Nearly 40% of Women Say They were Misdiagnosed During Perimenopause, National Survey Reveals

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Perimenopause survey reveals widespread misdiagnoses undermining women's health, with women turning to Google instead of doctors for information

IRVING, Texas--(BUSINESS WIRE)--A groundbreaking national survey from Biote, a leading innovator advancing the healthspan of patients' lives by providing hormone replacement therapy (HRT) and healthy aging solutions, has uncovered that nearly 40% of women felt they were misdiagnosed when seeking care for perimenopause symptoms. Results from the 2025 "Perimenopause Focus" survey of over 1,000 U.S. women ages 30 to 60 expose a healthcare system that is failing women during one of life's most significant transitions, leaving them to navigate perimenopause without adequate medical support.

Misdiagnosis Crisis Affects Nearly 40% of Women

Over half of the women surveyed in "Perimenopause Focus" indicated they had received treatment for depression, anxiety, mood swings or panic attacks since entering perimenopause, including one in three respondents (33%) diagnosed with anxiety.

However, nearly two in five women (39%) who were prescribed medication for conditions like depression felt they were not appropriately diagnosed.

"This data highlights a critical gap in how we approach women's healthcare during perimenopause," explains Dr. Bruce Dorr, Senior Medical Advisor at Biote who leads educational programs for over 8,600 healthcare providers nationwide. "We are seeing anxiety and depression being treated as isolated conditions when providers should be addressing the hormonal imbalance at the root of the problem," Dr. Dorr explains. "Many of these women know something isn't right with their diagnosis, but they don't know where to turn for better care."

Inadequate Conversations with Doctors Fuel Frustration for 1 in 5 Women

Less than half (42%) of women respondents said that their primary care provider or OB/GYN had initiated discussions about perimenopause symptoms during a regular appointment. Even more troubling, nearly 1 in 5 women surveyed (18%) indicated they did have a conversation with their provider about perimenopause, but they felt their concerns were not taken seriously or fully addressed.

With only 31% of OB/GYN residency programs in the U.S. incorporating a menopause curriculum, it's no surprise that many healthcare providers do not feel prepared or equipped to support women through this stage.

"We've created a system where the onus is on women to search for that rare provider with specialized perimenopause knowledge," says Dr. Dorr. "While recent legislative efforts are aiming to improve clinical education, millions of women can't wait for systemic change. They need comprehensive, effective care today."

Women Turn to Google Instead of Doctors for Information

Only 15% of the women surveyed felt adequately informed and knowledgeable about perimenopause when symptoms began. To find more information about perimenopause, 42% said they turned to Google and 42% tapped family members, but only 26% of women learning about perimenopause from their primary care provider or OB/GYN.

This knowledge gap leaves women unprepared for the hormonal fluctuations that affect each person differently. Among survey respondents:

- 56% wished they knew symptoms can start earlier than expected
- 41% wished they knew treatment options were available for perimenopause and associated symptoms
- 37% wished they knew symptoms can be severe and disruptive
- 35% wished they had known perimenopause can impact mental health as much as physical health
- 25% wished they knew how to advocate for themselves with doctors

"The timing of this survey data alongside the FDA's recent decision to remove the black box warning from hormone therapies is striking and demonstrates exactly why this regulatory change matters so much," Dr. Dorr emphasized. "Nearly 40% of women felt misdiagnosed, and now we know that the very treatments that could have addressed their root hormonal issues carried warnings that scared away both patients and providers. Having the FDA acknowledge that these warnings were based on outdated science and have done real harm to women's health has created a pivotal moment for women's healthcare. We are committed to ensuring that providers have the education and confidence to offer hormone optimization as a safe, effective treatment option."

About the Survey:

"Perimenopause Focus" is the second national survey from Biote and follows the landmark " Women in the Workplace" 2022 survey which revealed 17% of women have actually quit a job or considered quitting due to menopause symptoms. Biote commissioned the Perimenopause Focus survey through a third-party research firm to examine how healthcare gaps affect women in perimenopause in support of legislative efforts across 15 states aiming to enhance clinician training and education on menopause.

To access the full study, please visit https://biote.com/learning-center/biote-perimenopause-survey

About Biote

Biote advances the healthspan of our Practitioners' patients by providing innovative hormone optimization and healthy aging solutions. Through our network of Biote-certified providers, we collaborate with leading clinicians to restore vitality and promote vibrant aging.

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