



FOR HUSBANDS, PARTNERS & SIGNIFICANT OTHERS (NO CAPE REQUIRED)

MENOPAUSE FOR MEN

The Complete Guide to Not Making It Worse.

"If you've ever thought, 'I have no idea what's happening right now, but I know I should probably do something,' this is for you."

By **Leott Lowdermilk, PharmD** • 35+ Years in Pharmacy

Dear Guys...

Nobody hands you a manual for this. (We checked. There isn't one. That's why we wrote this.)

One day your wife, partner, or significant other seemed mostly like herself. Then, seemingly overnight, there may be hot flashes, sleepless nights, mood changes, brain fog, weight gain, lower libido, and a level of frustration that seems to come out of nowhere.

You may be wondering:

- What happened?
- Is this menopause?
- Is it something I did?
- How do I fix this?

(And if your first instinct is to fix it, you're not alone. We'll get to what actually helps in just a bit.)

The good news is that menopause is not a mystery.

The better news is that a little understanding can go a long way.

This short guide will help you understand what may be happening, and how to support the woman you love through one of the biggest biological transitions of her life.

A NOTE FROM DR. LEOTT

As a pharmacist with more than 35 years of experience, I've spent decades helping people understand medications, hormones, symptoms, and the connections between them.

One thing I've learned is that menopause affects far more than reproductive health. It can affect sleep, mood, energy, memory, metabolism, intimacy, confidence, and how a woman feels in her own body.

The men who understand that are often the men who become their partner's greatest source of support.

Let's get started.

What If You Lost Most of Your Testosterone?

Let's start with something familiar. Imagine that over the next few years, your testosterone levels dropped dramatically. Not overnight. Slowly. Just enough to leave you wondering why you don't quite feel like yourself anymore.

You might experience:



Poor sleep



Less energy



Weight gain around your middle



More irritability



Brain fog



Lower sex drive



Less motivation



Trouble recovering from stress

So you try every supplement you see on TV or social media that promises to make you feel like yourself again. You even go from doctor to doctor, hoping someone finally has an answer.

Now imagine being told: "It's just part of getting older." "Everybody goes through it." "Just push through it."

But you're only 50 years old. Does everyone expect you to spend another 30 or 40 years feeling like this, with no help in sight?

Annoying, isn't it? Welcome to the conversation.

You'd probably be frustrated. You might even start wondering if people were taking your concerns seriously. For many women, that's exactly what menopause feels like, except it's never just one hormone. It can affect nearly every system in the body.

THINGS SHE WISHES YOU KNEW

"I'm not trying to be difficult. I'm trying to function while my body is changing in ways I don't fully understand either."

THE BOTTOM LINE

Menopause isn't simply about getting older. It's a major biological transition that can affect how a woman sleeps, thinks, feels, functions, and experiences daily life. Understanding that is one of the most helpful things you can do.

Menopause: Not Just Hot Flashes

Hormonal changes can affect so much more.

Let's define our terms real quick, because nobody handed you a glossary either.

Menopause, officially, is one specific point in time: it's been 12 months since her last period. That's it. Everything before that is a much longer, much stranger road called perimenopause (its own Part is coming up next, because it deserves one).

Here's the easiest way to picture what's happening in her body: think of her hormones the way you'd think of a finely tuned engine. Menopause doesn't shut the engine off. It's more like one fuel injector getting clogged. The engine keeps running. The car still drives. But nothing feels quite right anymore, and other parts start working overtime to compensate, which is why she can feel it everywhere: sleep, mood, memory, metabolism, all of it.

