

Hot topic: menopause and MS

Professor Ruth Dobson

EMSP Berlin

April 2026

What is menopause

What are the common symptoms (in women living with MS)

How can/does this impact on their MS

Managing MS during the menopausal transition

THE LIFE AND

AGE OF WOMAN.



Stages of Woman's life from infancy to the brink of the grave.

1 At one year old the child is lost at the day-dream of childhood, when the senses, attention, and perception of life are awakened.—Every sense is torn and lacerated in the world upon which it has so lately opened its eyes. The strong attachment to the young which prevails the female sex is exhibited even at this tender age in the infant's gurgling and cooing as a favorite.

2 With all the innocence of the female the child begins to imitate the example of her elders, being with varying steps and a false consciousness to display things as they do. This phase in the hands of those who walk before such tender phantoms may be multiplied to any extent they do not give an end line to the smiling that years after imitations may be made to result.

3 The first of her childhood was not even over the first of her life when the child's eyes are opened to the world around her and she begins to see the world as it is. In this age she is a woman of life as which the world presents her one continual scene of sorrows and distress—where the heart begins to be awakened to the knowledge of her own weakness and the knowledge of her own weakness is generally attended by some vice which not infrequently proves to be a fatal error. This is a season of life at which solid happiness should be prepared to be met as dependent on this.—When this impression is made it will give a new aspect to every surrounding object. The circle of action which were before passed over regardless of their rights will present increased beauty when seen on the rock of God, and his power and grace will swell the heart with admiration, praise and gratitude.

4 This may be considered the most critical age in the life of a female. Left to her own sensations the passion of jealousy, looks forward to the future in the darkest haze—every passion and look is made to the female's imagination and her own mind is in the being of her own existence and indeed so it will be if she is directed by true piety and true grace for heart to God, which will have her little thoughts of her own affection turning them on some worshipful, or to Him. With such a child, the female heart is indeed a great source of wisdom, and herself situated with wisdom which nothing can ever break.

5 At thirty, women may be considered at the zenith of her intellectual and physical powers. It is at this age that her heart is torn by the first of her life, and she begins to see the world as it is. In this age she is a woman of life as which the world presents her one continual scene of sorrows and distress—where the heart begins to be awakened to the knowledge of her own weakness and the knowledge of her own weakness is generally attended by some vice which not infrequently proves to be a fatal error. This is a season of life at which solid happiness should be prepared to be met as dependent on this.—When this impression is made it will give a new aspect to every surrounding object. The circle of action which were before passed over regardless of their rights will present increased beauty when seen on the rock of God, and his power and grace will swell the heart with admiration, praise and gratitude.

