



THE HIDDEN COST OF MENOPAUSE SURVEY

REALLY USEFUL HEALTH COMPANY

MARCH 2017

1052 RESPONDENTS

Q1 What Is Your Age?

Answered: 1,052 Skipped: 0

Q2 In what country do you live?

Answered: 1,052 Skipped: 0



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Country										
Costa Rica										
Côte D'Ivoire										
Croatia										
Cuba										
Cyprus										
Czech Republic										
Democratic People's...										
Democratic Republic of ...										
Denmark										
Djibouti										
Dominica										
Dominican Republic										
Ecuador										
Egypt										
El Salvador										
Equatorial Guinea										
Eritrea										
Estonia										
Ethiopia										
Fiji										
Finland										

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France									
Gabon									
Gambia									
Georgia									
Germany									
Ghana									
Greece									
Grenada									
Guatemala									
Guinea									
Guinea Bissau									
Guyana									
Haiti									
Holy See									
Honduras									
Hungary									
Iceland									
India									
Indonesia									
Iran (Islamic Republic of)									
Iraq									

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Malawi										
Malaysia										
Maldives										
Mali										
Malta										
Marshall Islands										
Mauritania										
Mauritius										
Mexico										
Micronesia (Federated...)										
Monaco										
Mongolia										
Montenegro										
Morocco										
Mozambique										
Myanmar										
Namibia										
Nauru										
Nepal										
Netherlands										
New Zealand										

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new zealand										
Nicaragua										
Niger										
Nigeria										
Norway										
Oman										
Pakistan										
Palau										
Panama										
Papua New Guinea										
Paraguay										
Peru										
Philippines										
Poland										
Portugal										
Qatar										
Republic of Korea										
Republic of Moldova										
Romania										
Russian Federation										
Rwanda										

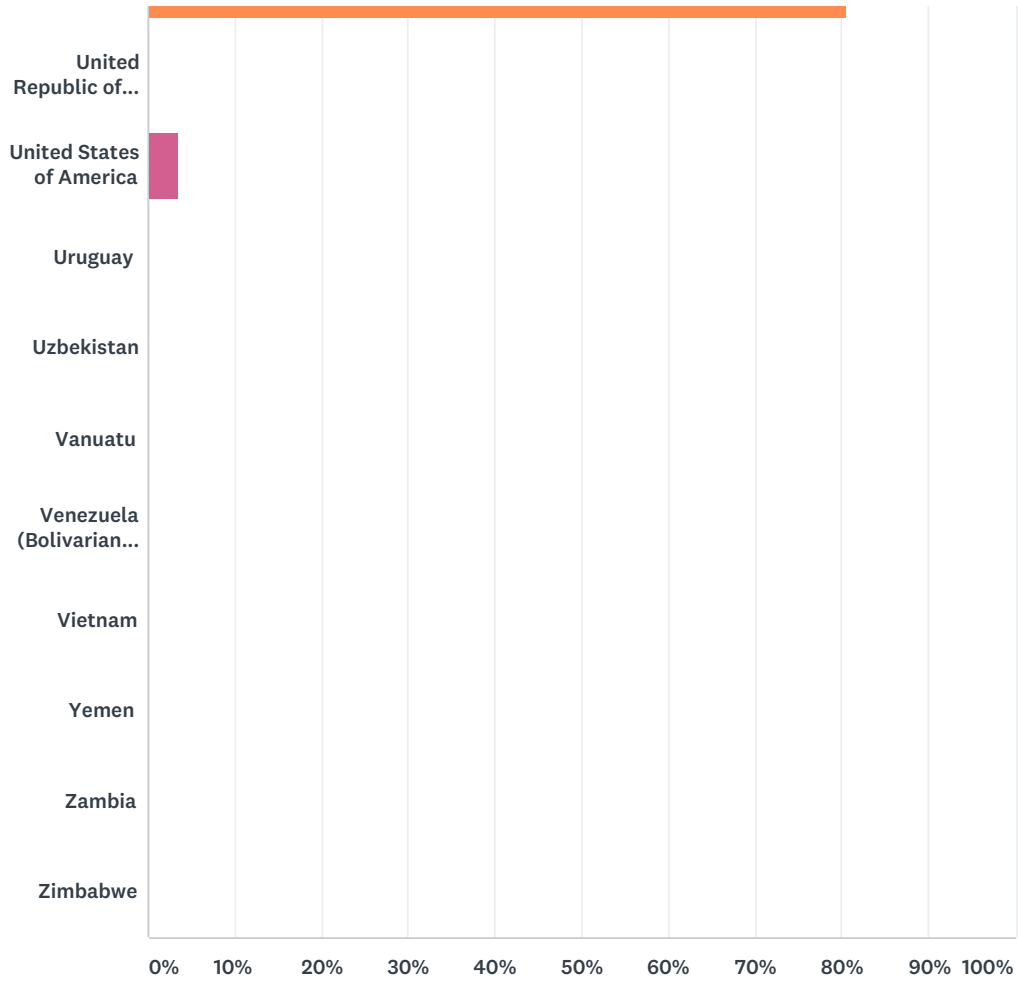
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Saint Kitts and Nevis									
Saint Lucia									
Saint Vincent and the...									
Samoa									
San Marino									
Sao Tome and Principe									
Saudi Arabia									
Senegal									
Serbia									
Seychelles									
Sierra Leone									
Singapore									
Slovakia									
Slovenia									
Solomon Islands									
Somalia									
South Africa									
South Sudan									
Spain									
Sri Lanka									
State of Palestine									

