

SHE NEEDS YOU

A man's role in Menopause

Understanding Her. Showing Up. Being the Difference.

Because this isn't just her journey - it's yours too.

Be That Guy...

Let's get real for a second.

Menopause isn't just a "women's issue." It's *life*. It's a full-body, full-heart, full-mind shift that the women around us - partners, friends, sisters, colleagues - are living through.

And here's the truth: if you're in her world, it affects *your* world too. Whether you live with her, work with her, or care about her - this matters.

This guide? It's not science class. It's the inside track. I'm giving you the real scoop on what she's feeling - physically, emotionally, mentally. Not so you can fix it. So, you can show up. Strong. Grounded. *There*.

By the end of this, you'll have an idea what she's facing. You'll get how to support her - not with clichés, but with presence. With patience. With actual understanding.

You'll also get a sense of what help is out there. And why talking about this stuff - *really* talking - changes everything.

This is your shot to step up and be the man who *gets it*. She won't just notice. She'll remember.

Be that guy.

"She Needs You: Men, Meet Menopause" is a bold new movement that starts with one simple thing: honest conversations. Through real stories, short videos, and practical tips, we're on a mission to create **100,000 conversations** between men and women that change lives.

<https://www.kickstarter.com/projects/laurencefinn/she-needs-you-men-meet-menopause>



SHE NEEDS YOU

MEN & MENOPAUSE

🔥 What’s REALLY Going On

Menopause isn’t just hot flashes and skipped periods. It’s a complete hormonal upheaval that affects her mind, body, and emotions. Think puberty, but in reverse - while juggling a career, kids, parents, and you.

Your partner could be dealing with brain fog, fatigue, anxiety, joint pain, insomnia, depression, memory lapses, mood swings, loss of libido, and more - often all at once.

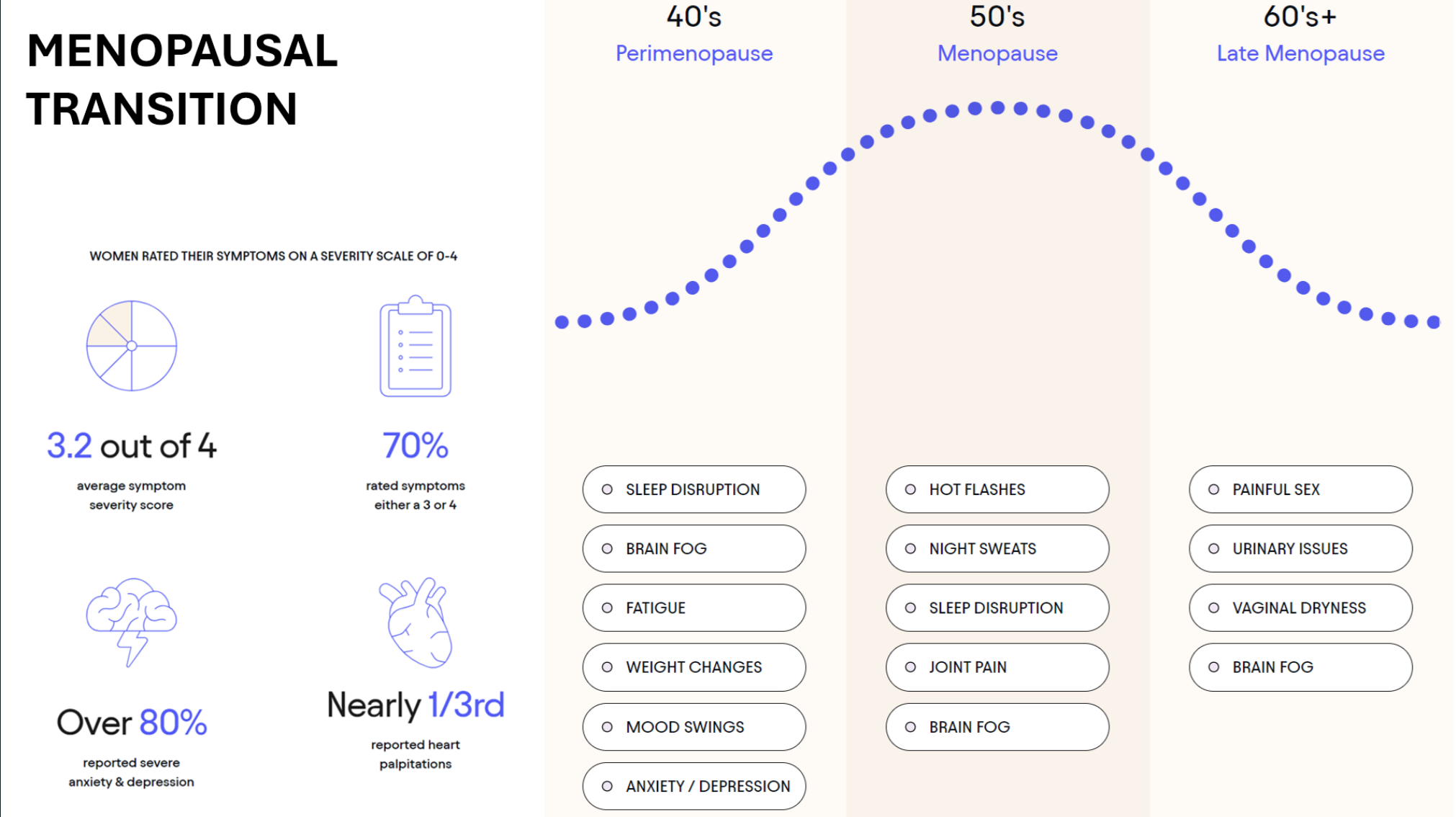
And many women have no idea what's going on because nobody ever taught them either.

