

A GUIDE FOR LOVED ONES

PERIMENOPAUSE AND MENOPAUSE

Going through the menopause can be a challenging time for any couple but it doesn't have to be.

WHAT ARE THE SYMPTOMS MY PARTNER MIGHT EXPERIENCE?

The severity of symptoms varies from person to person.

Symptoms include: A change in periods, hot flushes, night sweats, mood changes, fatigue and poor sleep, joint pains and muscle aches, brain fog, lack of libido, pain during penetrative sex, recurrent urinary tract infections and hair and skin changes.

HOW YOU CAN SUPPORT SOMEONE THROUGH MENOPAUSE

- Educate yourself – the more you know about what they are experiencing and the treatment options available the better
- Share information about symptoms and treatment with your partner
- Help them keep a track of their symptoms using the menopause symptom tracker and diary
- Encourage and support them to see a healthcare professional to receive the right treatment for them
- Be patient and show your partner that you love them
- Remember that sex during the menopause can be complicated, it is important to talk and listen to one another

It's also vital that your partner has people to talk to – in addition to yourself, maybe this could be another family member, friend or colleague.

SEX AND THE MENOPAUSE

Hormonal changes can lead to levels of libido reducing.

The low levels of oestrogen can also cause sexual intercourse to be painful or uncomfortable.

Taking HRT, can help the symptoms your partner may be experiencing.

MENOPAUSE AND MENTAL HEALTH

As many women experience low mood and anxiety they are often misdiagnosed with depression and may be prescribed antidepressants.

Although depression can - and does - occur during the perimenopause and menopause, HRT can often improve the low mood associated with the menopause and HRT can be safely taken with antidepressants.

More fact-based information can be found at:

themenopausecharity.org/menopause



The Menopause Charity provides evidence-based information and support so that no one needs to suffer from the symptoms of perimenopause and menopause.

The charity receives no government funding and relies on voluntary donations.

For more information on how to support The Menopause Charity, please visit: themenopausecharity.org/donate or contact us via: info@themenopausecharity.org

The Menopause Charity is registered in England and Wales (charity registration number 1191332)
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