

HEALTH MATTERS

April 2026



The M-Factor: Shredding the Silence on Menopause

Our recent Reel Health Conversations event, featuring The M Factor: Shredding the Silence on Menopause, on April, 9, 2026, was a tremendous success, bringing together community members and public health advocates for an important conversation on a topic that has too often been overlooked.

The film offered a powerful and evidence-informed exploration of menopause as a major public health and quality-of-life issue, elevating the real experiences of women while challenging the silence, stigma, and misinformation that frequently surround this life stage.

Through personal stories, expert commentary, and discussions on workplace culture, healthcare gaps, and mental well-being, attendees gained a deeper understanding of how menopause affects physical, emotional, and social health. Beyond the screening itself, the event created a valuable learning opportunity by encouraging open dialogue around women's health, health equity, and the importance of improving menopause education in healthcare, public health programming, and community settings. The discussion reinforced how public health professionals can help normalize these conversations, improve access to evidence-based resources, and advocate for systems that better support women across the lifespan.

From a public health perspective, menopause education is essential because symptom burden, access to treatment, and quality care are not experienced equally. Social stigma, cultural silence, and provider knowledge gaps can delay care and worsen health disparities.

Menopause Awareness: Why This Conversation Matters

Menopause is a natural biological transition that typically occurs between ages 45 and 55, yet its health impacts are often underrecognized. Common symptoms include hot flashes, sleep disruption, mood changes, brain fog, and changes in bone and cardiovascular health. Research shows that nearly 80% of women experience vasomotor symptoms such as hot flashes, and many symptoms can last for several years, affecting daily functioning, workplace productivity, and overall well-being.

Keep an eye out for more REEL Health Conversations.

We thank your support and the incredible collaboration with the Mount Olive Library and the Mount Olive Public Health nurses.

Learn more about Menopause and Women's Health Topics:



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