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ANSWER CHOICES	RESPONSES	
Afghanistan	0.10%	1
Albania	0.00%	0
Algeria	0.00%	0
Andorra	0.00%	0
Angola	0.00%	0
Antigua and Barbuda	0.00%	0
Argentina	0.00%	0
Armenia	0.00%	0
Australia	0.57%	6
Austria	0.00%	0
Azerbaijan	0.00%	0
Bahamas	0.00%	0
Bahrain	0.00%	0
Bangladesh	0.00%	0
Barbados	0.00%	0

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Belarus	0.00%	0
Belgium	0.00%	0
Belize	0.00%	0
Benin	0.00%	0
Bhutan	0.00%	0
Bolivia (Plurinational State of)	0.00%	0
Bosnia and Herzegovina	0.00%	0
Botswana	0.00%	0
Brazil	0.00%	0
Brunei Darussalam	0.00%	0
Bulgaria	0.00%	0
Burkina Faso	0.00%	0
Burundi	0.00%	0
Cabo Verde	0.00%	0
Cambodia	0.00%	0
Cameroon	0.00%	0
Canada	1.43%	15
Central African Republic	0.00%	0
Chad	0.00%	0
Chile	0.00%	0
China	0.00%	0
Colombia	0.00%	0
Comoros	0.00%	0
Congo	0.00%	0
Costa Rica	0.00%	0
Côte D'Ivoire	0.00%	0
Croatia	0.00%	0
Cuba	0.00%	0
Cyprus	0.10%	1
Czech Republic	0.00%	0
Democratic People's Republic of Korea	0.00%	0
Democratic Republic of the Congo	0.00%	0
Denmark	0.00%	0
Djibouti	0.00%	0

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Dominica	0.00%	0
Dominican Republic	0.00%	0
Ecuador	0.00%	0
Egypt	0.00%	0
El Salvador	0.00%	0
Equatorial Guinea	0.00%	0
Eritrea	0.00%	0
Estonia	0.00%	0
Ethiopia	0.00%	0
Fiji	0.00%	0
Finland	0.00%	0
France	0.19%	2
Gabon	0.00%	0
Gambia	0.00%	0
Georgia	0.00%	0
Germany	0.10%	1
Ghana	0.00%	0
Greece	0.29%	3
Grenada	0.00%	0
Guatemala	0.00%	0
Guinea	0.00%	0
Guinea Bissau	0.00%	0
Guyana	0.00%	0
Haiti	0.00%	0
Holy See	0.00%	0
Honduras	0.00%	0
Hungary	0.00%	0
Iceland	0.00%	0
India	0.00%	0
Indonesia	0.00%	0
Iran (Islamic Republic of)	0.00%	0
Iraq	0.00%	0
Ireland	11.98%	126
Israel	0.00%	0
Italy	0.00%	0

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Jamaica	0.10%	1
Japan	0.00%	0
Jordan	0.00%	0
Kazakhstan	0.00%	0
Kenya	0.00%	0
Kiribati	0.00%	0
Kuwait	0.00%	0
Kyrgyzstan	0.00%	0
Lao People's Democratic Republic	0.10%	1
Latvia	0.00%	0
Lebanon	0.00%	0
Lesotho	0.00%	0
Liberia	0.00%	0
Libya	0.00%	0
Liechtenstein	0.00%	0
Lithuania	0.00%	0
Luxembourg	0.10%	1
Madagascar	0.00%	0
Malawi	0.00%	0
Malaysia	0.00%	0
Maldives	0.00%	0
Mali	0.00%	0
Malta	0.10%	1
Marshall Islands	0.00%	0
Mauritania	0.00%	0
Mauritius	0.00%	0
Mexico	0.00%	0
Micronesia (Federated States of)	0.00%	0
Monaco	0.00%	0
Mongolia	0.00%	0
Montenegro	0.00%	0
Morocco	0.00%	0
Mozambique	0.00%	0
Myanmar	0.00%	0
Namibia	0.00%	0

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Nauru	0.00%	0
Nepal	0.00%	0
Netherlands	0.00%	0
New Zealand	0.19%	2
Nicaragua	0.00%	0
Niger	0.00%	0
Nigeria	0.00%	0
Norway	0.00%	0
Oman	0.00%	0
Pakistan	0.00%	0
Palau	0.00%	0
Panama	0.00%	0
Papua New Guinea	0.00%	0
Paraguay	0.00%	0
Peru	0.00%	0
Philippines	0.00%	0
Poland	0.00%	0
Portugal	0.00%	0
Qatar	0.10%	1
Republic of Korea	0.00%	0
Republic of Moldova	0.00%	0
Romania	0.00%	0
Russian Federation	0.00%	0
Rwanda	0.00%	0
Saint Kitts and Nevis	0.00%	0
Saint Lucia	0.00%	0
Saint Vincent and the Grenadines	0.00%	0
Samoa	0.10%	1
San Marino	0.00%	0
Sao Tome and Principe	0.00%	0
Saudi Arabia	0.00%	0
Senegal	0.00%	0
Serbia	0.00%	0
Seychelles	0.00%	0
Sierra Leone	0.00%	0

