

Queer Menopause



Funded through the VCSE Health and Wellbeing Fund, part of a partnership programme between Department of Health & Social Care, NHS England and UK Health Security Agency.

We may refer to 'women' but we recognise this project and its outputs apply to transgender and non-binary people and we are inclusive of all people that might experience the (peri)menopause, with this project. This information is not intended to replace or supersede that of a clinical professional. It is always recommended you seek advice from a GP or medical professional for medical matters.

Menopause is not only experienced by cisgender women (women assigned female at birth) but also trans-men, trans-women, non-binary and intersex people.

Trans-women (women assigned male at birth) may experience menopause-like symptoms due to hormone therapy, particularly if it is interrupted or unstable.

Trans-men (men assigned female at birth) will experience age related menopause if they keep their ovaries and do not have hormone therapy. If trans-men have their ovaries and uterus removed, they may experience premature menopause.

Non-binary and intersex people may experience menopause depending on a variety of factors including the sex they were assigned at birth and any medical treatments.

Whilst it is acknowledged that menopause is experienced by this wider population, most menopause resources focus on the experience of cisgender women to the exclusion of other groups. Some of these mainstream resources can still be helpful, for example, [*The Knowledge*](#) by Dr Nighat Arif is an inclusive mainstream book on menopause.

However, people from the LGBTQIA+ community might not identify with the experiences described and will have different experiences, symptoms and concerns. Whatever your sex or gender identity, your menopause will be unique to you.

Dysphoria

Dysphoria can be an issue for queer people. This is where the person experiences discomfort and distress because of a mismatch between the sex they were assigned at birth and their gender. Dysphoria can cause people to not disclose their menopause symptoms which can impact on them reaching out for and accessing support from healthcare professionals and/or in the workplace.

We can all be allies in raising awareness about queer menopause and this resource is our first step, as part of our Menopause & Me project. There is a need for more information about queer experiences of menopause. If you would be willing to share yours, please do get in touch via menopauseandme@suffolklibraries.co.uk

Similarly, if you are interested in setting up a LGBTQIA+ Menopause & Me peer support group we'd love to hear from you.

Further resources

- [QueerMenopause.com](https://www.queermenopause.com)
- [SpicedPearHealth.co.uk](https://www.spicedpearhealth.co.uk)
- [All-Gender Peri/Menopause Facebook Group](#)