

# 10 Menopausal and Perimenopausal Bodies



## WHAT NEEDS TO CHANGE

- Menopause education must be mandatory in clinical training — not an elective.
- People must be proactively offered information and options, including for sexual health.



## WHAT YOU CAN DO

**People experiencing menopause or perimenopause:** Your sexual health deserves attention during this transition. Push to be taken seriously.

**Health professionals:** The menopause conversation is not optional.



## LEARN MORE

Dintakurti et al. (2022). An online survey and interview of GPs in the UK for assessing their satisfaction regarding the medical training curriculum and NICE guidelines for the management of menopause. Women's Health, 18.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC9500171/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9500171/)



World Sexual Health Day (WSHD) is celebrated every year on September 4. The World Association for Sexual Health (WAS) launched the first WSHD in 2010, to bring the global community together to promote sexual health and well-being.