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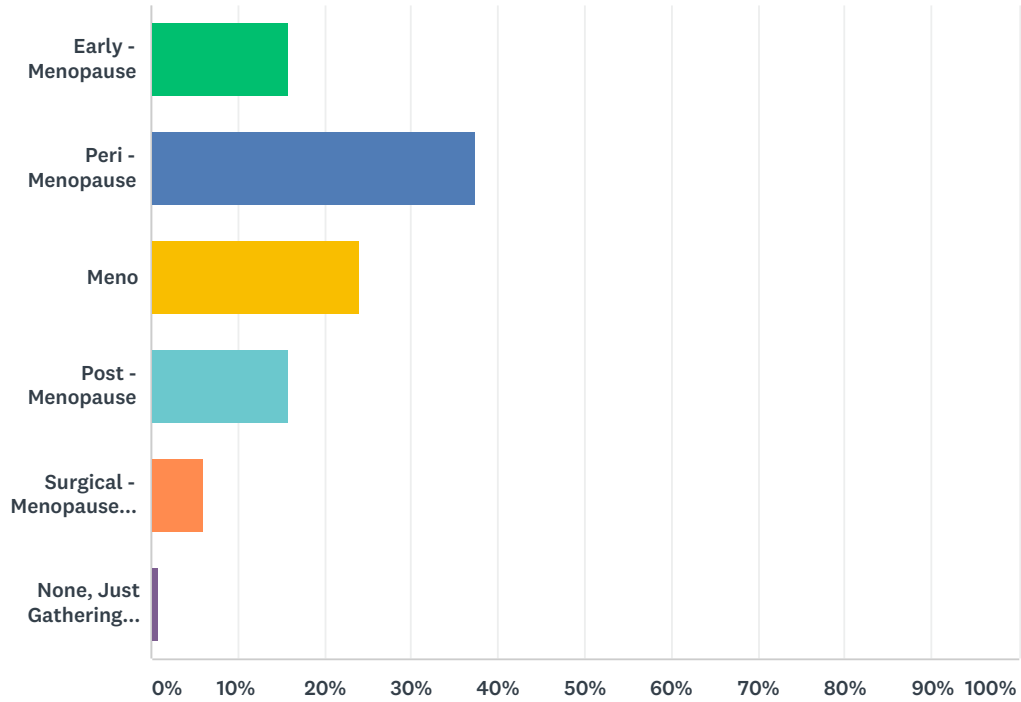
Singapore	0.10%	1
Slovakia	0.00%	0
Slovenia	0.00%	0
Solomon Islands	0.00%	0
Somalia	0.00%	0
South Africa	0.00%	0
South Sudan	0.00%	0
Spain	0.00%	0
Sri Lanka	0.00%	0
State of Palestine	0.00%	0
Sudan	0.00%	0
Suriname	0.00%	0
Swaziland	0.00%	0
Sweden	0.00%	0
Switzerland	0.19%	2
Syrian Arab Republic	0.00%	0
Tajikistan	0.00%	0
Thailand	0.00%	0
The former Yugoslav Republic of Macedonia	0.00%	0
Timor-Leste	0.00%	0
Togo	0.00%	0
Tonga	0.00%	0
Trinidad and Tobago	0.00%	0
Tunisia	0.00%	0
Turkey	0.00%	0
Turkmenistan	0.00%	0
Tuvalu	0.00%	0
Uganda	0.10%	1
Ukraine	0.00%	0
United Arab Emirates	0.00%	0
United Kingdom of Great Britain and Northern Ireland	80.51%	847
United Republic of Tanzania	0.00%	0
United States of America	3.61%	38
Uruguay	0.00%	0

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Uzbekistan	0.00%	0
Vanuatu	0.00%	0
Venezuela (Bolivarian Republic of)	0.00%	0
Vietnam	0.00%	0
Yemen	0.00%	0
Zambia	0.00%	0
Zimbabwe	0.00%	0
TOTAL		1,052

Q3 What Stage of Menopause Are You Currently In?

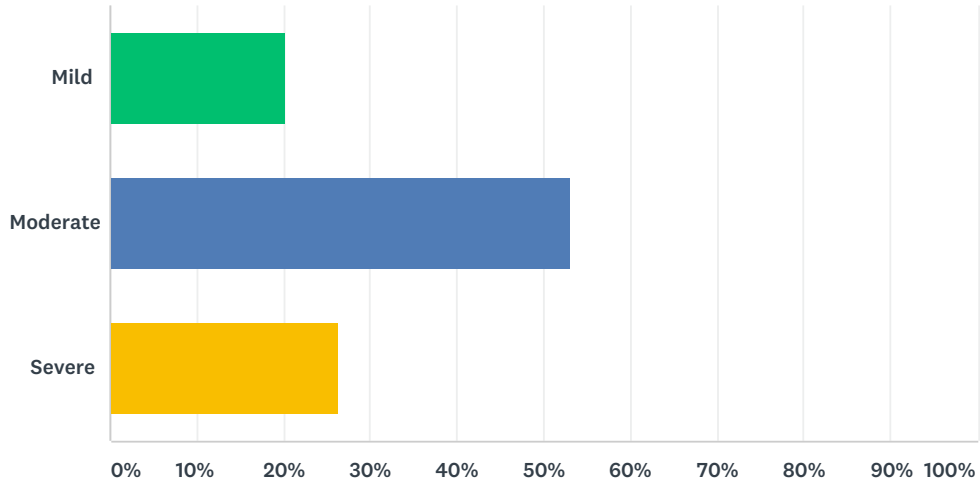
Answered: 1,052 Skipped: 0



ANSWER CHOICES	RESPONSES	
Early - Menopause	15.97%	168
Peri - Menopause	37.36%	393
Meno	23.95%	252
Post - Menopause	15.87%	167
Surgical - Menopause (Hysterectomy)	5.99%	63
None, Just Gathering Information.	0.86%	9
TOTAL		1,052