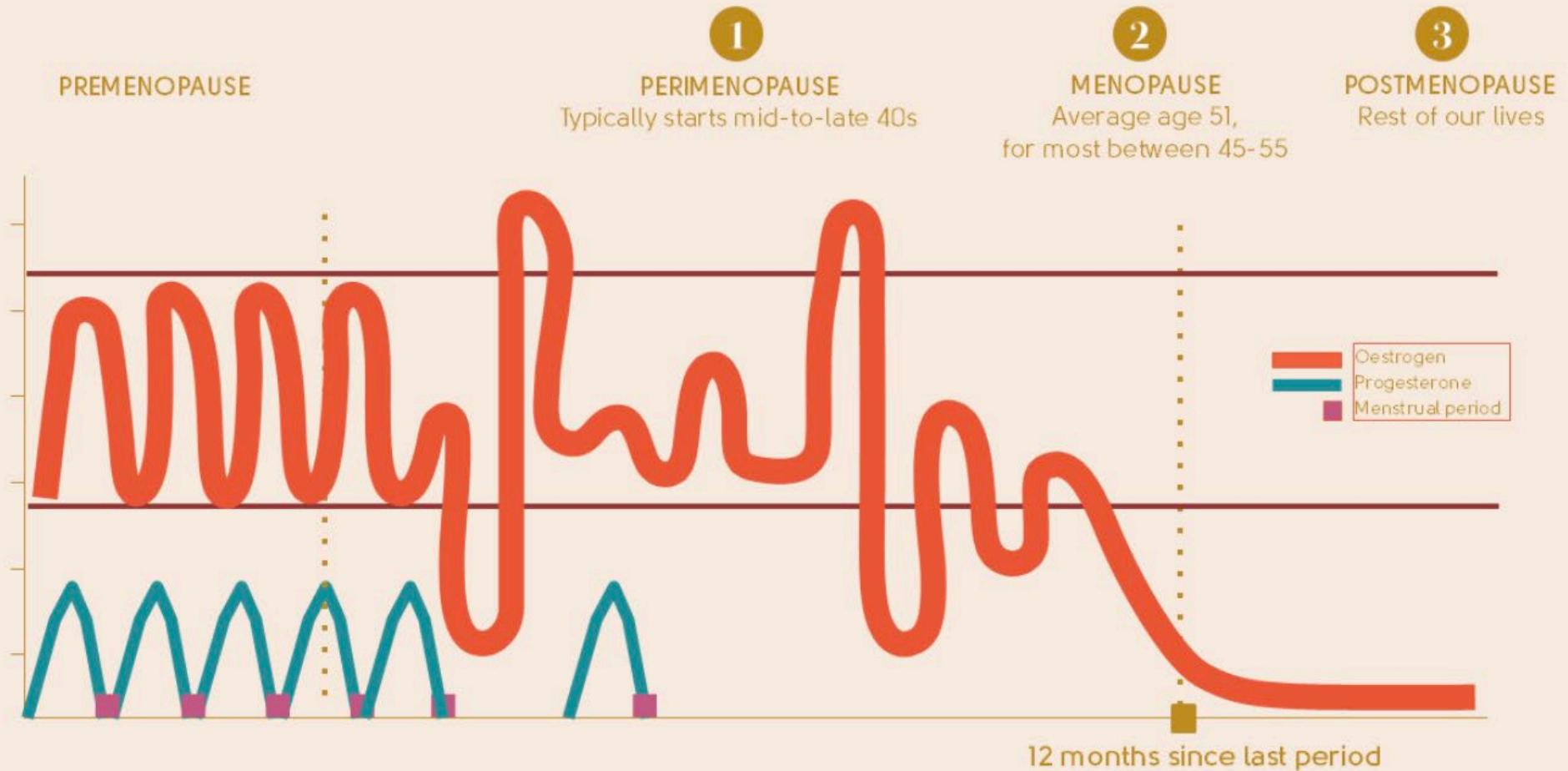
6 The close of the career of life, shows that she no longer regards her position of life as which the world presents her one continual scene of sorrows and distress—where the heart begins to be awakened to the knowledge of her own weakness and the knowledge of her own weakness is generally attended by some vice which not infrequently proves to be a fatal error. This is a season of life at which solid happiness should be prepared to be met as dependent on this.—When this impression is made it will give a new aspect to every surrounding object. The circle of action which were before passed over regardless of their rights will present increased beauty when seen on the rock of God, and his power and grace will swell the heart with admiration, praise and gratitude.

7 At seventy-five the female is at the brink of the grave. Her heart is torn by the first of her life, and she begins to see the world as it is. In this age she is a woman of life as which the world presents her one continual scene of sorrows and distress—where the heart begins to be awakened to the knowledge of her own weakness and the knowledge of her own weakness is generally attended by some vice which not infrequently proves to be a fatal error. This is a season of life at which solid happiness should be prepared to be met as dependent on this.—When this impression is made it will give a new aspect to every surrounding object. The circle of action which were before passed over regardless of their rights will present increased beauty when seen on the rock of God, and his power and grace will swell the heart with admiration, praise and gratitude.

8 In the close of her life she is at the brink of the grave. Her heart is torn by the first of her life, and she begins to see the world as it is. In this age she is a woman of life as which the world presents her one continual scene of sorrows and distress—where the heart begins to be awakened to the knowledge of her own weakness and the knowledge of her own weakness is generally attended by some vice which not infrequently proves to be a fatal error. This is a season of life at which solid happiness should be prepared to be met as dependent on this.—When this impression is made it will give a new aspect to every surrounding object. The circle of action which were before passed over regardless of their rights will present increased beauty when seen on the rock of God, and his power and grace will swell the heart with admiration, praise and gratitude.

Published at Barré, Mass., by A. Alden.

Menopause transition



www.mymenopausecentre.com

Type of person: Stoic, uncomplaining (female) patient

Phyliss: I'm very, I'm err, I'm somebody who (sigh) I can moan about a lot of things but actually when things are going wrong, when I feel really tired or when something hurts I just like push on through, cause just let's push on through, why (.) y'know, this happens to everybody let's push on through

Viv: Us women are very good at hiding shit ((smiling))

What are the consequences for what this “type of person” can say, feel, think and do regarding managing MS and menopause?

