

SUPPORTING YOUR PARTNER

You have a role to play

While your partner is experiencing symptoms of perimenopause or menopause, you may feel shut out, as they might be uncomfortable discussing these changes with you. Perimenopause and menopause can bring many physical and emotional changes, which can fluctuate, making this a challenging time. Offering support during this period can benefit not only your partner but also your relationship, family, friends, and society as a whole.

EDUCATING YOURSELF

Learning more is the first step. This will help you understand what your partner is experiencing. Check out the various symptoms of menopause and the impact they can have on your loved one. In addition, learn about treatment options and the support available.

Learn more about:

- [What is Menopause?](#)
- [Menopause Symptoms](#)
- [Hormones: what happens to them?](#)
- [Perimenopause](#)
- [MHT: the new HRT](#)
- [Lifestyle Changes](#)

TALK, TALK, TALK

Communication is key, and keeping the channels open shows that you are ready to talk and offer comfort. Not everyone experiences the same symptoms, so try not to make assumptions. Ask how they are feeling or if there is anything you can do to help. Even if the answer is no, you've shown that you care and made them feel supported. Be ready to talk, listen and comfort them when needed.

ENCOURAGEMENT AND EMPATHY

Your partner may feel lethargic, tired, and lacking in confidence. Your words of encouragement and support can help them feel loved and uplifted.

Encourage them to engage with friends who are also going through menopause. This will help provide the opportunity to discuss how they are feeling and to know they are not alone.

HELP WITH SYMPTOMS

The fitter and healthier your partner is, the easier the menopause transition is likely to be. Supporting them to adopt a healthy diet and take regular exercise (walks, swimming, yoga, Pilates) is important for how they feel physically and emotionally.

Work together to reduce alcohol and quit smoking to help reduce the symptoms of menopause.

If your partner has an appointment booked with their GP, you could offer to come with them for support.

Learn more about:

- [Symptoms](#)
- [Lifestyle Changes](#)

SEXUAL WELLBEING AND INTIMACY

The loss of ovarian hormones following menopause can lead to changes in the body and sexual drive. These hormonal changes can make their vagina dry, and they may find that arousal is less intense and their skin is less sensitive to touch. These changes during menopause can sometimes make sex uncomfortable or even painful. Loss of sleep and emotional changes due to night sweats can reduce the energy for sex.

There are treatment options to manage and ease some of these symptoms. Topical oestrogen can improve the quality of the vaginal tissue. Couples need to be careful with their choice of lubricants, as many dry out the vagina and contain preservatives or additives that can lead to dermatitis.

Encourage your partner to see a GP or gynaecologist when these concerns arise to prevent decreased sexual function from becoming sexual dysfunction. If they are perimenopausal, it is also worthwhile considering contraception if needed, as there is a possibility of pregnancy.

Learn more about:

- [Contraception in Perimenopause](#)
- [Menopause and Sex](#)
- [Sleep Hygiene](#)

The good news is that in most cases, when individuals receive a diagnosis followed by treatment, their symptoms improve—and this can lead to a healthier relationship as well!