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new chapter of
brilliance and
resilience.

 **MENOPOWER**

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MenoPower **Eliminating Gender Bias in the Workplace**

Project No. 2023-2-CY01-KA210-ADU-000179096



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Story Title: How support and self-advocacy turned my perimenopause around: Laura's Story

Background Information

Age range: 40s-50s

Country/region: United Kingdom

Employment sector or life context: Not specified (working mother)

Stage of menopause: Perimenopause to menopause

Personal story

Laura first began to experience symptoms such as night sweats and brain fog while still in her 40s. At first, she dismissed them as stress or the result of a busy professional and family life. As time went on, her anxiety increased and she started to feel both physically and mentally unlike herself. With energy and sleep loss, her confidence started to fade, and she felt isolated, thinking no one understood or would take her seriously.

It wasn't until Laura started having heavy, unpredictable periods, worsening anxiety, and muscle pain that she thought something more serious could be happening. When she sought help, she was at first dismissed and told she was "too young." She persisted and saw another doctor, who confirmed she was perimenopausal. With tailored advice and medical support, Laura began HRT. The improvements were almost immediate; her brain fog cleared, her sleep improved, and she felt more confident and present, both professionally and personally.

The impact was transformative. Laura felt empowered to engage fully with her family and work again. Eventually, she became an advocate, sharing her journey to help others recognize that menopause isn't just about hot flushes, it can involve mental health and cognitive symptoms that are every bit as disruptive.

Key takeaways

- Menopause symptoms are wide-ranging and can affect mental as well as physical health.
- Being dismissed is common, but persistence pays off, keep seeking help until you're heard.
- The right information and medical intervention, such as HRT, can be life-changing.
- Sharing stories and seeking community support can make the journey less lonely.
- You are never "too young" for perimenopause: listen to your body.

Reflections/Message to others:

“Don’t doubt what you are experiencing or let anyone diminish your symptoms. Finding the right doctor changed everything for me, and things can improve, you’re not alone, and support is out there.”

Supplementary Material:

[Laura’s Story – The Menopause Charity](#)



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