Q4 Would you describe your Menopause symptoms as

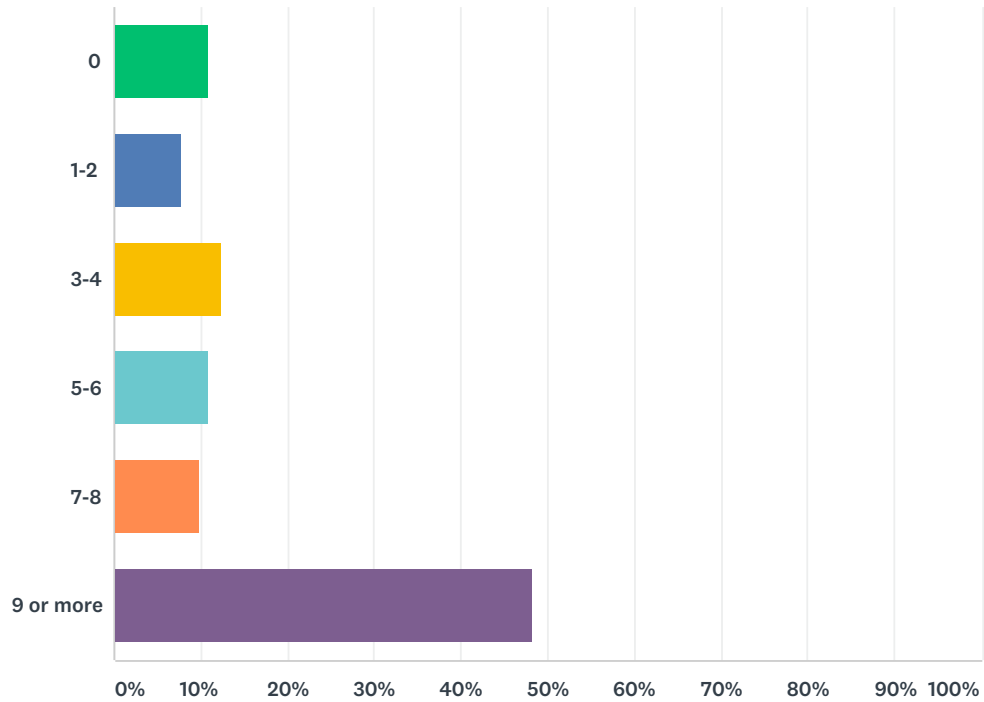
Answered: 1,052 Skipped: 0



ANSWER CHOICES	RESPONSES	
Mild	20.34%	214
Moderate	53.23%	560
Severe	26.43%	278
TOTAL		1,052

Q5 How many days a month is your productivity affected by your symptoms?

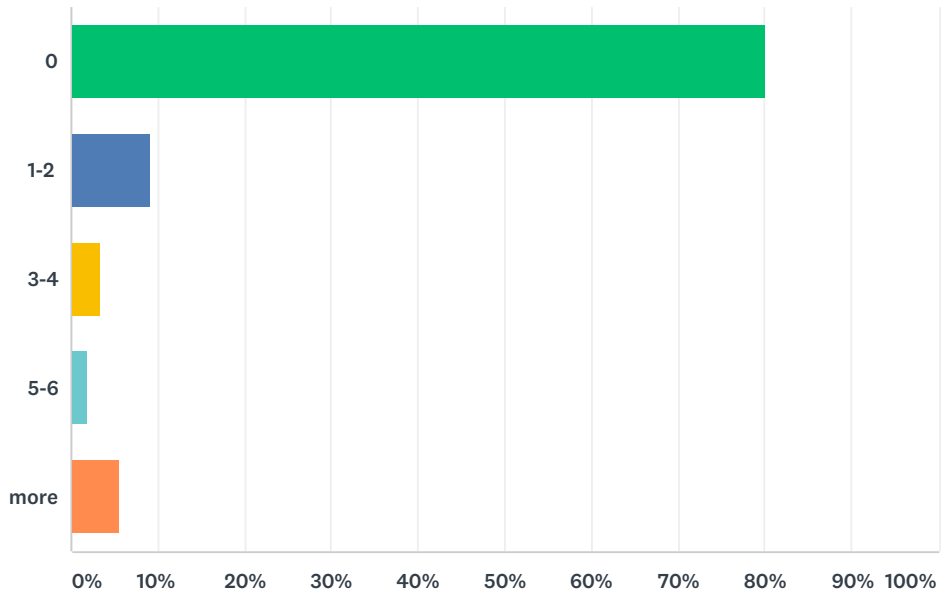
Answered: 954 Skipped: 98



ANSWER CHOICES	RESPONSES	
0	10.80%	103
1-2	7.76%	74
3-4	12.26%	117
5-6	10.90%	104
7-8	9.85%	94
9 or more	48.43%	462
TOTAL		954

Q6 How many days off work do you take a month because of your menopause symptoms?

