

# THE BURDEN OF VMS ASSOCIATED WITH MENOPAUSE IS MORE THAN JUST HOT FLUSHES



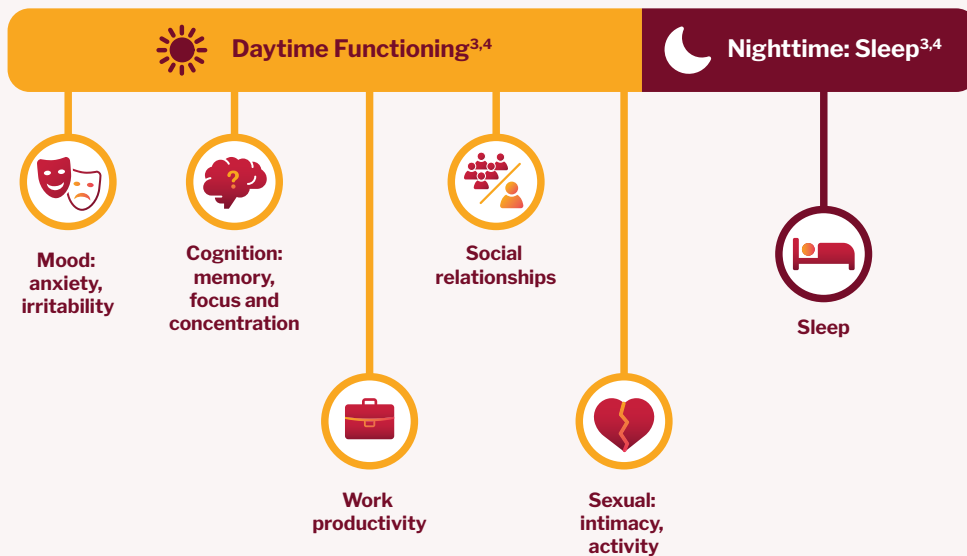
Women have been conditioned to downplay their vasomotor symptoms (VMS) of menopause, saying “it’s fine” or “I’m fine” while their lives are being impacted by symptoms like hot flushes and night sweats.<sup>1</sup>



## Up to 80% of women experience VMS

also known as hot flushes and night sweats. They are among the most common and disruptive symptoms of menopause that often worsen other symptoms associated with menopause.<sup>1,2</sup>

### VMS—hot flushes and night sweats—impact



Women experience VMS for a median duration of 7.4 years.<sup>5</sup>

Some experience VMS for more than 10 years.<sup>5</sup>

Menopause and its complex, burdensome symptoms represent a significant global health and well-being issue with broad societal impact.<sup>3</sup>

**Talk to your patients about the effect VMS have on their lives**

**References:** 1. Thurston RC. Vasomotor symptoms. In: Crandall CJ, Bachman GA, Faubion SS, et al., eds. Menopause Practice: A Clinician's Guide, 6th ed. Pepper Pike, OH: The North American Menopause Society, 2019:43-55. 2. Monteleone P, Mascagni G, Giannini A, Genazzani AR, Simoncini T. Symptoms of menopause - global prevalence, physiology and implications. Nat Rev Endocrinol 2018;14(4):199-215. 3. Williams RE, Levine KB, Kalilani L, Lewis J, Clark RV. Menopause-specific questionnaire assessment in US population-based study shows negative impact on health-related quality of life. Maturitas 2009;62(2):153-9. 4. Islam RM, Bond M, Ghalebeigi A, Wang Y, Walker-Bone K, Davis SR. Prevalence and severity of symptoms across the menopause transition: cross-sectional findings from the Australian Women's Midlife Years (AMY) Study. Lancet Diabetes Endocrinol 2025;13(9):765-76. 5. Avis NE, Crawford SL, Greendale G, et al. Duration of menopausal vasomotor symptoms over the menopause transition. JAMA Intern Med 2015;175(4):531-9.

