

LET'S LET'S LET'S
TALK TALK TALK
MENO MENO MENO
PAUSE PAUSE PAUSE

My menopause started when I was 41.
I felt that when I looked in the mirror
I saw a different person looking back
at me.
I didn't feel or recognise the
person I was when I started going
through menopause.
I felt like an angry teen ready
to fight the world.
I screamed at everyone.
My hot flushes are horrendous at night.
I have resorted to hormone replacement
therapy.

46 year old
NHS Radiology Assistant
Emma Morris



REFINERY29



Menopause is the natural decline in reproductive hormones as a person ages. The let's talk menopause campaign for refinery29 covers **real women's quotations on their experience with menopause printed on postcards.**

For this project women were interviewed online via facebook to discuss their experiences of menopause. The quotations are directly taken from conversations with them.

The quotation **I'M THE SAME PERSON JUST A DIFFERENT SEASON** is used to illustrate that even though you are going through menopause you are still the same person just going through changes like the seasons. This has been handprinted using lino and is the cover of half the postcards. The tagline **LET'S TALK MENOPAUSE** is also printed using lino and is the cover for the rest of the postcards.

This campaign would generate awareness of menopause and bring greater understanding of the symptoms and what people suffer when going through it by **mailing people in the community.**

IN THE SAME
PERSON JUST A
DIFFERENT
SEASON

I feel trapped in a body I don't
know or recognise.

The wrinkles on my brow have set in a permanent
scowl.

I have stopped looking in the mirror as I don't know
the person looking back at me.

55

University Lecturer
Fiona Wood

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I am 46.

In the last two years I've had bad aches and pains in my hips. My hair is thinning.

I feel low sometimes and I'm getting sore bones.

46

Offshore stewardess in the oil rigs

Tracey Aird

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IN THE SAME
PERSON JUST A
DIFFERENT
SEASON

My menopause started when I was 50.
My experience is mainly hot flashes.
They start in my mid section and spread upwards...
It usually lasts for about 2 minutes.

53

Teacher

Yvonne Wright

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