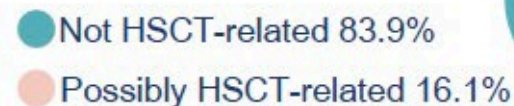
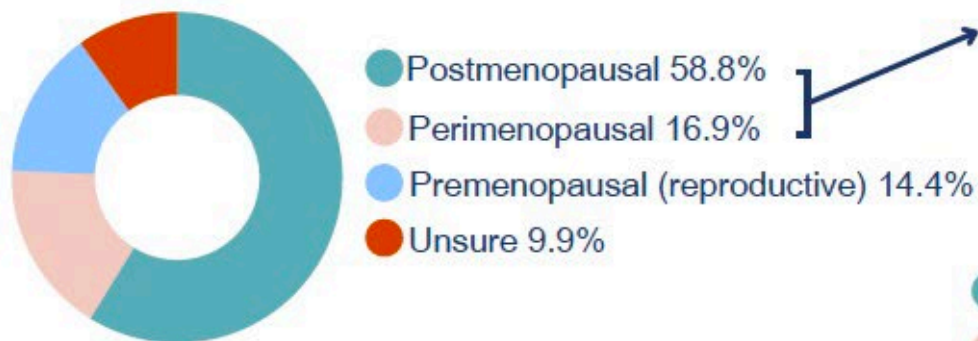
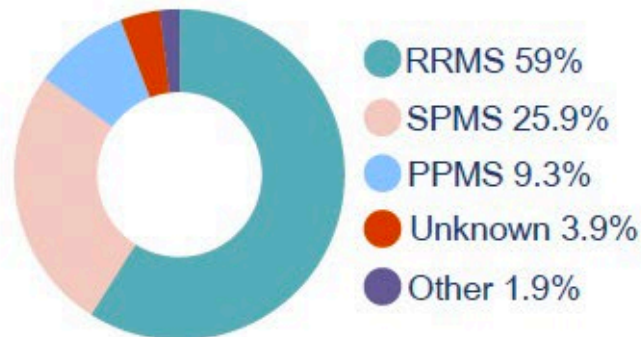
Slido (word cloud):

What symptoms do women with MS have during menopausal transition?

Cohort characteristics



- 3,129 participants aged 21 - 90 years
- Age: Mean 55.82 years (SD 10.71)
- Age at diagnosis: Mean 40.49 (SD 10.35)
- Disease duration: Mean 14.89 (SD 10.04)
- Age at perimenopause: Mean 46.37 (SD 4.65)
- Age at LMP: Mean 49.39 (SD 5.87)
- Ethnicity: 96.58% White

