


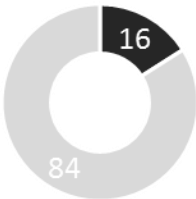

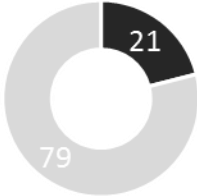

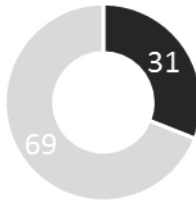

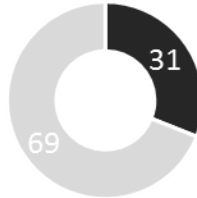
Mood  
related

↑

Most  
bothersome  
symptoms

↓

Heat  
related

Fatigued and alone	Relationship stress
  <p>“My lack of sleep and mood-swings are getting me down”</p>	  <p>“I’m feeling tired and irritable and it’s affecting my relationships”</p>
Uncomfortably hot	Social embarrassment
  <p>“I’m experiencing hot flushes and perspiration that are making me feel uncomfortable”</p>	  <p>“I’m experiencing hot flushes and perspiration that are affecting me socially”</p>

Personal experience

Motivation to  
seek help

Impact on relationships