Meet the Hormones (Briefly, We Promise)

Estrogen: mood, temperature, bone and skin health

Progesterone: sleep, calm, cycle regulation

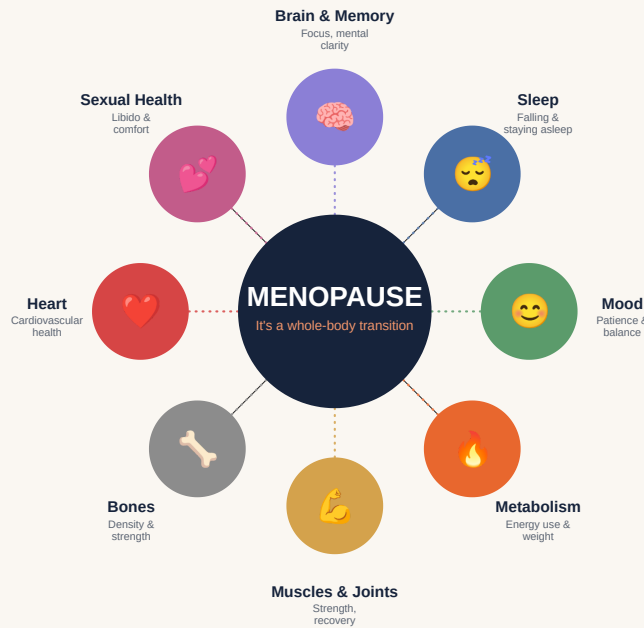
Testosterone: yes, she has it too. Energy, libido, muscle

Cortisol: the stress hormone, quick to spike when the others wobble

A few more that don't usually get called "hormones" in casual conversation, but absolutely are, and can shift right along with everything else: insulin (blood sugar), thyroid hormone (metabolism and energy), and vitamin D (bone health and mood).

When most people hear the word *menopause*, they think *hot flashes*. But menopause affects far more than body temperature.

Hormones help regulate many systems throughout the body. As hormone levels change, those systems have to adjust too, which is why menopause can affect everything from sleep and mood to metabolism and memory, sometimes all at once.



More than hot flashes. More than hormones. More than most people realize.

THINGS SHE WISHES YOU KNEW

“Just because I look fine doesn't mean I feel fine.”

Many women spend years managing symptoms quietly while continuing to work, care for family, maintain relationships, and handle everyday responsibilities. What you see on the outside may not reflect what she's experiencing on the inside.

💡 Did You Know?

The years leading up to menopause have their own name, and honestly, their own personality: **perimenopause**. It can start while periods are still happening, which is one reason this whole thing gets so confusing. We cover it next, buckle up.

THE BOTTOM LINE

Menopause isn't laziness. It isn't a lack of effort. And it isn't "all in her head." It's a whole-body biological transition that affects every woman differently. Understanding that can completely change how you see what she's going through.

Perimenopause: The Chaotic Warm-Up Act

Before the main event, there's a rehearsal nobody warned her about.

If menopause is the finish line (12 months without a period, remember?), perimenopause is everything leading up to it. And it can last years. Hormones don't decline in a neat, predictable line. They swing up and down, sometimes wildly, before they finally settle into a new normal.



Like a Light Bulb on Its Way Out

It doesn't just switch off. It flickers. It dims. It brightens back up like nothing happened. Then it flickers again, and you can never quite predict when. That's perimenopause: hormones flickering before they settle.



Like an Engine That Sputters

Some days it runs fine. Other days it stalls out at the worst possible moment, for no obvious reason. Same woman, same body, wildly different day. That unpredictability is the whole point, not a glitch in the guide.

THINGS SHE WISHES YOU KNEW

"One day I feel fine. The next day I don't recognize myself. I'm not being dramatic. My hormones are actually doing that."



Did You Know?

Perimenopause can start in a woman's late 30s or 40s, sometimes 8 to 10 years before her final period. Many women (and even their doctors) miss it completely, because her labs can look perfectly normal one week and completely different the next.

THE BOTTOM LINE

Perimenopause isn't a warm-up she can just push through and get over with. It's a hormonal rollercoaster with no posted schedule and no warning before the drops. Patience here matters just as much as anywhere else in this guide, maybe more.

What She May Be Thinking... But Not Saying

Menopause isn't just a physical transition. For many women, it can affect how they feel about their bodies, their confidence, their relationships, and even their sense of identity.

The symptoms are often visible. The thoughts behind them usually aren't.