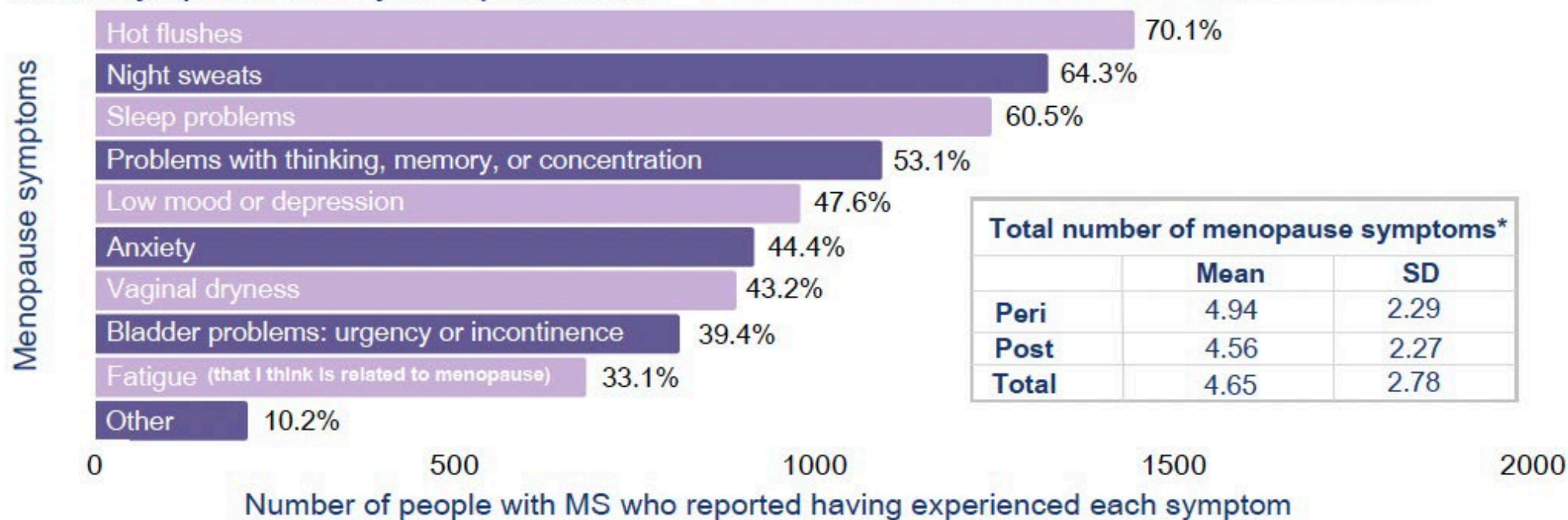


Menopause symptoms

“I have experienced symptoms that I think might be related to menopause”



“Which symptoms have you experienced?”* *of those who reported experiencing menopause symptoms, n = 2,061



Total number of menopause symptoms*		
	Mean	SD
Peri	4.94	2.29