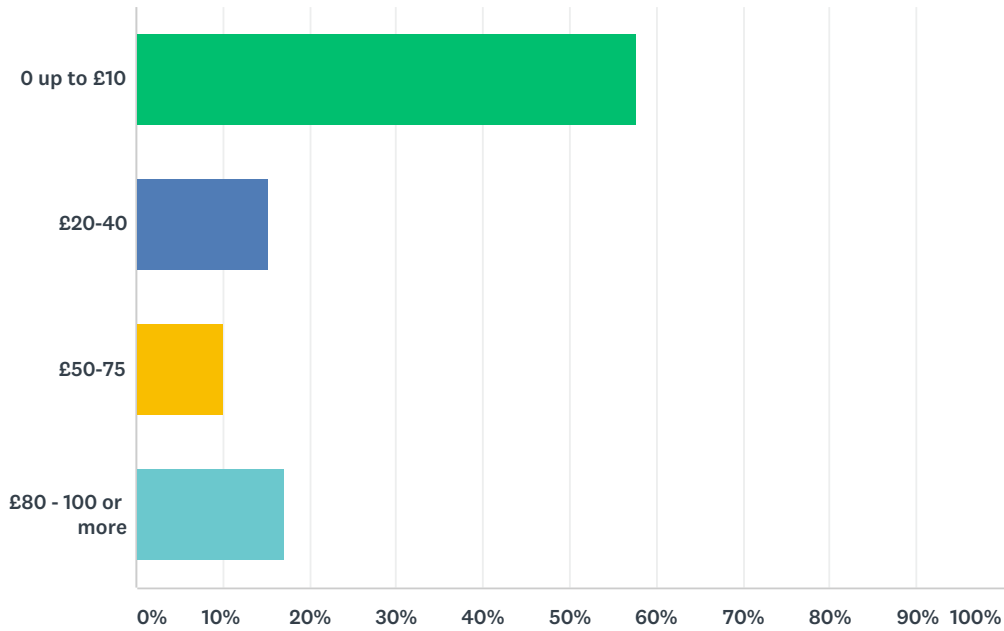
Answered: 954 Skipped: 98



ANSWER CHOICES	RESPONSES	
0	80.19%	765
1-2	9.12%	87
3-4	3.25%	31
5-6	1.78%	17
more	5.66%	54
TOTAL		954

Q7 How much have you spent on prescription medication for menopause related symptoms?

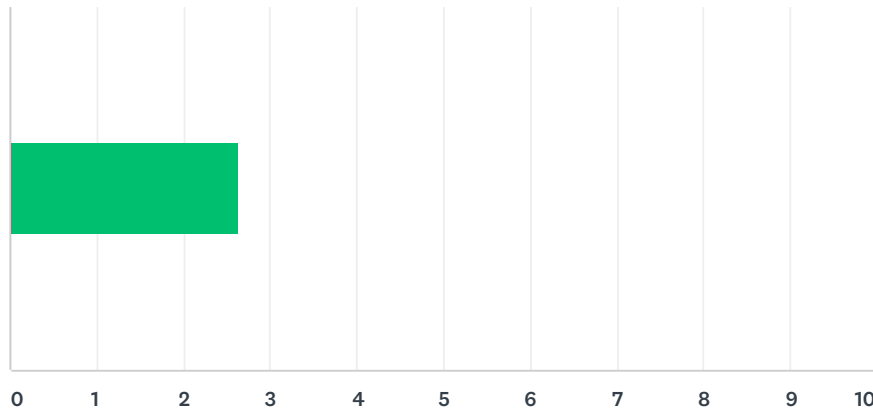
Answered: 954 Skipped: 98



ANSWER CHOICES	RESPONSES	
0 up to £10	57.65%	550
£20-40	15.20%	145
£50-75	9.96%	95
£80 - 100 or more	17.19%	164
TOTAL		954

Q8 On a scale of 0 - 10 (where 0 is none), how effective were these medications in controlling your symptoms?

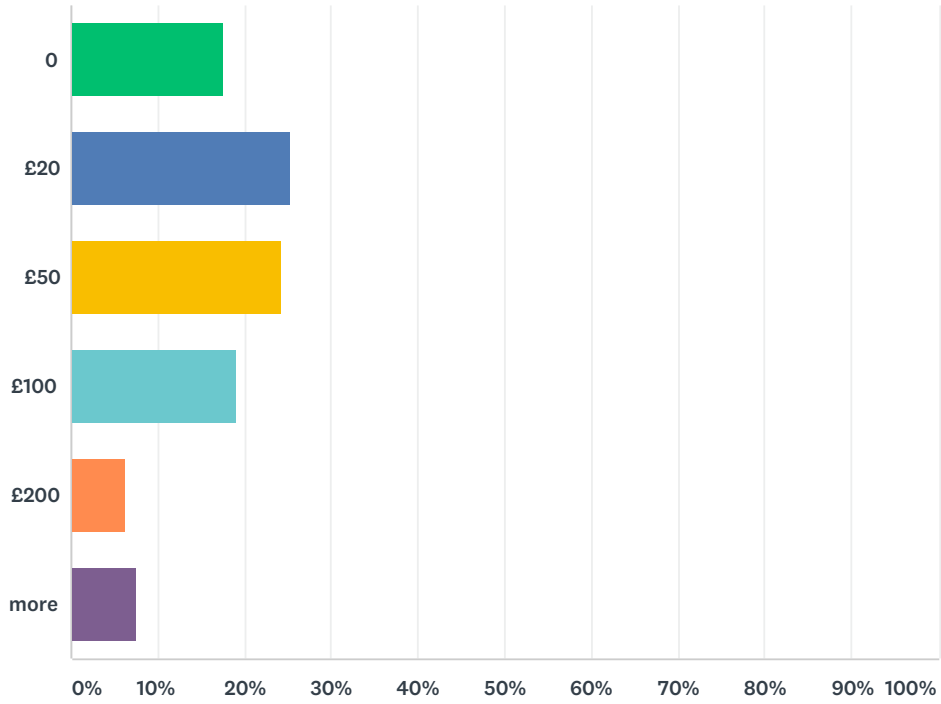
Answered: 954 Skipped: 98



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	3	2,507	954
Total Respondents: 954			

Q9 How much have you spent on over the counter 'remedies'?

