



# BIPOLAR DISORDER Factsheet

November 2021

## What is menopause?

Menopause is a natural phase of life for women, marked by hormonal change on average at around 51 years of age, with earlier onset being associated with greater physical symptom severity and poorer psychosocial functioning. Mood symptoms are known to be common throughout the menopause transition period.

Women living with a chronic mental illness may experience increased or additional symptoms during menopause. Women with bipolar disorder may be at a particularly increased risk of exacerbation of symptoms, given the episodic nature of the condition and the variety of factors that trigger episodes such as sleep disruptions and stressful life events.

## What is the evidence on the effects of menopause in women with bipolar disorder?

Moderate to low quality evidence suggests menopause, particularly in the later stages, is associated with worsening mood symptoms in about half of women with bipolar disorder.

**For more information see the technical table**

## HOW YOUR SUPPORT HELPS

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*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.*