Post	4.56	2.27
Total	4.65	2.78

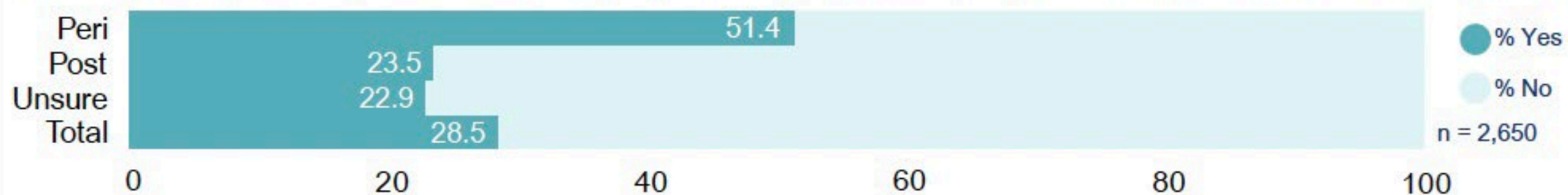
Slido (single answer multiple choice):

Does menopause impact on MS symptoms ?

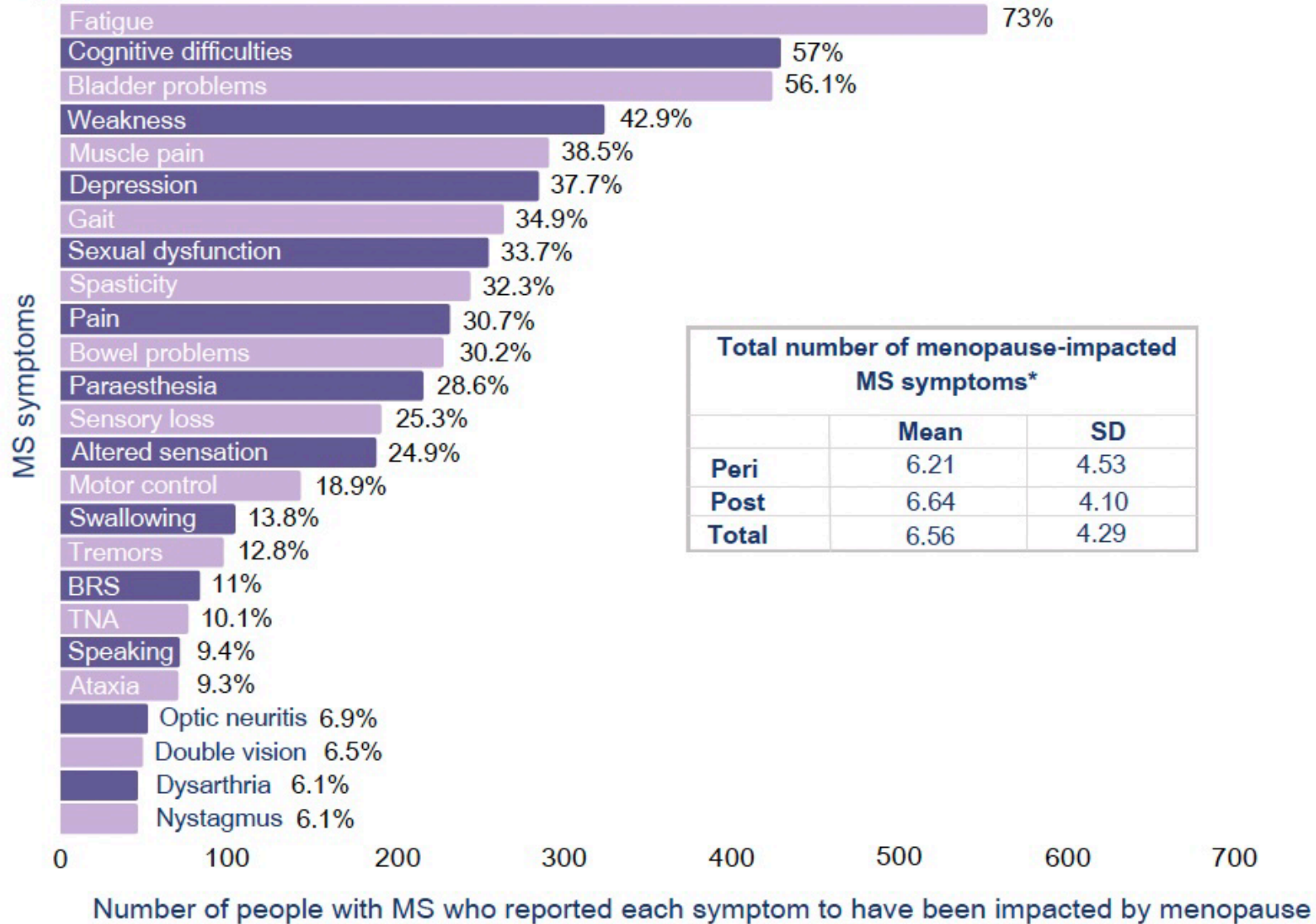
- Yes in all women
- Yes in most women
- Yes in about half of women
- Only in a few women
- Not really/only in a minority