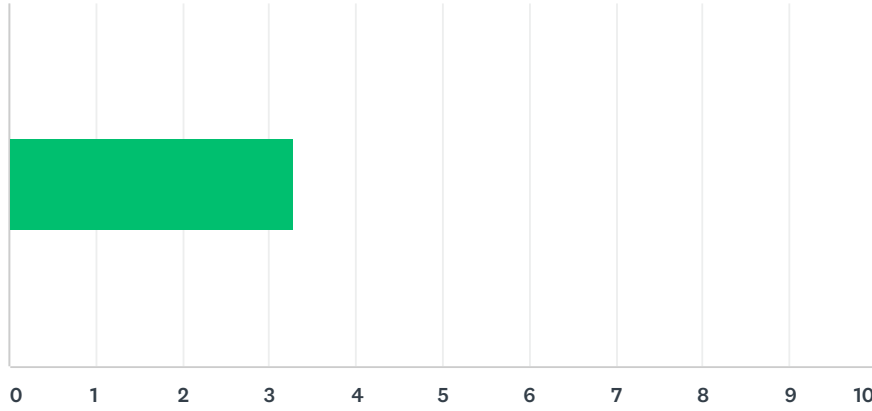
Answered: 954 Skipped: 98



ANSWER CHOICES	RESPONSES	
0	17.51%	167
£20	25.26%	241
£50	24.32%	232
£100	19.08%	182
£200	6.29%	60
more	7.55%	72
TOTAL		954

Q10 On a scale of 0 - 10, how much relief did these products give?

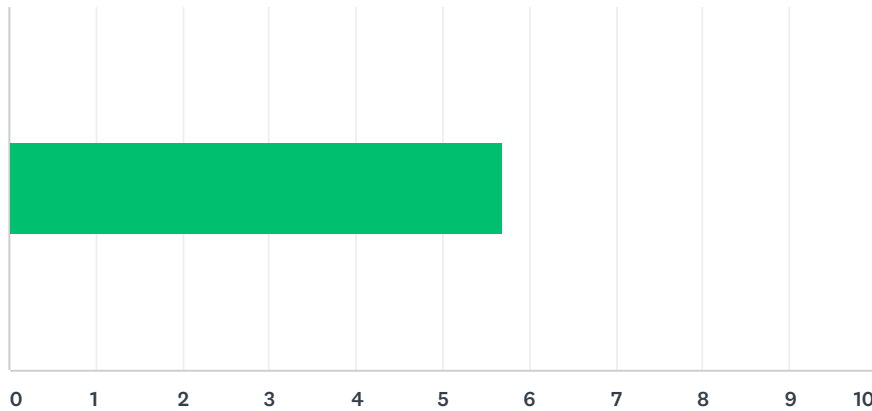
Answered: 954 Skipped: 98



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	3	3,138	954
Total Respondents: 954			

Q11 On a scale of 0 - 10, how much do you feel your symptoms have adversely affected your relationship with your partner?

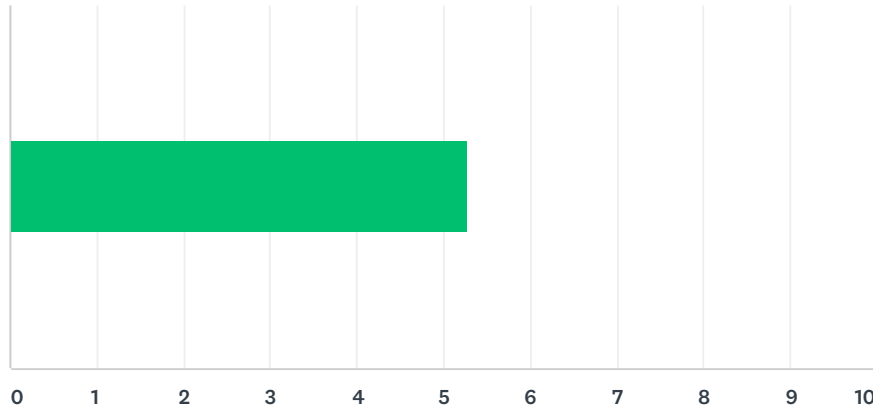
Answered: 941 Skipped: 111



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	6	5,356	941
Total Respondents: 941			

Q12 On a scale of 0 - 10, how much has your family life changed?

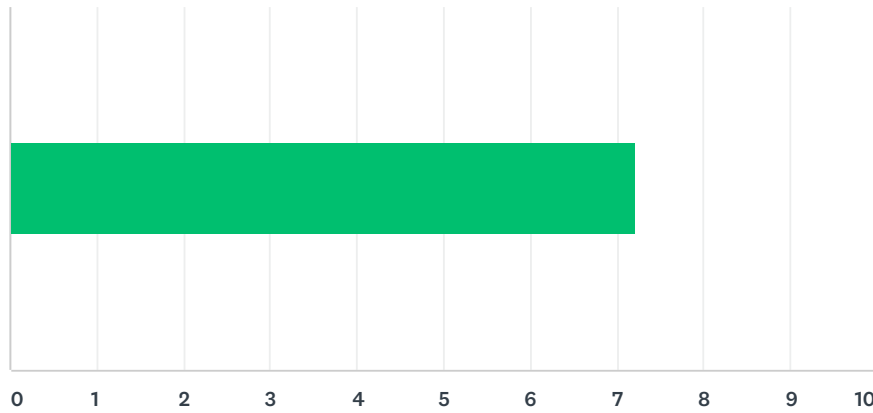
Answered: 941 Skipped: 111



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	5	4,964	941
Total Respondents: 941			

Q13 On a scale of 0 - 10, how much have your symptoms affected your self-esteem?

