

Women's Health At Midlife: Powering Possibilities for Greater Awareness and Support

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#AccessToHealthCare

NATURAL MENOPAUSE IS A NORMAL PHYSIOLOGICAL EVENT THAT RESULTS IN BURDENSOME SYMPTOMS FOR MOST WOMEN



The average age of menopause is **51.**¹



A single hot flash can last anywhere from about **1 minute to 5 minutes.**²

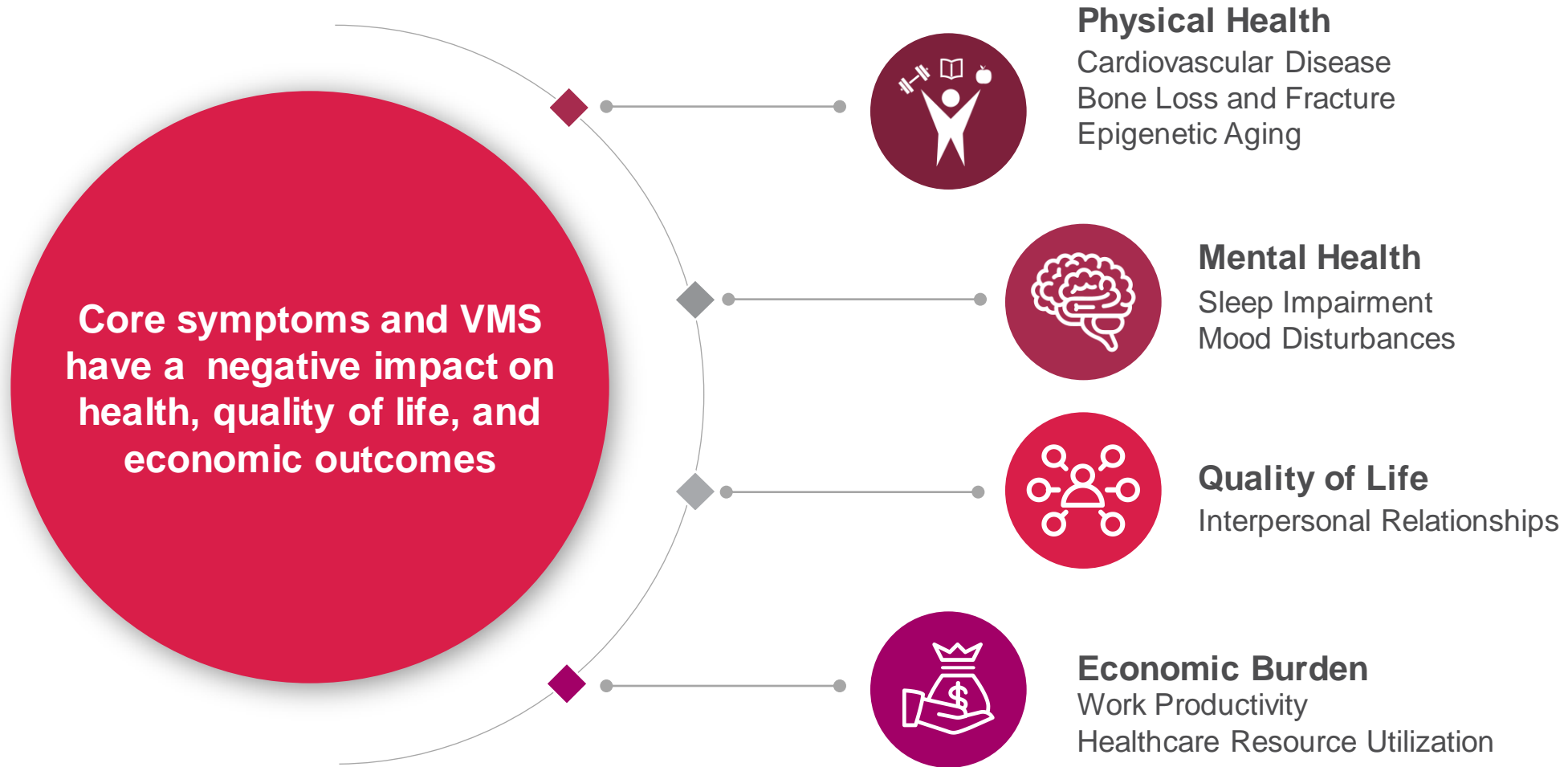


73% of women are not treating their menopause symptoms.³



80% of women in the U.S. experience hot flashes, with an average duration of **10 years.**²

IMPACT OF VMS AND OTHER SYMPTOMS OF MENOPAUSE ON QUALITY OF LIFE



HIGHER INCIDENCE AMONG MINORITY WOMEN



Black and Hispanic women will experience VMS

2 - 4 years longer than Asian and Caucasian women.¹⁰

Women of color are more likely to begin perimenopause earlier, experience a longer menopause transition and have more severe associated symptoms.

