

The (Peri-) Menopause Journey in Switzerland



AHA-MOMENT



SEEKING INFORMATION



HEALTHCARE SUPPORT



DIAGNOSIS & TREATMENT



IMPACT



LONGTERM EFFECTS

KEY QUESTIONS

When & how do women first realise they could be in (peri-)menopause or ill?

Where do they look for information?

Where do they look for help?

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Why do the following occur:

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Without symptoms relieved, what are the major risks and consequences on:

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What are the long-term effects if the status quo remains?

Insurance covered

Self-paid

Non-Diagnosed

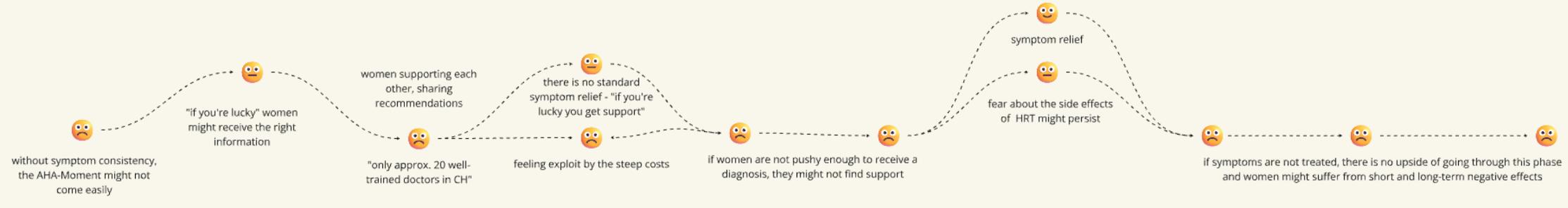
Diagnosed without Treatment Offered

Diagnosed with Treatment Offered

Private life

Professional life

LIVED EXPERIENCE



FOCUS AREA 1

Women have no systematic access nor guidance to obtain science/evidence based information on (peri-)menopause care

Women are mainly dependent on self-educating about peri-menopause. Alternatively they might learn about peri-menopause through their network of friends and family. They might have to self-diagnose, draw on information based on social media, google, AI or pop-culture (movies, etc.), or informal conversations. Bestselling books on (peri-)menopause are becoming more available, which might be pointed out to them through their network or come up on online search.

"If women are lucky, they might be pointed to the right type of information that will help them to identify, diagnose, and go through (peri-)menopause and get symptom relief."

FOCUS AREA 2

Doctors are not trained to diagnose nor treat (peri-)menopause symptoms, nor the consequences of living with ovaries' progressive shutdown

The healthcare support is very scattered and women might look for professionals treating individual symptoms (house doctors, pharmacists, physical therapists, psychologists, ...). Doctors and healthcare professionals think in silos and are undereducated holistically in the symptoms, tools, or medications available for (peri-)menopause.

"If women are not pushy enough to receive a diagnosis, they might not find the right support."

FOCUS AREA 3

There is no checkup which includes menopause diagnose and care and is covered by Swiss Basic Health Care Insurance

There are no check-ups recommended or covered by insurance, so women might end up spending a lot of money and effort in order to receive a diagnosis and get treatment.

"There is no standard approach of care for (peri-)menopause symptoms - if you're lucky you get support."

"Women are feeling exploit by the steep costs of alternative medicine, diagnosis or specialized professionals. Either they pay a lot of money, or they are not receiving help."

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