To the best of your knowledge, which of the following areas of health and wellbeing can be affected around the same time as perimenopause or menopause? Please select all that you believe apply.

	Total
	A
Unweighted Base	**6000**
Base: Total Answering	**6000**
Sleep quality	4264
	71%
Mood and mental wellbeing	4412
	74%
Weight and metabolism	4184
	70%
Bone health	3042
	51%
Heart and cardiovascular health	1905
	32%
Memory and concentration	3595
	60%
Skin and hair	3798
	63%
Sexual health	3269
	54%
Joint and muscle health	2941
	49%
Eyesight and eye health	2380
	40%
None of the above	133
	2%
Don't know	193
	3%
Sigma	34117
	569%

Which of the following steps, if any, have you personally taken or considered taking to help navigate the changes that happen around perimenopause or menopause? Please select all that apply.

	A
Unweighted Base	**6000**
Base: Total Answering	**6000**
Consulted a general practitioner (GP) or primary care doctor about my symptoms	1132
	19%
Sought out a menopause specialist or dedicated menopause clinic	680
	11%
Started hormone replacement therapy (HRT) or other prescribed medication	605
	10%
Made changes to my diet or nutrition	2134
	36%
Increased or changed my exercise routine	1755
	29%
Taken supplements or herbal remedies	2054
	34%
Researched symptoms and treatments online, through apps, or via podcasts	1773
	30%
Joined a support group, online community, or peer network	281
	5%
Spoken to a mental health professional or counsellor	607
	10%
Booked or attended a routine eye exam as part of managing my health during this time	1155
	19%
Spoken to an eye care professional about changes to my vision or eye comfort	1062
	18%
Consulted a physiotherapist or specialist for joint or muscle symptoms	334
	6%
Spoken to my employer or adjusted my work arrangements	161
	3%
Engaged with an online care clinic specific for perimenopause/menopause symptoms	337
	6%
None of the above - I have not taken or looked into any of these steps	1493
	25%
Sigma	15562
	259%

For each of the following, please select the statement that best describes your experience. - Grid Table

	Dry, gritty, or irritated eyes	Blurred or fluctuating vision, changes to appearance of floaters
	A	B
Unweighted Base	**6000**	**6000**
Base: Total Answering	**6000**	**6000**
I have not experienced this	2021	2421
	34%	40%
	C	ACD
I have experienced this but have not spoken to an eye care professional (i.e. optometrist, ophthalmologist) about it	1317	1236
	22%	21%
	C	C
I have experienced this and spoken to an eye care professional (i.e. optometrist, ophthalmologist)	1169	1180
	19%	20%
	DE	DE
I have experienced this and treated it myself (ie with eye drops or pair of drug-store readers)	992	493
	17%	8%
	BCE	
I have experienced this and accepted it's a natural part of aging	502	671
	8%	11%
		ADE
Sigma	6000	6000
	100%	100%

Grid overlap formula used

To what extent do you agree or disagree with each of the following statements? - Grid Table

	Seeing clearly and comfortably is important to how confident I feel day to
	A
Unweighted Base	**6000**
Base: Total Answering	**6000**
Top 2 Box (Net)	5421
	90%
	BCDE
Strongly agree (5)	3034
	51%
	BCDE
Somewhat agree (4)	2387
	40%
	BD
Somewhat disagree (3)	349
	6%
Bottom 2 Box (Net)	230
	4%
Strongly disagree (2)	81
	1%
Not applicable (1)	149
	2%
Sigma	6000
	100%
Mean	4.35
	BCDE
Standard Deviation	0.85
Standard Error	0.01

Which of these actions have you found yourself doing in the past year or two, because of changes in your vision?

	Total
	A
Unweighted Base	**6000**
Base: Total Answering	**6000**
Needing to reach for your reading glasses to keep up (with reading text messages or anything up close)	2290
	38%
Holding a book at arm's length to be able to read	1876
	31%
Aggressively blinking at your laptop screen and hoping it gets less blurry	1988
	33%
Turning on your phone flashlight in dimly lit restaurants to read the menu	1250
	21%
None of the above apply to me	1753
	29%
Sigma	9158
	153%