

From Silence to Support: Improving Menopause Care for Women with Intellectual Disabilities

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What is Menopause?

“Menopause is defined as the permanent cessation of menstruation for 12 consecutive months, resulting from the natural decline in ovarian function and Estrogen production” (Avis et al 2022)

Stages of Menopause

- Peri-menopause
- Menopause
- Post-Menopause

How it Affects Women

- Physical
- Cognitive
- Emotional



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My Research Focus

- ▶ Investigating RNIDs' confidence and knowledge.
- ▶ Identify training and policy gaps.
- ▶ Promote inclusive menopause supports.

Barriers to Menopause specific care

Communication and Symptom
Recognition (Moore et al 2022)

Diagnostic Overshadowing (Willis
et al 2008)

Limited staff training (Brown &
Guha 2023)

Access to appropriate treatment
(HRT) (Fasero and Coronado 2025)

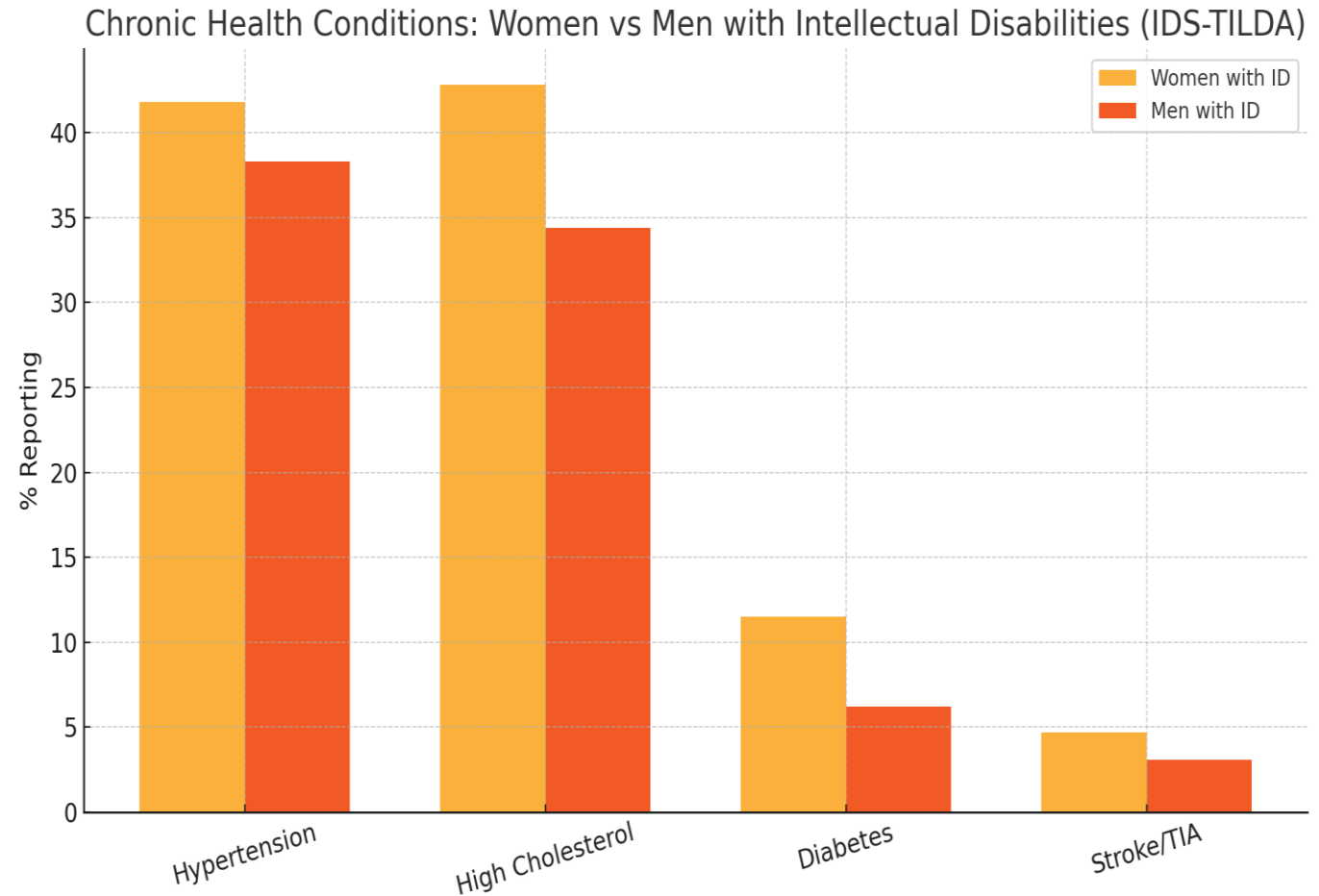


Health Risks Associated with Menopause

Dementia
(Schupf et al.
2003; 2006;
2018)

Osteoporosis
(Burke et al.
2018)

Cardiovascular
disease (Fasero
& Coronado
2025)



Health Promotion – Ottawa Charter Framework (WHO 1986)

1

**Build Healthy
Public Policy**

2

**Create
Supportive
Environments**

3

**Strengthen
Community
Action**

4

**Develop
Personal Skills**

5

**Reorient
Health
Services**



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Conclusion

Menopause is Natural. Silence is not.

Raise awareness and train RNIDs

Build inclusive, proactive care

Women with Intellectual Disabilities
deserve dignity and understanding

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