

Advanced Menopause Profile

Menopause doesn't just impact women, it can also impact their families and their work life.

It's estimated that of the 33m people employed in the UK, nearly 6m of those are experiencing menopause. While the average menopause age is 51, symptoms usually start around age 40, a stage called peri menopause.

These people are often at the peak of their professional careers, yet 25% consider quitting their jobs, 14% go part time and 10% actually quit their jobs due to menopause.

Around 80% of women experience some symptoms of menopause, such as hot flashes, night sweats, or mood changes, which can last for several years.



The impact of menopause in the workplace



Poor concentration

Menopausal symptoms can make it harder to concentrate.



Higher stress levels

Menopausal symptoms can cause increased stress, anxiety, and depression.



Time off work

Menopausal symptoms can cause women to take time off work or leave their job.



Reduced patience

Menopausal symptoms can make it harder to be patient with colleagues and clients.



Reduced physical ability

Menopausal symptoms can make it harder to perform work tasks.



Loss of income

Menopausal symptoms can cause women to lose income or reduce their work hours.



Unhappy in the workplace

Menopausal symptoms can reduce work satisfaction.



Cognitive symptoms

Menopausal symptoms can cause forgetfulness and impaired recall.

What is the Advanced Menopause Profile intended for?

- 1 Assessing menopause**
The Advanced Profile provides a comprehensive assessment of menopause by measuring multiple hormones. It is particularly useful for women experiencing symptoms like irregular periods, hot flushes, or night sweats.
 - 2 Confirming hormonal changes**
The profile reveals insights into hormonal shifts associated with menopause. Elevated Follicle Stimulating Hormone (FSH), combined with low oestradiol and testosterone levels, supports informed decisions about further medical advice or treatments, such as hormone replacement therapy.
 - 3 Identifying early or premature menopause**
This profile is valuable for women between the age range of 40 - 45, as it can assist in identifying early or premature menopause by assessing multiple hormonal factors, enabling proactive health decisions and discussions with healthcare professionals.
 - 4 Guiding next steps**
When considered alongside symptoms, results from this profile can prompt individuals to seek further investigation or consult their GP for personalised advice on managing menopause symptoms and confirming diagnosis.
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What does the Advanced Menopause Profile include?

Our Advanced Menopause Profile offers a comprehensive assessment to identify menopause, with a simple blood test which analyses 5 key hormones.

This broader analysis provides a more complete picture of hormone balance, making it especially valuable for women who want detailed insights, whether they are considering hormone replacement therapy (HRT) or are already on it.

A GP Consultation is indeed, ensuring accurate interpretation of fluctating hormones levels, provides personalised advice on next steps based on the individual's symptoms and overall health.



£150

Our Advanced Menopause Profile can be added to any of our business packages

Who would benefit from this test?

- Between 45-60 and want to check their menopausal status.
- Between 40 and 45 years old with menopausal symptoms.
- Over 45 and suspect they may be entering menopause but are unsure due to the presence of a hormonal coil, such as Mirena.
- Age 60 and over and taking HRT and want to monitor hormone levels.
- Considering starting HRT or already on HRT and want to monitor specific hormone levels.
- Looking to optimise their hormone health during this transition.
- Recommended for individuals who have NOT had a period for 2-3 months.

Summary

Hormone	Change in Menopause	Causes/Impact
Oestradiol	Decreases	Hot flushes, mood swings, reduced libido impact bone health
FSH	Increase	Irregular periods, hot flushes
SHBG	Reduces	Fatigue and low energy and libido
Testosterone sw	Reduces	Libido, energy levels. Muscle mass
Thyroid	Change in thyroid can mimic symptoms of menopause	Stimulates the metabolism of every tissue in the body.

Exclusions

- 1** **Fertility Concerns**
Individuals with specific fertility concerns should not take this test.
- 2** **Pregnancy**
This test is not suitable for those who are currently pregnant.
- 3** **Gender**
This test is not applicable to customer assigned male at birth.
- 4** **Time of testing**
Due to inclusion of testosterone, bloods must be drawn prior at 11am.
- 5** **Age**
Women under 40 years old are excluded.
- 6** **Hormone-Based Contraception or Fertility Treatments**
Women currently using hormone-based contraception or undergoing fertility treatments are not eligible.

The Mirena coil is the only exception to this exclusion because it only releases progesterone and does not significantly affect FSH levels.

Customers on hormonal contraception would need to stop this and wait for 2 months prior to taking this test.

If you have any questions, contact
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or call 0808 168 9219.