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**The
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Digestive Health Issues More Common During Perimenopause and Menopause

New study showcases high prevalence of symptoms like bloating, constipation, stomach pain, and acid reflux at midlife

CLEVELAND, Ohio (Oct 21, 2025)—Digestive health issues are highly prevalent among perimenopausal and menopausal women, with many reporting the onset or exacerbation of symptoms during this life stage. Despite symptom burden, formal diagnoses and effective treatment remain limited. That's the conclusion of a new study focused on gut health during the menopause transition. Results of the study will be presented at the 2025 Annual Meeting of The Menopause Society in Orlando October 21-25.

The hormone changes experienced during perimenopause and menopause can cause a variety of gastrointestinal symptoms, which are often dismissed as normal aging or attributed to other issues. Digestive complaints like bloating, gas, stomach pain, and constipation are common to menopause, as well as other health problems.

A new study out of the UK aimed to explore just how common such digestive health problems are among perimenopausal and menopausal women. It also sought to understand current management strategies and the impact of symptoms on health-related quality of life.

Of the nearly 600 study participants aged 44 to 73, a striking 94% reported experiencing digestive health symptoms, with bloating (77%), constipation (54%), stomach pain (50%), and acid reflux (49%) being the most common. Despite the high incidence of problems with their guts, only 33% had received a formal diagnosis of irritable bowel syndrome (IBS). The majority (82%) reported either the onset or worsening of symptoms at perimenopause or menopause.

Statistically significant associations were found between menopause groupings and specific symptoms, particularly bloating and stomach pain. While 53% had sought professional support, 58% of them found it inadequate. Most (89%) tried self-management strategies, including dietary changes, stress management, and supplements. Over half experienced daily or weekly symptoms, with 55% reporting a significant or regular impact on their quality of life.

The findings underscore the need for increased clinical awareness, targeted support strategies, and further research into the intersection between digestive health and menopause. Improving healthcare professional education and broadening research efforts could enhance diagnosis, management, and ultimately, quality of life for women navigating menopause.

"Digestive health problems at midlife are often brushed aside, yet our research shows they are both widespread and impactful for women," says Nigel Denby, lead author and a registered dietitian based in London. "By raising awareness of this hidden burden, we hope to encourage healthcare professionals to

ask the right questions, validate women's experiences, and work towards better support and treatment options during menopause."

More details from the study will be presented at the 2025 Annual Meeting of The Menopause Society as part of the poster presentation entitled "Menopause and the Gut: Uncovering a Hidden Health Burden."

"These results are noteworthy because they demonstrate how many women are experiencing frequent gastrointestinal symptoms and either not seeking care or receiving what they perceive to be inadequate care," says Dr. Stephanie Faubion, medical director for The Menopause Society. "Symptoms like hot flashes, night sweats, and mood changes are more widely recognized as symptoms of menopause, so it can be easy to overlook or underestimate the significance of digestive issues that may be happening at the same time."

Both Nigel Denby and Dr. Faubion are available for interviews prior to the Annual Meeting.

For more information about menopause and healthy aging, visit menopause.org.

The Menopause Society is dedicated to empowering healthcare professionals and providing them with the tools and resources to improve the health of women during the menopause transition and beyond. As the leading authority on menopause since 1989, the nonprofit, multidisciplinary organization serves as the independent, evidence-based resource for healthcare professionals, researchers, the media, and the public and leads the conversation about improving women's health and healthcare experiences. To learn more, visit menopause.org.