

Managing Menopause



Women go through many physical and emotional changes during the transition to menopause.

Along with some common challenges, every woman has experiences that are unique to them.

Men: Learn about menopausal symptoms and talk about them with your female partner. Be patient. Ask how they feel and how you can help, including talking through treatment options.

Women: Check in with your female friends. Suggest distracting or relaxing activities to do together. If you are in the transition, share what you are going through, including how others can help.

