

# Putting the men into menopause

**Why husbands, partners and co-workers are embracing 'the change' writes Dee Murray, CEO and founder of Menopause Experts Group.**

If you had stopped a man on the street ten years ago and asked him what he knew about menopause, you'd probably have been confronted by a look of horror.

Menopause simply wasn't a subject that men - or women for that matter - would discuss in polite conversation.

That sense of taboo has finally started to fade, with celebrities like Davina McAll now happy to tell all about their journey through what was euphemistically called 'The Change.'

While the subject has moved on from being unspeakable, there is still a huge lack of knowledge about menopause among men.

But why should men be clued up about menopause?

Over the last five years, I've made it my business to talk about menopause to women and men, and I've noticed a surge in men wanting to better understand the women in their lives.

All men have women in their lives that they love, whether that's their mother, sister, daughter, or partner. And one certainty in life is that all of these women will experience menopause at some point.

Many men will want to know how they can support this life transition. Men often feel helpless, and unable to fix things when they see women suffering from hormonal change.

Relationships are a two-way street, and we all need to understand our loved ones. If men take the time to

educate themselves - exploring what a woman is experiencing both physically and psychologically - the empathy between the two of them increases. From understanding comes intimacy, and with intimacy comes love. This is a win/win for both sexes.

One of the most common complaints from men is that their partner gets moody and goes off sex during menopause. Men often blame themselves, although some take it out on their partner.

There are many reasons why women may go off intercourse during the stages of menopause. Not only does the body believe she is not looking to reproduce any longer, but many of the hormonal changes can make intercourse painful.

Once pain has been experienced during sex, the brain can lower the libido to safeguard the woman from suffering this painful problem again. This is a form of protection. Our brains are very clever.

However, there are ways we can help ourselves and our partners during this time, and with some practical advice and psychological tips, a normal and loving sex life can return.

It takes two, and the more understanding and knowledgeable our partners are, the more likely that a relationship can get past these hurdles.

But it's not just relationships where an improved understanding about menopause is important. Women make up almost half of the workforce, and every day I hear horror stories about how colleagues and bosses are treating menopausal women.

There's a dangerous lack of education among employers about the symptoms and issues associated with menopause, to the point where women are facing discrimination.



Anyone who manages women needs to understand how menopause can affect them or risk having to explain themselves to an employment tribunal.

Menopause Experts is offering free training to men and women that covers all aspects of menopause.

We believe in making things as simple as they can be, so try not to use too many clinical words or expressions, however, it is important that women and men understand the biology and physiology of the female body.

Once we all understand what is happening, everything else falls into place. When we discover what estrogen is, why we need it, and how many other hormones

contribute to our health like progesterone, and even testosterone, a lot of the common symptoms make much more sense.

We want to make it easy for men to better understand, support, and empathize with women. *Menopause training for men* may even help relationships, and reduce divorce rates that are incredibly high during menopausal years. Without sounding dramatic, this could also reduce suicidal thoughts or even suicide.

So, start learning. It's time that men embraced the part they play in menopause.

[menopauseexpertstraining.com](https://menopauseexpertstraining.com)



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## How men can support women

Be prepared to help your loved one cope with the menopause with the Menopause Matters **A,B,C,D,E** for Men:

**A**ccept that changes will take place outwith her control, it's not her fault.

**B**e informed, read the information available at [menopausematters.co.uk](http://menopausematters.co.uk) and be assured that it is accurate.

**C**onsider her needs, emotionally and physically and show her that you Care.

**D**on't necessarily offer solutions, we need time to work out the answers ourselves and Don't assume that you have done something wrong. Do talk about it and Don't go into your cave.

**E**very woman is affected differently, what worked for someone else may not be the answer and we need time to find what works best for ourselves - be patient.



Getting your children to learn more about the menopause will help them in their future relationships with both men and women...



### It's not simply about a wife in midlife...

... okay, it's a nice rhyme, but of course it's not just about husbands and wives when it comes to supporting women through menopause. In a natural lifespan all women will experience menopause at some point in their lives. So, it's about the experiences of partners, sisters, friends, work colleagues, teachers, pupils...everyone... not just those closest to you.