

Menopause: A Practical Guide for Men

Menopause is a **shared journey**, not just a women's issue. It affects relationships, families, and workplaces — yet many men know little about it because it's rarely discussed openly. This guide changes that. By understanding what menopause is, what it feels like, and how to help, men can become **informed allies** — turning silence into empathy, and confusion into genuine partnership.

75%

Experience symptoms

From mild to debilitating — hot flashes, night sweats, brain fog, mood swings, and more

5–8

Years of transition

Perimenopause can last many years before and after periods stop entirely

3

Key hormones shift

Oestrogen, progesterone, and testosterone all fluctuate, affecting every body system

What Is Menopause — Really?

Menopause is the end of menstrual cycles, but the transition — called **perimenopause** — can begin years earlier and involves major hormonal shifts. **Oestrogen** supports brain function, bones, blood vessels, and skin. **Progesterone** helps with restful sleep and calms the nervous system. **Testosterone**, though lower in women, supports muscle, libido, and energy. The loss and fluctuation of these hormones causes symptoms that are real, physical, and often deeply challenging — not mood or imagination.

Common Symptoms

- Hot flashes and night sweats
- Fatigue and disrupted sleep
- Brain fog and memory lapses
- Anxiety, irritability, low mood
- Vaginal dryness and discomfort
- Joint pain and low energy
- Reduced confidence and libido
- Change in the cycle

+ 40+ more symptoms

Why Your Understanding Matters

Many women feel **isolated and misunderstood** during menopause. Partners and colleagues who take the time to educate themselves and respond with empathy can make an enormous difference — not just to wellbeing, but to the strength of the relationship itself.

This isn't about becoming an expert overnight. It's about showing up with **patience, curiosity, and kindness**.

How to Support at Home



Educate Yourself

Learn about menopause basics and symptoms. Knowledge replaces fear and misunderstanding with compassion and practical confidence.



Respect Emotional Shifts

Hormonal changes genuinely affect mood and communication. Avoid snapping back. Give space when needed and reconnect gently — it's not personal.



Encourage Medical Support

Gently encourage her to seek healthcare advice and offer to accompany her to appointments if she'd welcome your support.



Listen Without Fixing

Ask how you can help rather than jumping to solutions. Offer presence and patience — sometimes being heard is the most powerful support of all.



Offer Practical Help

Run errands, prepare a relaxing bath, or simply be present during difficult moments. Small acts of care carry enormous weight.



Be Flexible

Recognise that fatigue and confidence can shift day to day. Adapt plans without complaint — flexibility is a profound act of love.

Supporting Women at Work

Menopause can affect concentration, energy, and confidence — all of which impact performance and wellbeing in the workplace. Creating a **stigma-free, open environment** is something every colleague and manager can contribute to, regardless of their role.

Create Open Conversations

Foster a culture where women feel safe to discuss symptoms or request adjustments without fear of judgement or career consequences.

Simple Workplace Adjustments

Flexible hours, temperature control, access to rest areas, and private spaces can make a significant practical difference to daily comfort and productivity.

Champion Awareness

Encourage managers and colleagues to learn about menopause. Informed teams build empathy — and empathy builds better workplaces for everyone.

Shared Midlife Experiences

Men may also experience hormonal shifts, mood changes, and **mental health challenges** in midlife. Recognising this common ground can open meaningful conversations, deepen mutual support, and strengthen connection during a life stage that affects everyone differently.

Remember This Above All

Menopause is a natural life stage, not a **disease or weakness**. With understanding, flexibility, and genuine support, women can truly thrive through this transition — and relationships, both at home and at work, can grow stronger for it.

Resources Worth Exploring

[Miyara Health App](#)

A dedicated app for tracking symptoms, understanding hormonal changes, and accessing personalised support — a practical companion for women and their allies throughout the menopause journey.

[Miyara Health Blog](#)

Articles to help you understand the different concerns of women during menopause

[Menopause Matters](#)


A leading UK resource with expert information on symptoms, treatments, and lifestyle advice for women and those supporting them.

[Dr. Mary Claire Haver](#)

Evidence-based education from a clinician/influencer

[MenopauseWise India](#)

A growing Doctor-led Indian resource offering culturally relevant guidance, and expert advice for women navigating menopause a

 **Share this guide freely.** By passing this on, women help the men in their lives become informed, compassionate allies — transforming confusion and silence into empathy, partnership, and strength through menopause and beyond.