Menopause-impacted MS symptoms

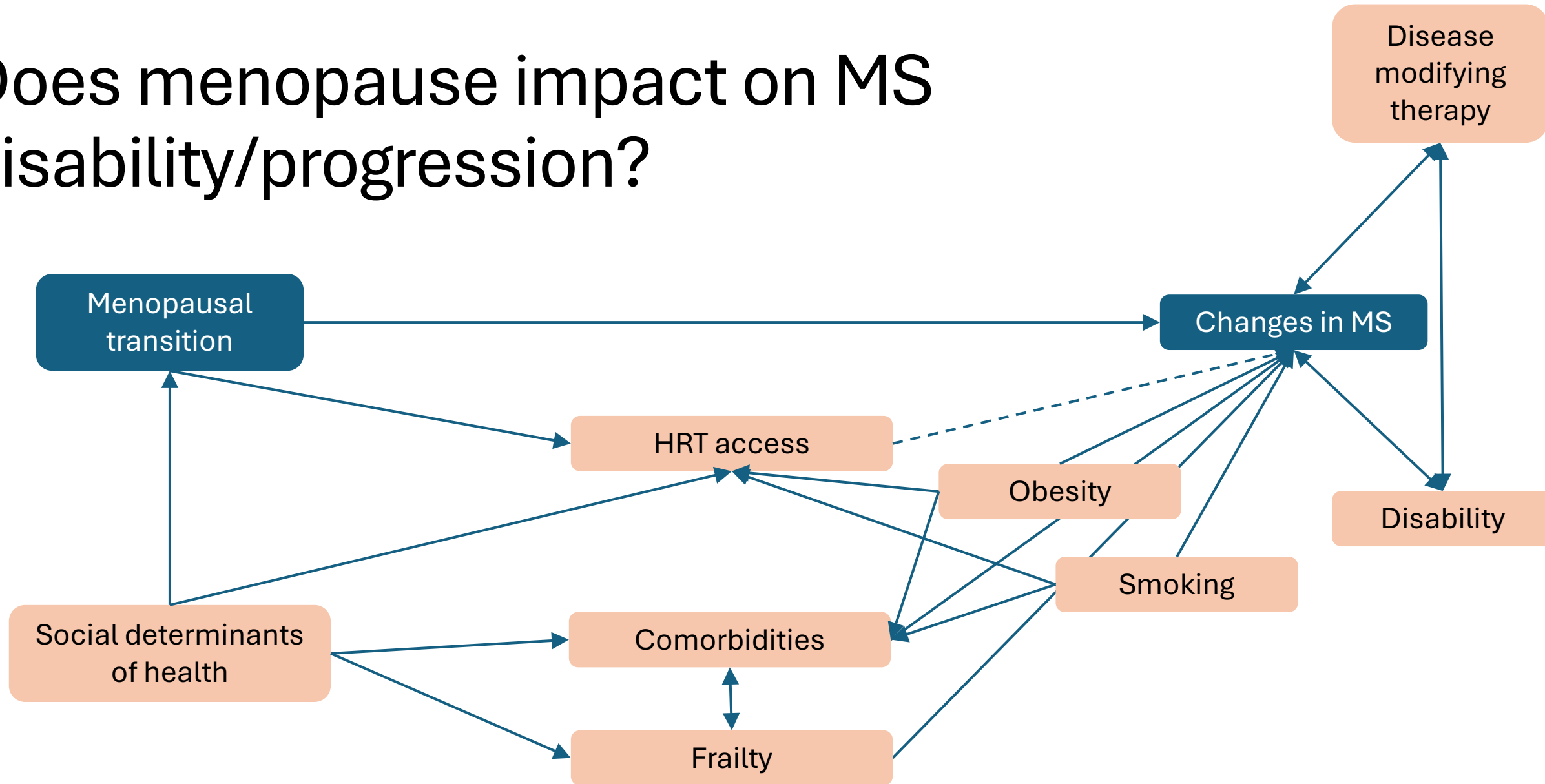
“Have you noticed any differences in your MS symptoms that you think are related to menopause?”