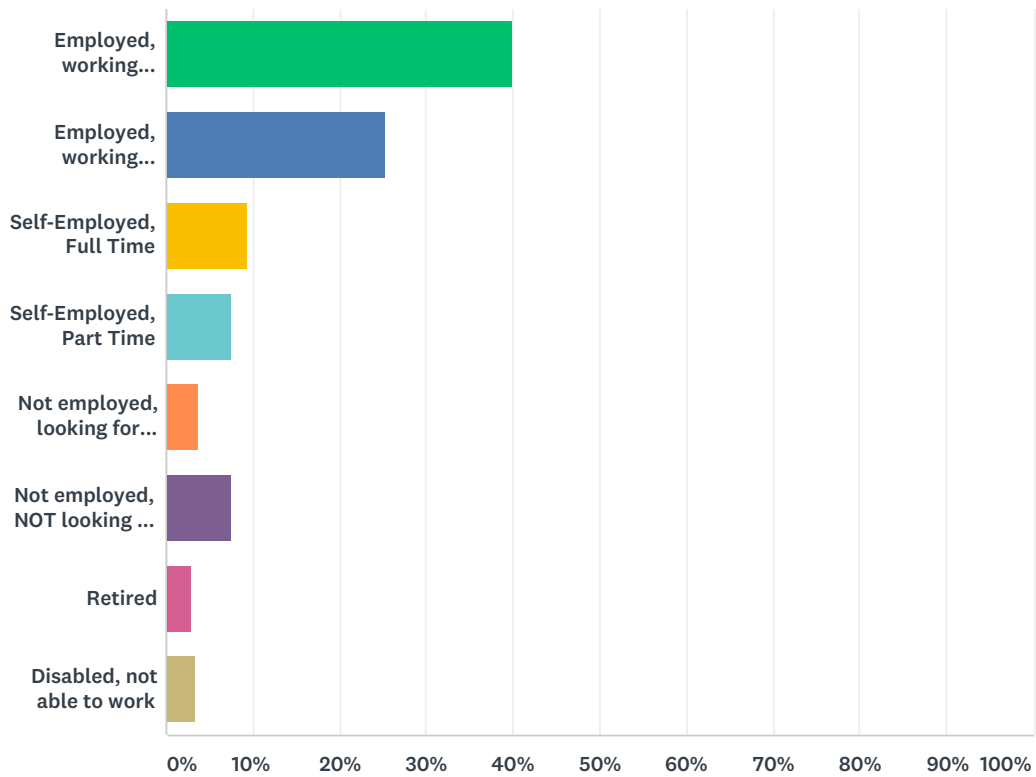
Answered: 941 Skipped: 111



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	7	6,801	941
Total Respondents: 941			

Q14 Which of the following categories best describes your employment status?