15-30% of all women experience symptoms severe enough to be considered a depressive disorder during perimenopause, but black women have higher rates of depressive symptoms during menopause.³

The Study of Women's Health Across the Nation reported variants in how long VMS usually last³:

4.8 years for Japanese women

5.4 years for Chinese women

6.5 years for White women

8.9 years for Hispanic women

10.1 years for Black women

Menopause cost American women

~1.8 billion

in lost working time per year¹¹

58%

of women surveyed said they feel uncomfortable talking about menopause in the workplace¹²

76%

of HR benefits managers said they discuss menopause-related issues with employees, but just

3%

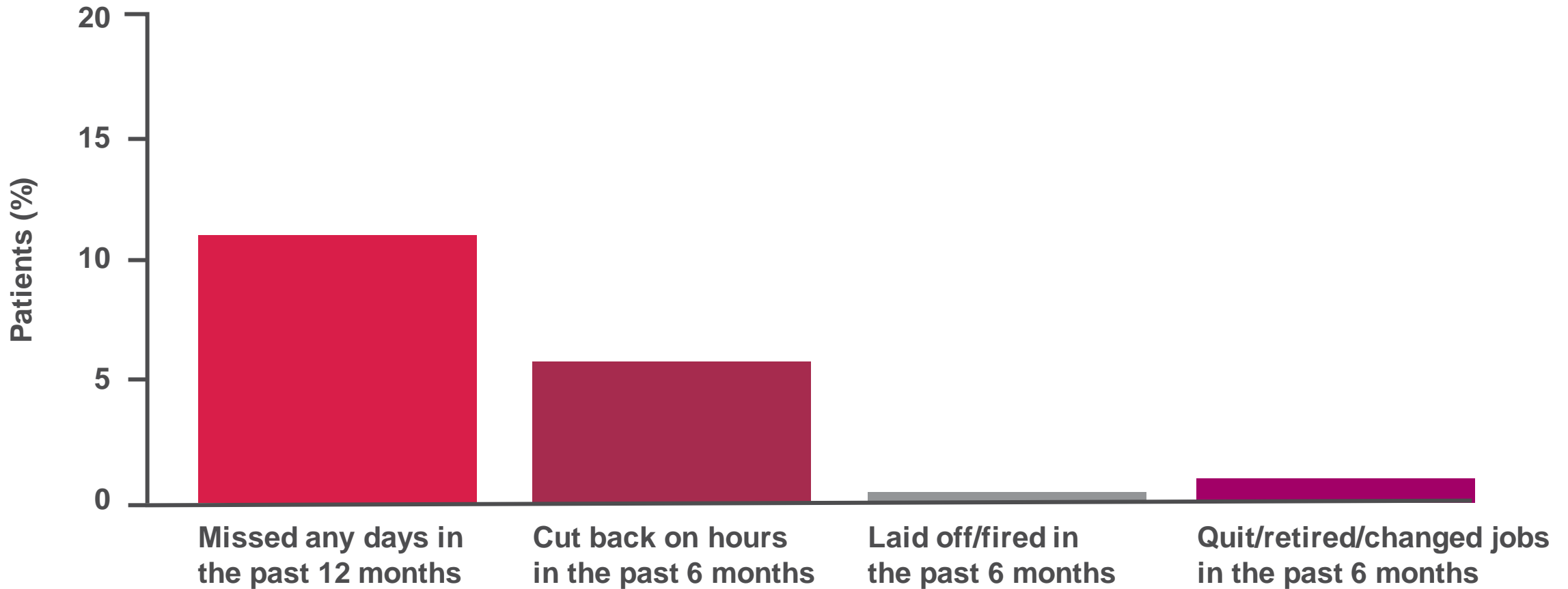
of women employees would say they've talked about these issues with HR¹²

Out of 4,000 participants surveyed at 4 Mayo Clinic sites, roughly

15%

said they had to miss work or cut back on hours because of menopause symptoms¹³

IMPACT OF VMS DUE TO MENOPAUSE ON WORK PRODUCTIVITY



ASTELLAS PATIENT PARTNERSHIPS

Astellas actively supports several organizations supporting women’s health, education, research and advocacy including:



OUR CALL TO ACTION

We understand women want solutions that enable a life of continued possibilities. This entry into midlife should be met with **confidence, knowledge** and **community** instead of frustration and shame.

We urge you to join us in helping to **raise awareness of women's health in midlife** so that your women constituents and women in our communities feel heard and their unique needs to be validated so they can truly celebrate and embrace the possibilities that come with midlife.



How is your state helping to tackle the stigma of menopause?

What can policymakers do to help ensure that women at midlife have appropriate workforce protections?

Are there opportunities in your state to reduce access barriers that women may face to meeting these health challenges?

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