



World Menopause Day **October 18th, 2024**

'Menopause Hormone Therapy'

October 2024

World Menopause Day

[World Menopause Day](#), observed on October 18th every year, is a significant event led by the International Menopause Society (IMS) to raise awareness about menopause and provide education on managing it.

The theme for 2024

This year the focus is on the controversies surrounding ‘Menopause Hormone Therapy’ (MHT), offering balanced guidance for healthcare professionals and the public on managing menopause with MHT when appropriate. This initiative aims to clear up confusion about MHT, a key area of concern for those going through menopause.

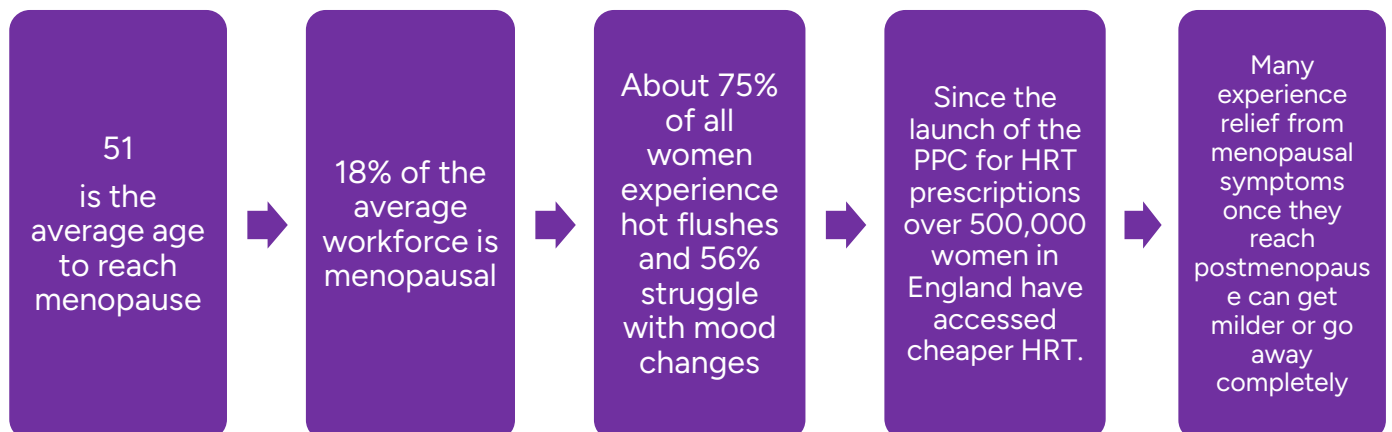
Menopause

It can manifest through a wide range of symptoms that differ from person to person. While some may experience mild symptoms, [1 in 4 people will experience debilitating symptoms](#) severe enough to disrupt their daily lives.

These symptoms, such as hot flashes, mood swings, and sleep disturbances, are part of a natural life stage, yet societal stigma and workplace taboos often prevent open discussions. Many feel uncomfortable sharing their experiences or seeking the necessary support, further compounding the challenges of menopause.

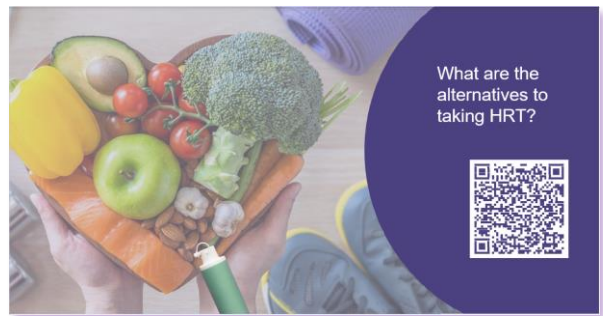
The 2024 IMS White Paper

This aims to address the ongoing controversies and provide clarity, ensuring that healthcare professionals and the public can make informed decisions about MHT. This is crucial in fostering a more supportive environment where people can feel empowered to discuss their symptoms without embarrassment. [Menopause and MHT in 2024: addressing the key controversies – an International Menopause Society Whi \(imsociety.org\)](#)





Scan the QR Codes to find out more about HRT, alternative treatments and how you can reach out for support.



Further Support and resources

- [balance - balance app \(balance-menopause.com\)](https://balance-menopause.com) a symptom tracker & personalised health reports.
- [Health & Her Menopause App – Apps on Google Play](#)
- [Health & Her Menopause App on the App Store \(apple.com\)](https://apple.com) Health & Her Menopause App empowers you through your perimenopause and menopause by helping you build positive lifestyle habits that put you back in control
- [Charity for Women with POI | The Daisy Network](#) - support to women diagnosed with Premature Menopause.
- [Menopause Matters, menopausal symptoms, remedies, advice](#) - an award winning, independent website providing up-to-date, accurate information and news about the menopause, menopausal symptoms, and treatment options.