“Please indicate which MS symptoms you think have been impacted by menopause. Check all that apply”* *of those who reported experiencing differences in their MS symptoms that they think are related to menopause, n = 756



Does menopause impact on MS disability/progression?

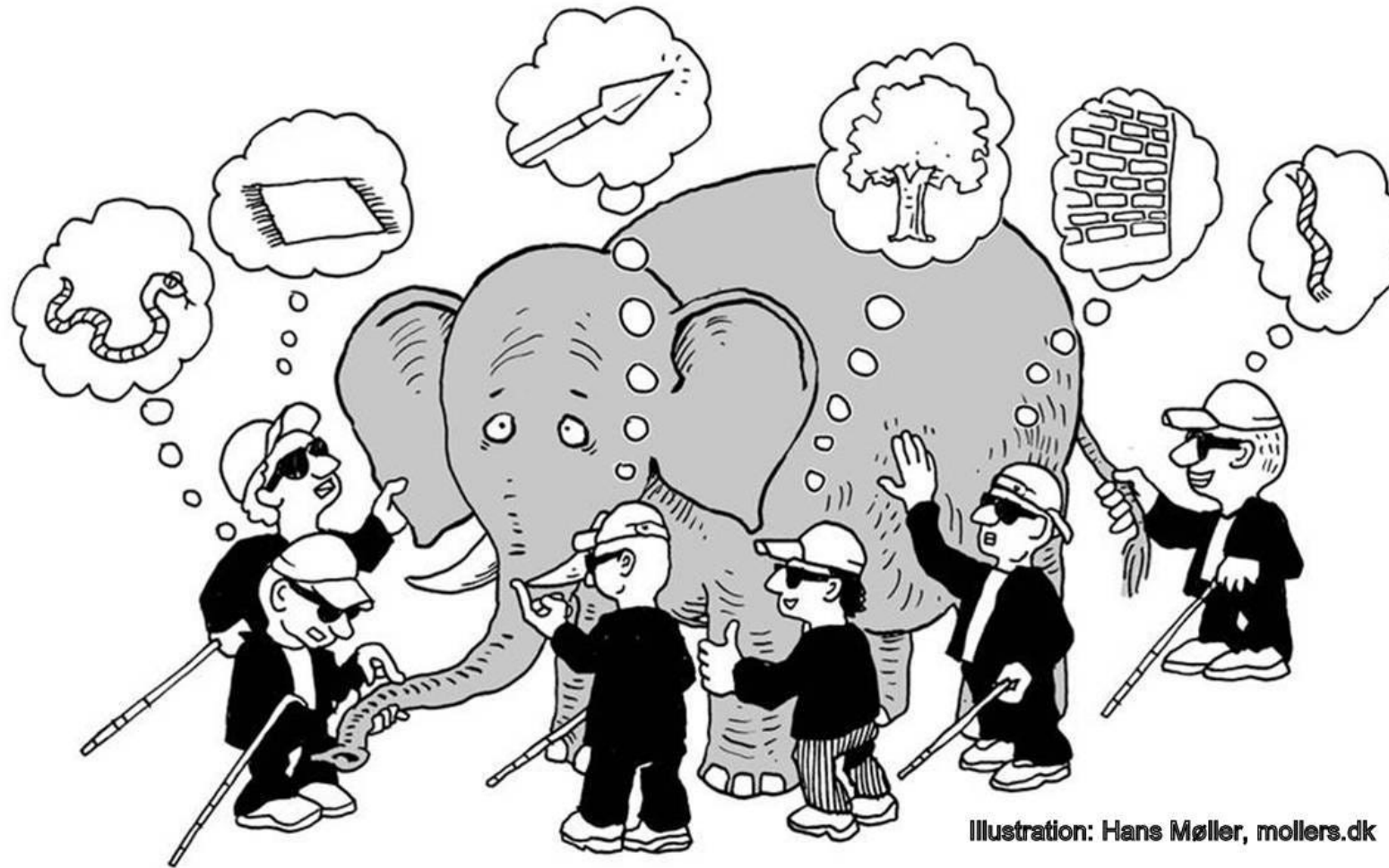




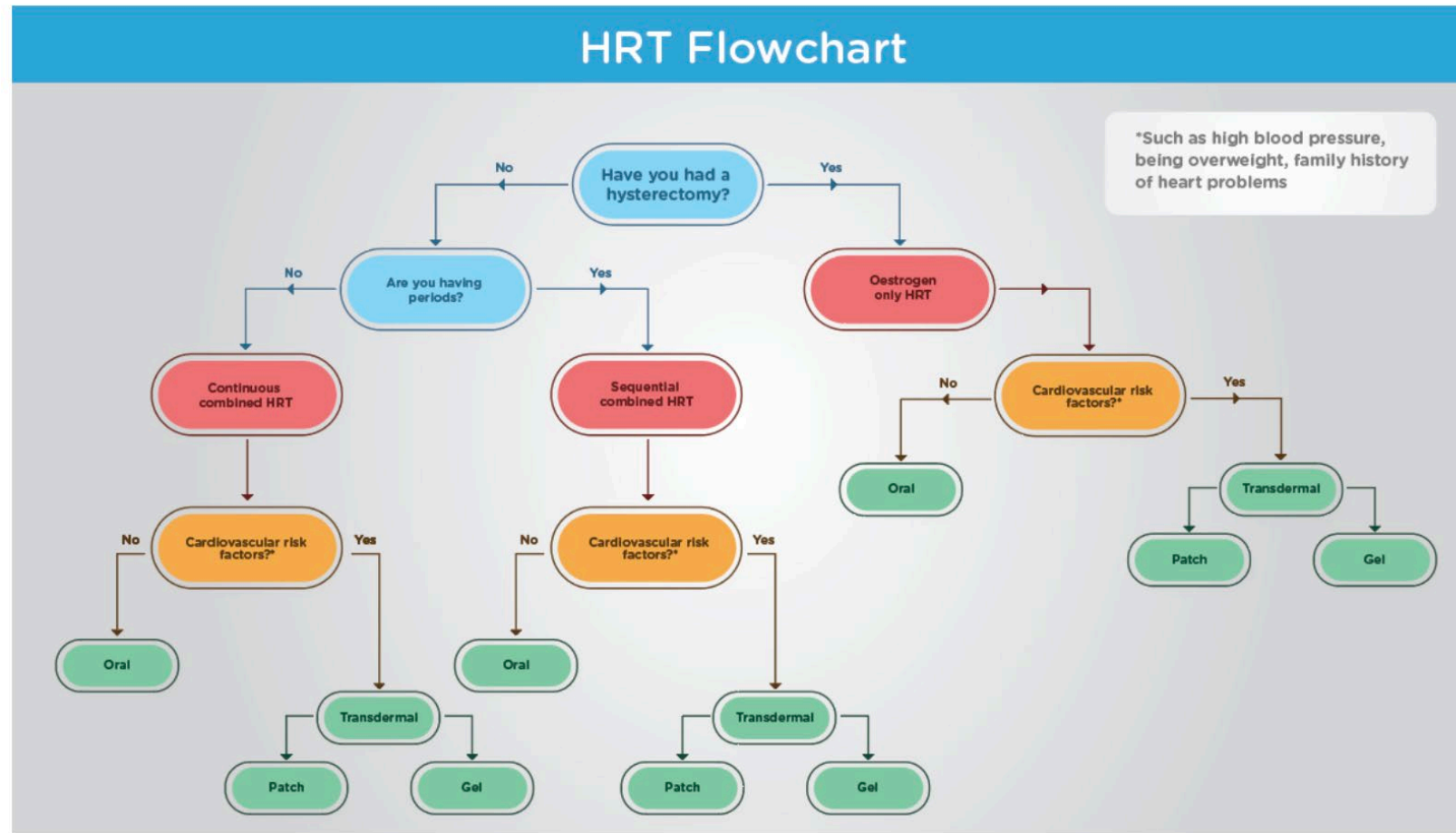
Longer term



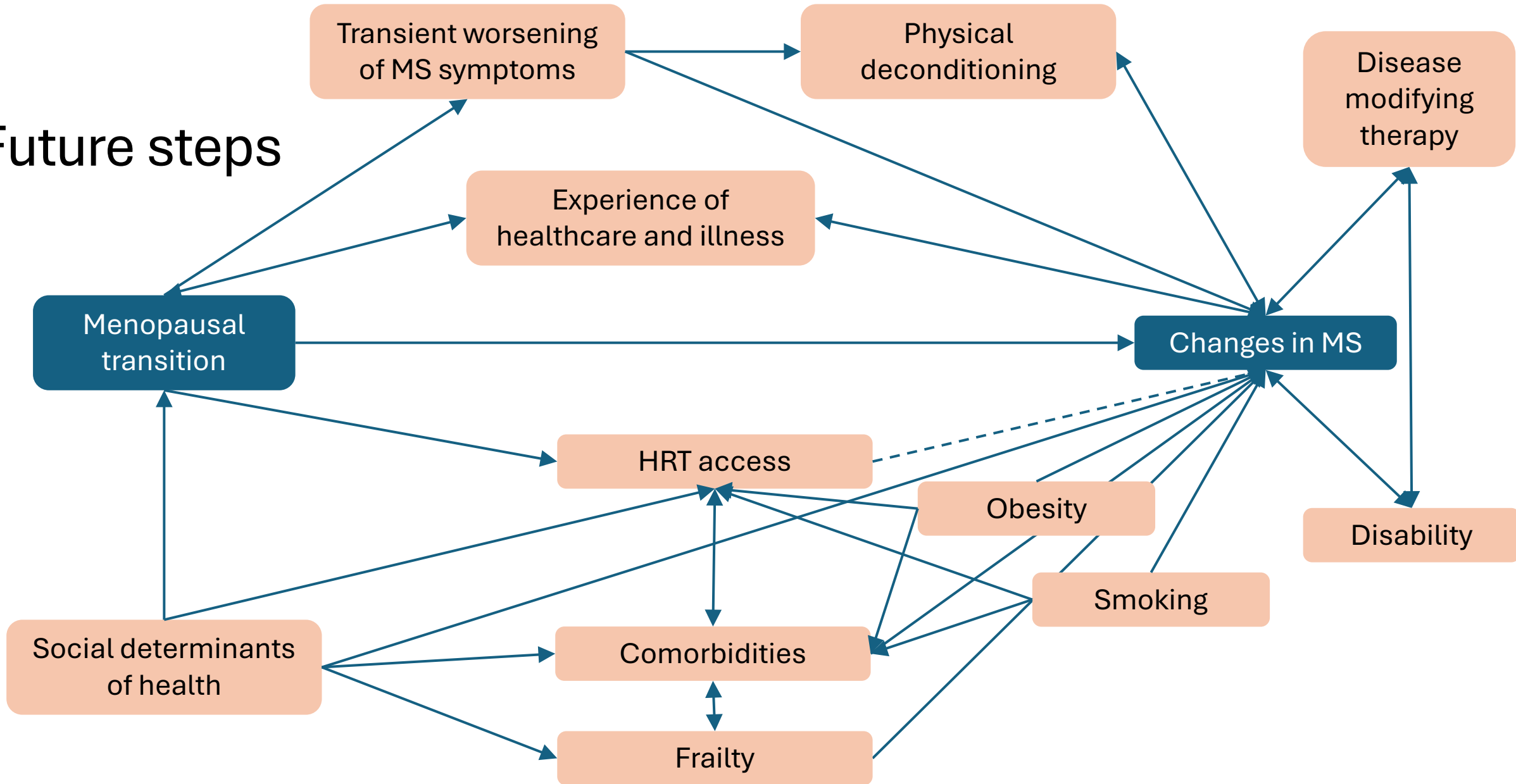
Management across the menopausal transition



HRT is an ideal opportunity to offer personalised healthcare



Future steps



Thank you

Immy Collier

Joshua Breedon
Claudia Cooper
Katila George
Gavin Giovannoni
Luke Hone
Rachel Horne
Ben Jacobs
Morghan Hartmann
Ashvin Kuri
Heather Mah
Charles Marshall
Alastair Noyce
Francesca Rios
Pooja Tank
Alison Thomson
Nicola Vickaryous
Emily Daniels
Hiba Adan



All the people with MS
who have taken part in
our studies

