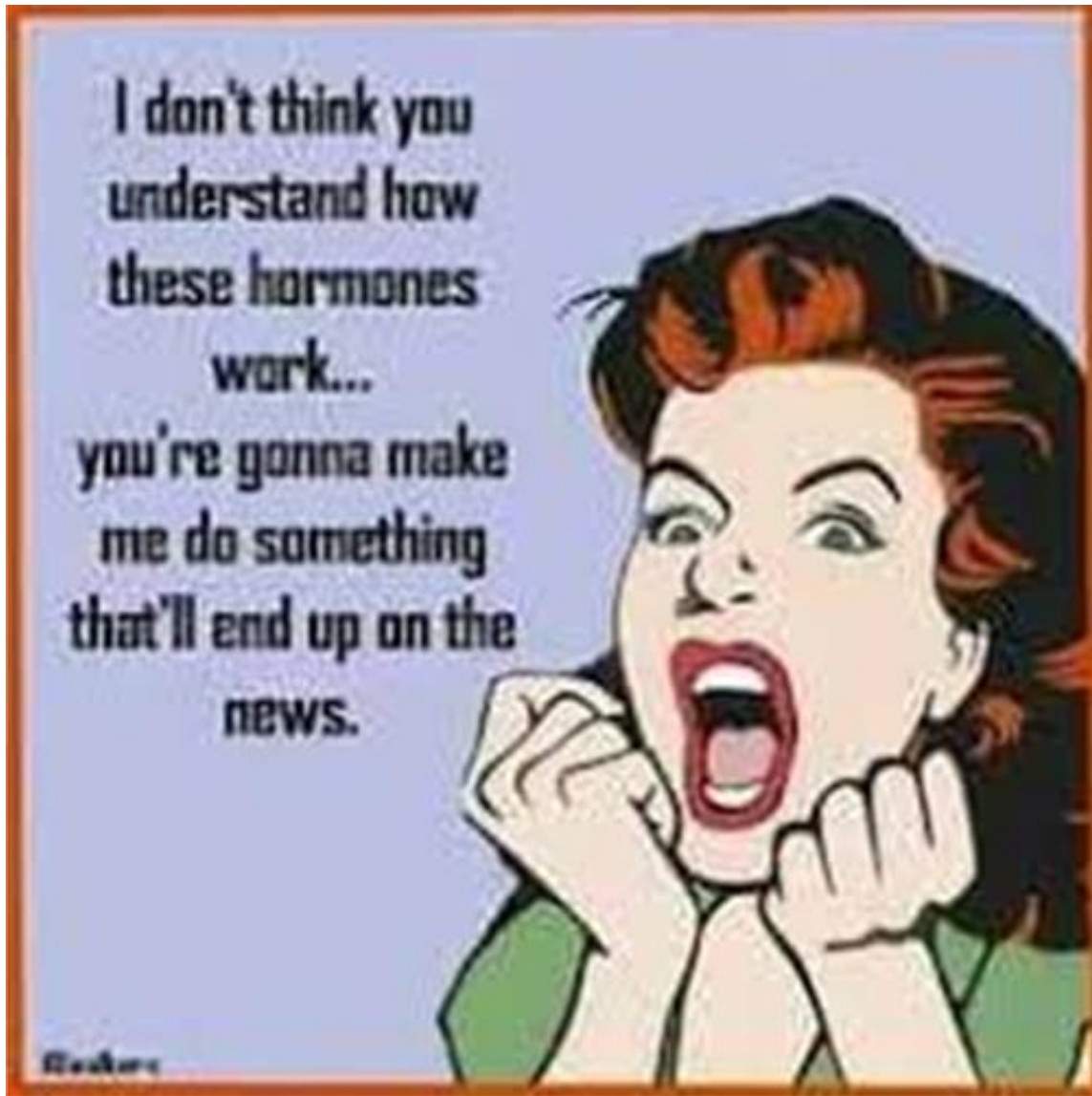
- Women seem to be more vulnerable to dementia, particularly Alzheimer's disease (AD), than men. There is controversy among studies correlating estrogen deficit to cognitive impairment. Because of the sudden drop of estrogens in menopause, this hormonal deficit could represent one of the risk factors for the larger incidence and prevalence of AD in post-menopausal women.

Results

- 15 cases (36.6%) had impaired hormonal function, compared with 8 controls (19.5%). Of the 15 cases with hormonal impairment, 9 had MCI.

Conclusions

- These preliminary data stress a considerable difference between the sex hormone status of these two populations, showing a tendency towards a more accentuated estrogen deficit linked to cognitive deficit. Enlarging the sample and following the evolution could bring more interesting data.



WHY IS IT MSC WORTHY?

- Women are the fastest growing demographic in the workforce.
- The average menopause age is 51.
- 1 in 4 women experience serious symptoms.
- 1 in 3 of the workforce will soon be +50yrs

Menopause and work: why its so important. (2020, March 1)

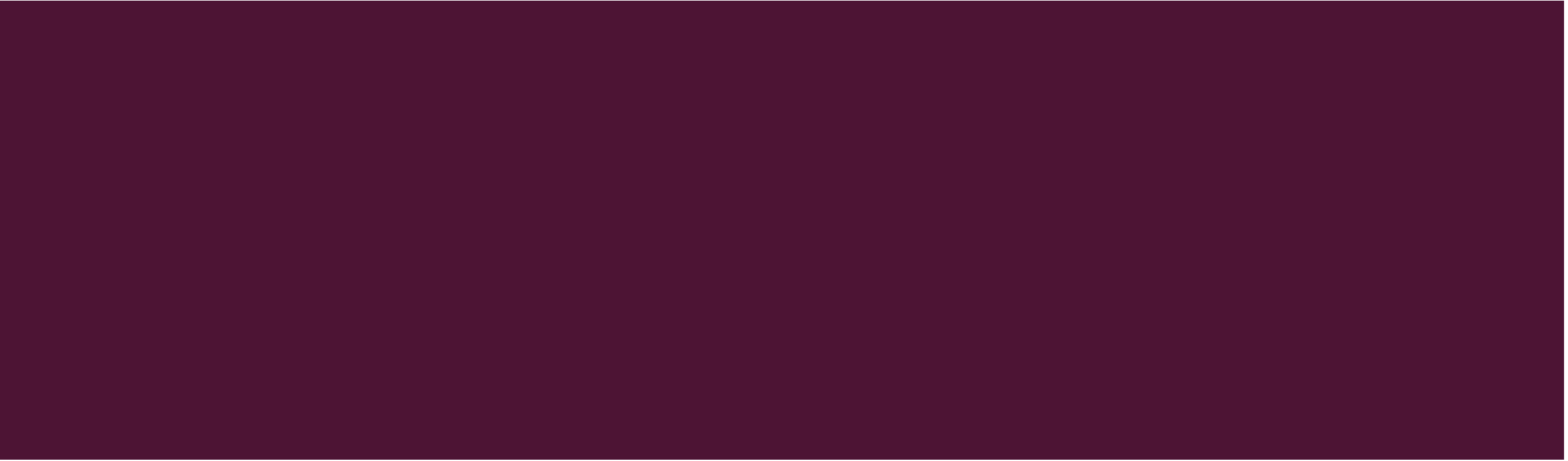


HOW WILL I
COMPLETE
MY
RESEARCH?

<https://www.questionpro.com/blog/what-is-research/>



Q & A



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<https://www.kbl.co.uk/blog/world-menopause-day-menopause-at-work/>