What You May See	What She May Be Feeling
She's tired	<i>"I'm exhausted, but I can't sleep."</i>
She's forgetful	<i>"I used to remember everything."</i>
She's irritable	<i>"I'm trying really hard to hold it together."</i>
She's withdrawn	<i>"I don't feel like myself anymore."</i>
She's less interested in sex	<i>"I don't feel comfortable in my own body."</i>
She seems overwhelmed	<i>"Everything feels harder than it used to."</i>

What you see is often only part of the story.

THINGS SHE WISHES YOU KNEW

"I don't recognize my body anymore."

The strategies that used to work may not work the same way now. Her sleep may be different. Her energy may be different. Her weight may be different. And when she asks why, she's not always getting real answers. That can be frustrating, confusing, and sometimes scary.

"I'm trying my best."

Many women continue working, caring for family members, managing households, and meeting everyone's expectations while dealing with symptoms nobody can see.

"I need support, not solutions."

She isn't asking you to fix anything. She simply wants to know that you're listening, that you believe her, and that you're on her side.

Did You Know?

Many women spend years wondering whether their symptoms are related to stress, aging, lack of sleep, or something else entirely, before realizing hormones may be playing a role.

THE BOTTOM LINE

She isn't trying to be difficult. She isn't trying to push you away. She's trying to navigate a major biological transition while still showing up for the people she loves. A little understanding can go a long way.

You don't have to know exactly what to say. Sometimes "I'm here" beats a 20-minute solution you found on Google.

Things Men Say That Accidentally Make It Worse

We know. Most men mean well. When someone we love is struggling, our instinct is often to fix the problem, find a solution, or help them move past it.

The challenge is that you can't fix her. She isn't broken. Menopause isn't a flat tire, a leaky faucet, or a software problem. Sometimes the most helpful response isn't solving. It's understanding.

Instead of Saying...	Try Saying...
"Maybe you're just stressed."	<i>"That sounds frustrating. Tell me more."</i>
"You're overreacting."	<i>"I can see this is really bothering you."</i>
"You've changed."	<i>"What can I do to help?"</i>
"Just relax."	<i>"What do you need from me right now?"</i>
"You're always tired."	<i>"You haven't been sleeping well lately. How are you doing?"</i>
"When will this be over?"	<i>"We'll get through this together."</i>

Small changes in wording can make a big difference. (Keep this page bookmarked.)

THINGS SHE WISHES YOU KNEW

“I don't need you to try to fix everything.”

Most women already know they're having symptoms. What they're often looking for is understanding, validation, and support. Listening without immediately jumping into problem-solving can be surprisingly powerful.

“Please don't take everything personally.”

Changes in sleep, mood, energy, and libido are often symptoms, not statements about you or your relationship. That doesn't mean your feelings don't matter. It simply means there's often more going on beneath the surface than either of you realize.

“Sometimes I just need a teammate.”

Menopause can feel isolating. Knowing you're in her corner matters more than you may realize.

Did You Know? (Read This One Twice)

If you only take one single action from this entire guide, make it this: **protect her sleep**. Poor sleep alone can wreck mood, patience, memory, energy, and stress tolerance, and it makes every other symptom on this list worse. Many women go months, sometimes years, running on far less rest than they need. Improve the sleep, and a lot of the rest gets easier.

THE BOTTOM LINE

You don't need to become a menopause expert. You don't need to have all the answers. You don't need to fix everything. You just need to listen, learn, and stay on the same team.

Five Things That Help More Than You Think

You don't need a medical degree to support someone through menopause. You don't need to have all the answers. And you definitely don't need to become an expert overnight.

The good news? Some of the most helpful things you can do are surprisingly simple. Think of it less like a textbook, more like a playbook.

1

Take Her Seriously

If she tells you she's exhausted, uncomfortable, overwhelmed, forgetful, or struggling, take it seriously. You don't have to experience it yourself to understand that it's affecting her.

What helps: Listening • Asking questions • Taking symptoms seriously

2

Learn With Her

Menopause affects nearly every woman, yet most people receive little education about it. Learning together replaces confusion with understanding.

