

Women's Health Survey



BRIEF REVIEW OF THE 298 RESPONSES FROM OUR WOMEN'S **HEALTH SURVEY**

Everything stems from a person's well-being and state of mind. If this is looked after and is healthy, everything will fall into place and the person's physical health will also improve.

> We asked to list the following in order of importance from 1-5 1 being most important 5 being least



Menopause

lst



Mental health & Wellbeing

2nd



3rd





All the above themes linked in with each other with a specific link to mental health & wellbeina.

Our Mental health can impact our resilience to and how we cope with disease



More information needed and earlier detection of cancer by reducing age criteria for checks



My GP surgery did not know anything about the menopause, I was left for several years with perimenopause symptoms. I should have been given HRT years before I asked for it. I thought you could only have it once your periods stopped. Many women still think this.



As someone who is living with PCOS the struggle to get any form of support is ridiculous. The waiting lists are huge, and when you do finally get through to someone they reject you due to weight. I don't feel that weight should be a factor that blocks you from receiving support.

More support for an ageing population.



25% -45-54

21% - 55-64

16% -35-44

16% - 65-74 11% -25-34

5%-75-84

4% -18-24

1% -16-18

1% - 85+