

# More Than Hot Flashes: The Menopause



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## Introduction

Vasomotor symptoms such as hot flashes and night sweats are often viewed as the hallmark of menopause, yet they represent only one part of a broader and more complex symptom profile. **Many women experience physical, cognitive, and psychological changes** affecting mood, energy, concentration, memory, and motivation, with substantial impact on daily functioning, relationships, and quality of life.

Despite this, clinical focus often remains centred on vasomotor symptoms, risking under-recognition of the full menopausal experience. This narrow framing may contribute to delayed diagnosis, under-treatment, and the misconception that menopause is primarily physical or short lived.

## Aim

This study aimed to explore the range, frequency and severity of menopausal symptoms reported by patients attending a private menopause clinic in the UK.

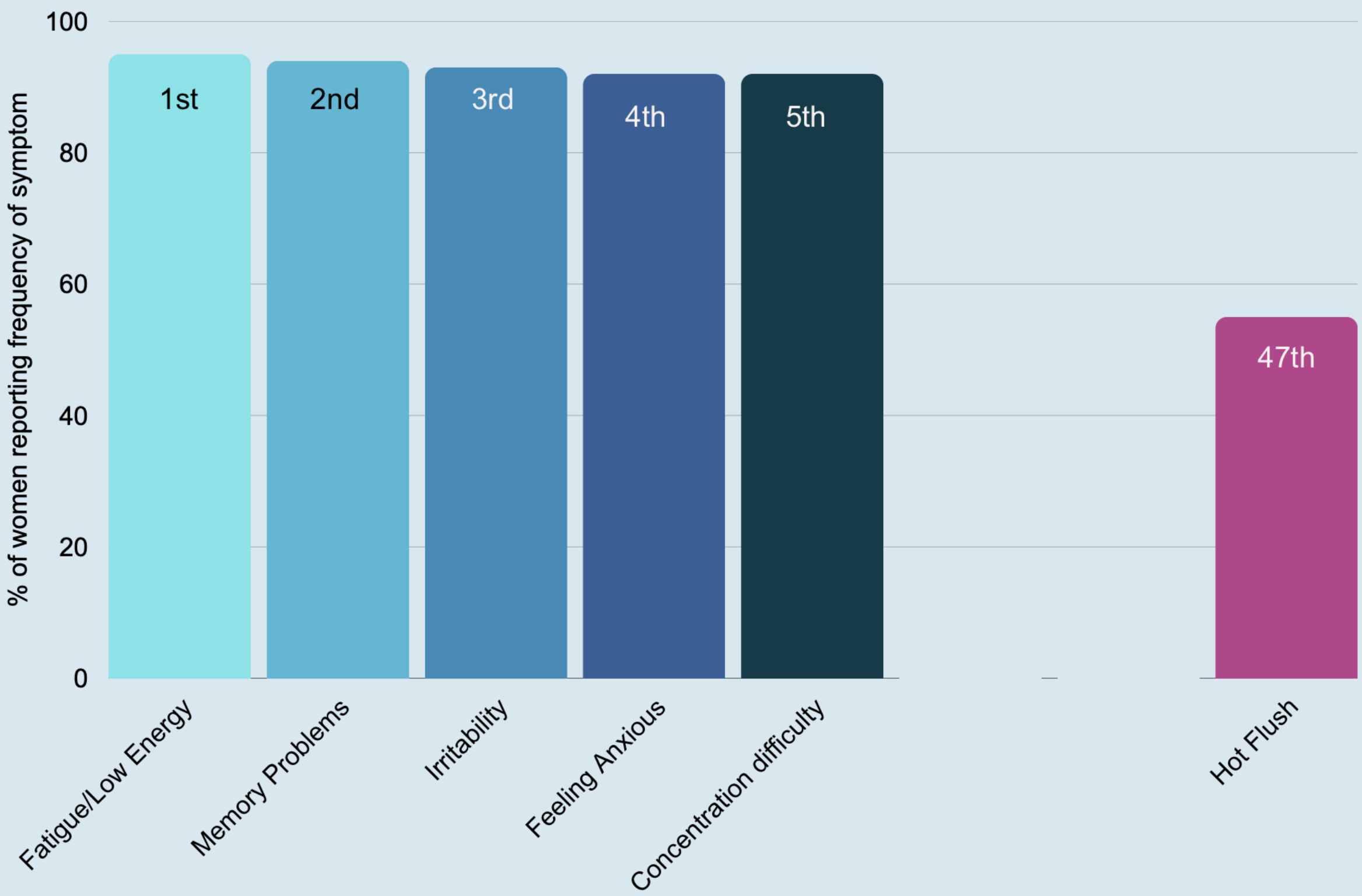
## Methods

This retrospective cohort study included new patients attending a specialist menopause clinic between March and May 2025. Participants completed a clinician- and patient-informed symptom questionnaire assessing 70 physical, psychological, cognitive, and social symptoms, each rated on a 0–3 Likert scale (not at all to severe).