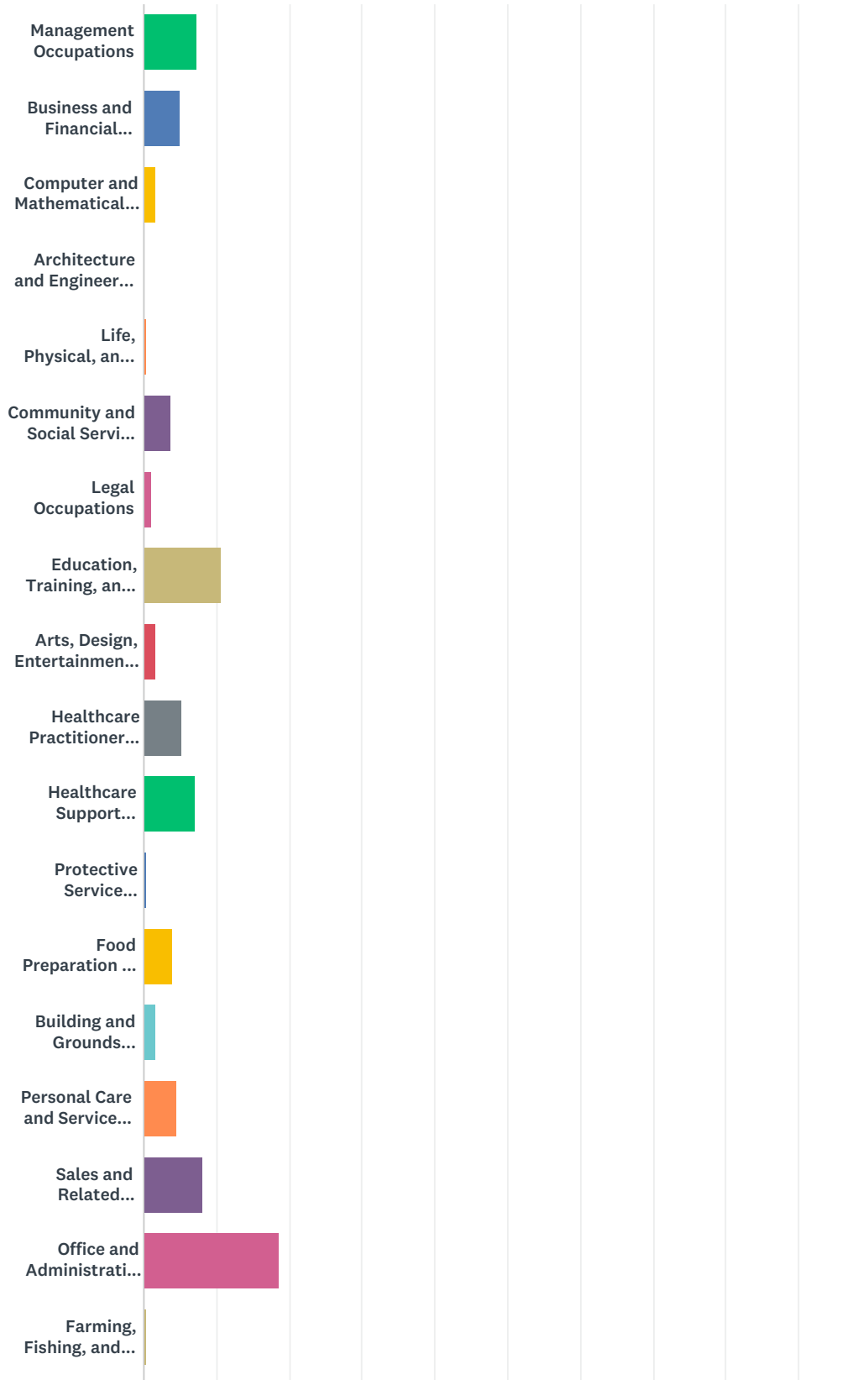
Answered: 827 Skipped: 225



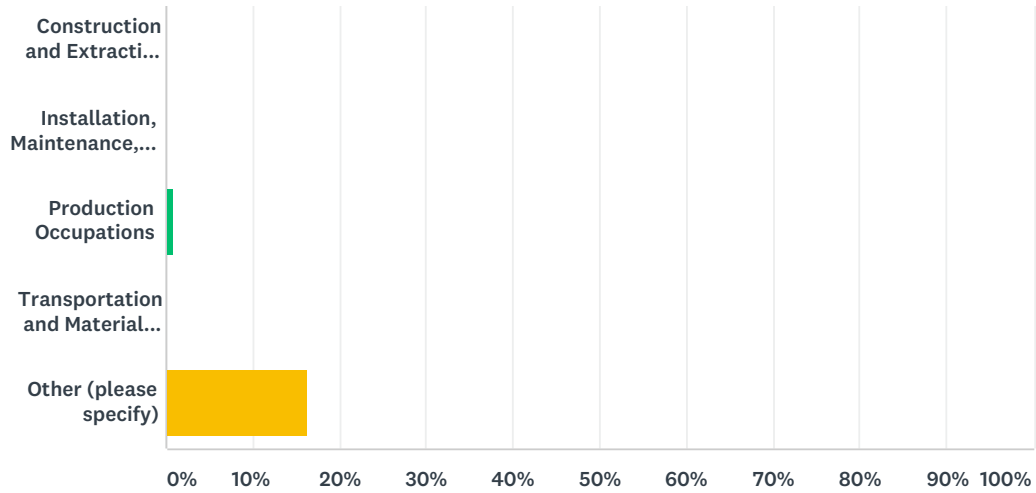
ANSWER CHOICES	RESPONSES	
Employed, working full-time	40.02%	331
Employed, working part-time	25.27%	209
Self-Employed, Full Time	9.43%	78
Self-Employed, Part Time	7.50%	62
Not employed, looking for work	3.87%	32
Not employed, NOT looking for work	7.62%	63
Retired	2.90%	24
Disabled, not able to work	3.39%	28
TOTAL		827

Q15 Which of the following best describes your current occupation? (or past occupation if retired)

Answered: 813 Skipped: 239



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ANSWER CHOICES	RESPONSES	
Management Occupations	7.38%	60
Business and Financial Operations Occupations	5.04%	41
Computer and Mathematical Occupations	1.72%	14
Architecture and Engineering Occupations	0.25%	2
Life, Physical, and Social Science Occupations	0.49%	4
Community and Social Service Occupations	3.81%	31
Legal Occupations	0.98%	8
Education, Training, and Library Occupations	10.70%	87
Arts, Design, Entertainment, Sports, and Media Occupations	1.72%	14
Healthcare Practitioners and Technical Occupations	5.29%	43
Healthcare Support Occupations	7.13%	58
Protective Service Occupations	0.49%	4
Food Preparation and Serving Related Occupations	3.94%	32
Building and Grounds Cleaning and Maintenance Occupations	1.60%	13
Personal Care and Service Occupations	4.67%	38
Sales and Related Occupations	8.24%	67
Office and Administrative Support Occupations	18.57%	151
Farming, Fishing, and Forestry Occupations	0.49%	4
Construction and Extraction Occupations	0.12%	1
Installation, Maintenance, and Repair Occupations	0.12%	1
Production Occupations	0.74%	6
Transportation and Materials Moving Occupations	0.25%	2
Other (please specify)	16.24%	132

TOTAL

813

Q16 Enter Your Contact Information to Receive Your FREE Gift:

Answered: 808 Skipped: 244

ANSWER CHOICES	RESPONSES	
Name	100.00%	808
Company	0.00%	0
Address	0.00%	0
Address 2	0.00%	0
City/Town	0.00%	0
State/Province	0.00%	0
ZIP/Postal Code	0.00%	0
Country	0.00%	0
Email Address	100.00%	808
Phone Number	0.00%	0