

Annex A

Truth or Fact

- 1. There is no use in seeing a doctor since Menopause is a natural 'old person's condition'. You just have to bear with it and the symptoms will get better eventually.**

Menopause is not a disease. It is a natural biological phase in a woman's life. It marks the end of their reproductive phase, and also a new beginning for women to take charge of their life – emotionally, mentally and physically.

We encourage all women to not 'bear with it and hope for the best'. Instead, take charge! If they have menopausal symptoms that affect their lives, step forward to seek medical help.

We also hope to create awareness that it is very normal for health changes to occur during the menopause transition but help is available to help them cope better. An optimal management of menopause will greatly contribute to healthier ageing and a better quality of life.

- 2. Every woman suffers from symptoms that will affect their function when they reach menopause.**

Generally, about 60 per cent of women will have mild menopausal symptoms. 20 per cent will have no symptoms at all, while another 20 per cent will be severely affected.

- 3. Menopause is the end of a woman's sexual life.**

While it is true that menopause can cause a decline in the levels of the female sex hormones, estrogen and progesterone that affect a woman's body, mood and behaviour, there are ways to manage.

Menopause is also an important time for the woman and her partner to take stock of their life and relationship goals. It is time to have more open communication between each other, to enhance their relationship beyond sexual activities. Aside from good communication, the couple can explore touching or contact as these actions offer reassurance and comfort and the chance to show care, companionship, and love.

To enhance their relationship, the couple can consider planning weekend getaways, having date nights, spending time doing activities that both enjoy, or simply just chatting!

- 4. Menopause Hormone therapy (MHT) is harmful.**

The most effective treatment for menopausal symptoms is menopause hormone therapy (MHT) which has been widely used since the 1980s, and many women have benefited from it. However, in 2002, a study was released purporting that MHT has negative effects. This received wide publicity and women became fearful of using it.

However, further analysis and a follow up of the study participants over a 17-year-period, refuted the study. Data showed that the five-year use of MHT in women in their 50s has several beneficial effects, such as reducing heart disease, fractures and all-cause mortality, including cancer mortality. MHT has been shown to be safe and effective in most women