## Results

### Ranking Frequency of Symptoms

Among 674 respondents, the most frequently reported symptoms were **fatigue, memory problems, irritability, feeling anxious, and difficulty concentrating**. In contrast, **hot flashes ranked 47<sup>th</sup>**.

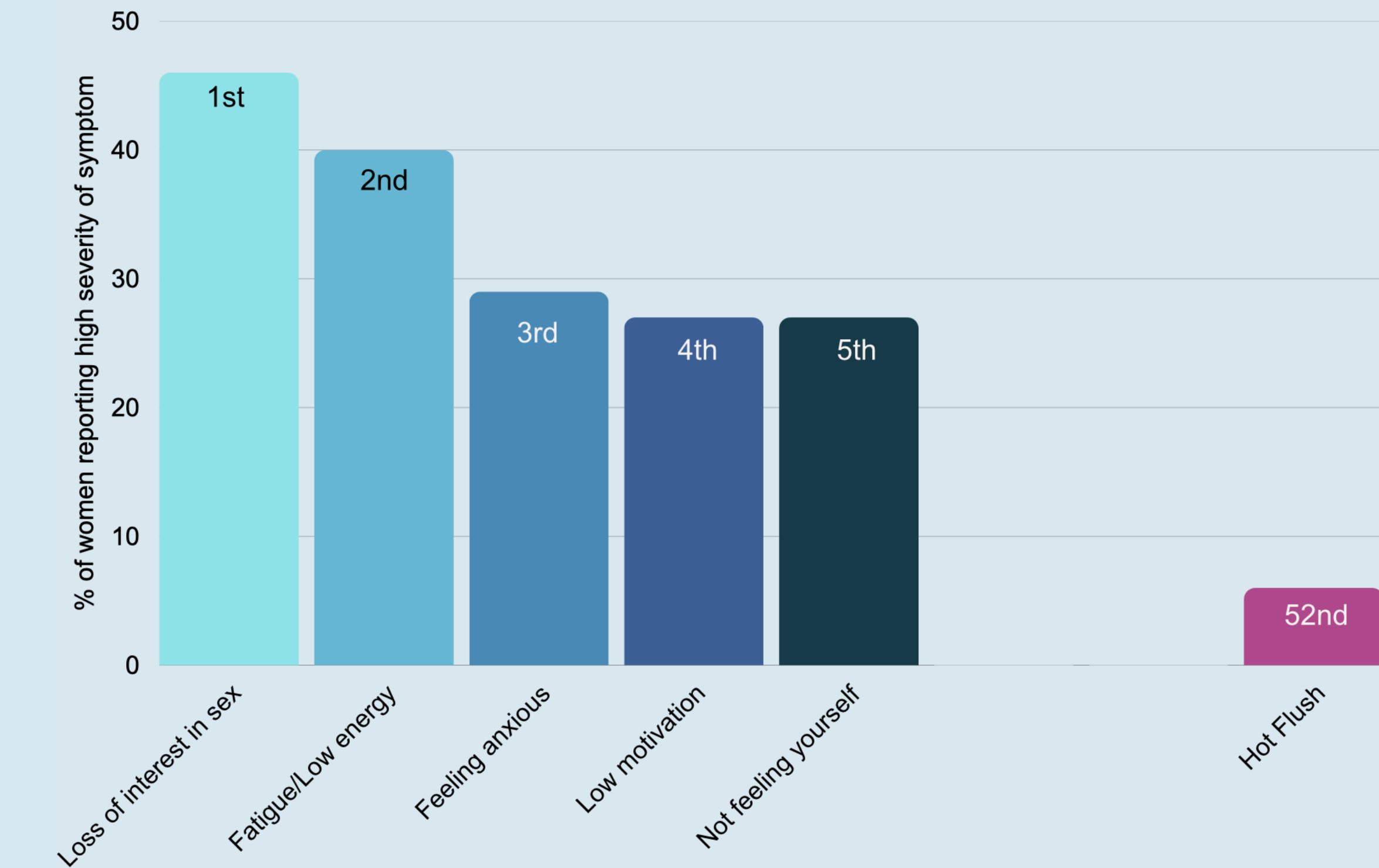


## Results

### Ranking Severity of Symptoms

The most severe symptoms were **loss of interest in sex, fatigue/low energy, feeling anxious, low motivation, and not feeling yourself**.

**Hot flashes ranked at 52<sup>nd</sup>**. Emotional, cognitive, and social impacts such as low self-worth, relationship strain, and reduced ability to work were also prominent.



## Conclusion

Menopause involves a broader and more complex symptom profile than vasomotor disturbance alone. Emotional, cognitive, and functional symptoms were common and often severe, indicating that diagnosis and treatment must extend beyond hot flashes. A holistic, individualised approach addressing psychological wellbeing, cognition, relationships, and lifestyle impact is essential to improve outcomes and quality of life.