

## Mumsnet and Gransnet - Menopause survey

Survey of 1,557 female Mumsnet and Gransnet users, between the 8th and 24th October 2019.

| If you have sought help from your GP about menopausal symptoms, please say whether the following have happened to you or not     | This happened to me | This did not happen to me | Don't know |
|--|---------------------|---------------------------|------------|
| My GP(s) correctly diagnosed my symptoms   | 72%                 | 25%                       | 3%         |
| My GP(s) misdiagnosed my symptoms  | 21%                 | 72%                       | 8%         |
| My GP(s) wrongly prescribed anti-depressants for menopause-related symptoms  | 16%                 | 83%                       | 2%         |
| My GP(s) correctly prescribed anti-depressants for menopause-related symptoms  | 12%                 | 85%                       | 2%         |
| My GP told me I can't be menopausal because I'm too young  | 14%                 | 86%                       | 1%         |
| I have switched to a different GP in the hope of getting better medical advice about menopausal symptoms                         | 15%                 | 84%                       | 1%         |
| I complained to my GP about menopause-related symptoms for a year or more before being prescribed appropriate medication or help | 24%                 | 76%                       | 1%         |
| I visited my GP about menopause-related symptoms three times or more before being prescribed appropriate medication or help      | 26%                 | 73%                       | 1%         |
| My GP told me my menopausal symptoms were something I would just have to learn to live with                                      | 27%                 | 71%                       | 2%         |
| My GP provided really good care for my menopausal symptoms   | 55%                 | 40%                       | 5%         |
| My GP took my menopausal symptoms seriously  | 62%                 | 33%                       | 4%         |
| My GP fobbed me off when I sought help for menopause-related symptoms  | 26%                 | 71%                       | 3%         |
| I have sought private healthcare because my GP was not helping with my menopause symptoms  | 10%                 | 89%                       | 1%         |
| I have been told that it's not possible to refer me on for specialist NHS help with my menopausal symptoms                       | 14%                 | 80%                       | 6%         |

|  |          |          |          |
|--|----------|----------|----------|
|  | This has | This has | Not sure |
|--|----------|----------|----------|

|  | happened to me | not happened to me |    |
|--|----------------|--------------------|----|
| I have been affected by current shortages of HRT   | 43%            | 54%                | 3% |
| I have been told (by eg my GP or pharmacist) that my HRT medication is not available     | 40%            | 59%                | 1% |
| I have been given a smaller than usual supply of my HRT medication                       | 23%            | 76%                | 1% |
| I have been told I will have to change my HRT medication because of shortages            | 31%            | 67%                | 2% |
| I have been prescribed non-HRT medication because of HRT shortages                       | 0%             | 100%               | 0% |
| I have been told (by eg my GP or pharmacist) that HRT availability is a postcode lottery | 13%            | 84%                | 2% |
| I have looked into ordering HRT online because of supply difficulties                    | 18%            | 81%                | 1% |
| I have looked into travelling abroad to obtain HRT because of supply difficulties        | 9%             | 91%                | 0% |
| My GP seemed unsure of what to do with regard to current HRT shortages                   | 27%            | 67%                | 6% |

| Are you currently on HRT? | Peri-menopause | Menopause | Post-menopausal stage |
|---------------------------|----------------|-----------|-----------------------|
| Yes                       | 8%             | 35%       | 16%                   |
| No                        | 92%            | 65%       | 84%                   |

| Thinking about medical research and press stories about the risks associated with HRT, please tell us whether you agree or disagree with the following statements | Agree (net) | Disagree (net) | Neither agree nor disagree | Don't know |
|---|-------------|----------------|----------------------------|------------|
| The press is guilty of scaremongering about HRT risks   | 59%         | 10%            | 21%                        | 9%         |
| Doctors are guilty of scaremongering about  | 26%         | 25%            | 34%                        | 15%        |

|   |            |            |            |            |
|---|------------|------------|------------|------------|
| <b>HRT risks</b>  |            |            |            |            |
| <b>HRT risks are very serious and more attention should be paid to them</b>     | <b>41%</b> | <b>15%</b> | <b>30%</b> | <b>14%</b> |
| <b>The press gets its coverage of HRT scares about right</b>                    | <b>13%</b> | <b>41%</b> | <b>33%</b> | <b>14%</b> |
| <b>GPs get their approach to HRT risks about right</b>                          | <b>32%</b> | <b>17%</b> | <b>33%</b> | <b>19%</b> |
| <b>Press stories about HRT risks make me anxious</b>                            | <b>40%</b> | <b>30%</b> | <b>25%</b> | <b>5%</b>  |
| <b>Press stories about HRT risks make me less likely to consider taking HRT</b> | <b>40%</b> | <b>30%</b> | <b>25%</b> | <b>5%</b>  |