

Experiences of Medically Induced Menopause in Australia

People who undergo cancer treatment or have their ovaries removed may experience medically induced menopause. Findings from the 2025 Medically Induced Menopause Survey (MIMS) show that the experience can significantly impact quality of life, and that many people do not have access to the right information and support to manage their symptoms. Tailored information, care, and support is needed for people experiencing medically induced menopause.

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What is medically induced menopause?

Medically induced menopause is when medical treatment or surgical removal of the ovaries causes menopause to occur earlier than expected naturally. Common symptoms include hot flashes, night sweats, vaginal dryness and mood changes. People may also face increased long-term health risks, such as osteoporosis and cardiovascular disease.

Knowledge of medically induced menopause

We asked respondents to rate their own knowledge about medically induced menopause. The majority (around 6 in 10) felt that their knowledge was poor or fair.



Who participated in the MIMS?

764 people from across Australia who had experienced or were likely to experience medically induced menopause responded to the MIMS:

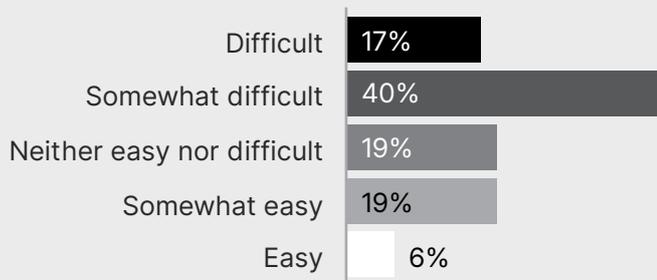
- 61% were **currently experiencing** medically induced menopause
- 32% had experienced medically induced menopause **in the past**
- 7% were **likely to experience** medically induced menopause in the future (e.g. people expecting to undergo cancer treatment, or to have their ovaries removed to reduce future cancer risk)

Concerns around medically induced menopause

We asked respondents what their biggest concerns were around medically induced menopause. The physical symptoms of menopause were the most common concern, reported by 8 in 10 respondents. Longer-term health concerns like bone health (osteoporosis risk) and cognitive functioning were the next most common, reported by 7 in 10 respondents.

Information seeking

Most respondents (8 in 10) said they had sought information about medically induced menopause. However, the majority of those who had sought information (6 in 10) said that it was somewhat difficult or difficult to find.



The most common **types** of information, sought by 7 in 10 respondents, were general information about menopause and information specific to medically induced menopause. Just over 5 in 10 had sought information on questions to ask their healthcare professional.



The most common **places** respondents went for information were healthcare professionals (8 in 10 people), health websites (7 in 10 people), and Google or other internet search engines (6 in 10 people). Around 4 in 10 had sought information from social media and online support groups.



The most common **people** respondents went to for information were medical specialists such as gynaecologists and medical oncologists (8 in 10 people), followed by other doctors (6 in 10 people). Around 4 in 10 had sought information from people in online support groups.

Experiences of medically induced menopause

We asked respondents with experience of medically induced menopause how they felt about it. The majority (6 in 10) reported feeling somewhat negative or negative, but a small proportion (around 2 in 10) felt somewhat positive or positive.



I felt very unprepared for medically induced menopause. I didn't know what to expect, nor whether my symptoms were a result of the menopause or something else."

Respondents also gave more detailed information about their experiences in open-ended responses to the survey. Key themes that emerged were that many:

- Felt that medically induced menopause significantly impacted their wellbeing and quality of life.
- Felt that healthcare professionals did not give them enough information about medically induced menopause, or support to manage their symptoms.
- Wanted more information that is specific to medically induced menopause rather than menopause in general.
- Expressed a need for greater psychological and social support around the experience of medically induced menopause.
- Were worried about the effects of medically induced menopause on their long-term health outcomes and quality of life.

About the Medically Induced Menopause Survey

The Medically Induced Menopause Survey (MIMS) was conducted online in February 2025. It was designed to explore the knowledge, attitudes, and experiences of an understudied group – people with experience of medically induced menopause or those who were likely to experience it. Respondents were recruited via direct emails, targeted newsletters, and social media.

The MIMS was conducted as part of a partnership between Inherited Cancers Australia and Jean Hailes for Women's Health.