What helps: Reading together • Podcasts • Asking questions

3

Protect Her Sleep

Poor sleep can make almost every symptom feel worse. When sleep improves, many women notice improvements in mood, patience, and energy.

What helps: A cooler bedroom • Sharing household tasks • Respecting downtime

4

Be Patient About Intimacy

Menopause can affect libido, comfort, desire, and body confidence. This isn't about blame. It's about working through it together.

What helps: Open conversations • Patience • Affection that isn't always tied to sex

5

Encourage Good Medical Care

Not every healthcare provider receives extensive menopause training. If symptoms are affecting quality of life, encourage her to seek help and ask questions. There are often more options than she realizes.

What helps: Supporting appointments • Tracking symptoms together • Learning about options

"The goal isn't to fix menopause. The goal is to face it together."

The Good News

If you've made it this far, here's the most important thing to remember: menopause is a transition.

It is not the end of her vitality. It is not the end of her femininity. It is not the end of intimacy. And it is certainly not the end of your relationship.

Many couples come through this phase with a deeper understanding of each other than they had before, because menopause often forces conversations that may have been avoided for years. Conversations about health, stress, intimacy, aging, priorities, and what the next chapter of life will look like together.

THINGS SHE WISHES YOU KNEW

"I'm still me."

I may not feel like myself right now. I may be frustrated, tired, overwhelmed, or discouraged. But underneath all of that, I'm still me.

"This won't last forever."

Menopause is a chapter, not the entire story. Most women eventually find answers, develop new routines, and begin feeling more like themselves again.



Did You Know?

Some women spend more than one-third of their lives after menopause. This isn't the end of anything. It's the beginning of a new stage that can still be healthy, active, and fulfilling.

THE BOTTOM LINE

The woman you love isn't fading. She's adapting. She's adjusting. She's navigating one of the biggest biological transitions of her life, and your patience and support can make that journey a whole lot easier.

"The goal isn't to survive menopause. The goal is to move through it together."

Menopause in 30 Seconds

The Screenshot Version. If you only remember one page, make it this one.

SHE'S NOT...

- ✗ Crazy
- ✗ Lazy
- ✗ Weak
- ✗ Broken
- ✗ Making it up
- ✗ Looking for attention
- ✗ Trying to be difficult

SHE MAY BE...

- ✓ Sleep deprived
- ✓ Hormone depleted
- ✓ Overheated
- ✓ Frustrated
- ✓ Mentally exhausted
- ✓ Trying to hold it all together



Listen



Support



Stay on the Same Team

"What do you need from me right now?"

Seriously. That one question will help more than every solution, article, and 2am Google search combined.

THINGS SHE WISHES YOU KNEW

"I don't expect you to understand everything. I just don't want to go through it alone."

😊 One More Thing

Try not to take any of this personally. Her hormones aren't plotting against you specifically, even on the days it really feels that way. You are not the villain here. You're just the guy standing closest to the chaos, lucky you. But it also makes you her best shot at backup.

Menopause isn't just something she experiences. It's something you experience together, and when couples approach it as a team, everybody wins.

ABOUT THE AUTHOR



Dr. Leott Lowdermilk, PharmD

Trusted Pharmacist • Practical Advice • Better Conversations

I'm a pharmacist with more than 35 years of experience helping people understand medications, hormones, metabolism, symptoms, and the often-overlooked connections between them.

My work focuses on helping women step back, look at the bigger picture, and make more informed decisions before adding another medication, supplement, treatment, or piece of advice.

I believe understanding comes before action, and that sometimes the most important step is figuring out what's really driving the symptoms in the first place.

MORE SUPPORT

Additional Resources



Hot Flashes & Cold Truths

The no-nonsense book of hormone facts & hacks.



Before You Add More

A practical workbook to help her sort through symptoms, supplements, hormones, and conflicting advice before adding another solution.



DrLeott.com

Pharmacist-led, integrative support for perimenopause and menopause.

Share the love (or at least the guide).

If this helped you better understand the woman in your life, pass it along to another husband, partner, or significant other.

DrLeott.com

