

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 bring physical and emotional changes that can fluctuate, making this a challenging time. Offering support during this period benefits not only your partner but your relationship and family too.

EDUCATING YOURSELF

Learning more is the first step. Understanding what your partner is experiencing will help you support them. Look into the symptoms of menopause, the impact they can have on your loved one and the treatment options and 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. Keeping the channels open shows your partner 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 whether there is anything you can do to help. Even if the answer is no, you have 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 can help them feel loved and uplifted.

Encourage them to connect with friends who are also going through menopause. This gives them the chance to talk through how they're feeling and know they're not alone.

HELP WITH SYMPTOMS

The fitter and healthier your partner is, the easier the menopause transition is likely to be. Supporting them to eat well and stay active (walking, swimming, yoga, Pilates) matters for how they feel both physically and emotionally.

Work together to cut back on alcohol and quit smoking, since both can worsen menopause symptoms.

If your partner has a GP appointment booked, offer to go along for support.

Learn more about:

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

SEXUAL WELLBEING AND INTIMACY

The loss of ovarian hormones after menopause can bring changes to the body and sex drive. These hormonal shifts can cause vaginal dryness and reduced sensitivity, and arousal may feel less intense. Sex can become uncomfortable or even painful as a result. Poor sleep and night sweats can also lower energy and interest in sex.

Treatment options can ease many of these symptoms. Topical oestrogen can improve vaginal tissue health. Choose lubricants carefully, since many contain preservatives or additives that dry out the vagina and can cause irritation.

Encourage your partner to see a GP or gynaecologist if these concerns come up, so decreased sexual function doesn't progress to sexual dysfunction. If they are perimenopausal, it's worth discussing contraception too, since pregnancy is still possible.

Learn more about:

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

The good news is that in most cases, once a diagnosis is followed by treatment, symptoms improve. This can lead to a healthier relationship too!