This cheat sheet is for you.

- ✓ So, you don’t miss the signs.
- ✓ So, you have a understanding of what she is going through.
- ✓ And so, she doesn’t feel like she’s going through it alone.

The Hormonal Timeline (AKA: What is happening, when and for how long ?)

FIVE STAGES OF A WOMANS LIFE	
Puberty is the exciting phase where a biological female body transitions from childhood to adolescence. Hormones kick in to support growth, develop secondary sexual characteristics, and set the stage for lifelong hormonal health.	Puberty
In the Reproductive Phase, her body experiences peak fertility. Regular menstrual cycles, ovulation, and balanced hormone fluctuations supports her ability to conceive if you wish to, while also playing a key role in overall health and well-being.	Reproductive Years
Perimenopause is the transition leading up to menopause. During this period, hormone levels begin to fluctuate, often resulting in psychological and physiological symptoms as her body prepares for the next chapter.	Perimenopause
Menopause Day marks the moment when 12 consecutive months have passed without menstruation.	Menopause Day
In Post-Menopause, your hormone levels stabilise at a lower level. This phase is all about adapting to a new hormonal landscape and focusing on practices that support long-term health.	Post-Menopause
If her ovaries are removed, menopause hits instantly and often more severely. Hysterectomy (uterus only) doesn’t cause menopause unless ovaries are also removed.	Surgical Menopause



Here’s the blunt truth:
Menopause itself - the technical definition - lasts exactly one day.
It’s the 12-month anniversary of a woman’s **last period**.

But the real question people mean to ask is:

- How long do the symptoms last?**
That’s where things stretch out.
-  **Perimenopause:** 4–8 years before menopause
 -  **Menopause:** The one-day milestone (12 months period-free)
 -  **Post-menopause:** The rest of her life

 **Symptoms can last: 7 years on average, 10–15 years in some women**

Some symptoms (like hot flushes, sleep issues, vaginal dryness, and brain fog) can persist well into post-menopause. And because menopause increases risks of osteoporosis, heart disease, affects the brain and urogenital issues, the health impacts can be long-term if not managed.

So, while “menopause” is technically one day, the transition and consequences can span 15+ years.



Men meet Menopause

Understanding her changes is the most powerful thing you can do.
It’s not awkward. It’s overdue.
Because silence never helped a woman feel supported.

- **Perimenopause kicks off earlier than most blokes realise** - often in her 40s, sometimes even late 30s. She might not look “old” - but her hormones are already shifting gears.
- **It hits way more than just her period.** We’re talking mood swings, brain fog, sleep issues, anxiety, low sex drive, hot flushes, and more. It’s not in her head - it’s in her *body*.
- **There’s no black-and-white test.** No magic number. That makes it harder to spot, easier to dismiss - and far too easy to misdiagnose.
- **It can drag on for years.** Not weeks. Not months. *Years*. Sometimes even a decade. It’s not a quick phase - it’s a marathon with moving goalposts.
- **Even doctors miss it.** You might go to a GP and walk out more confused than you walked in. That’s the reality right now - but it’s changing, slowly.
- **She *can* get help.** Some of it she needs a prescription for (like HRT), and some of it she can do solo - sleep, exercise, diet, stress management. But she needs *support*, not a solo mission.
- **It’s confusing as hell - for her and for you.** You won’t always know what to say or do. She probably doesn’t either. That’s okay. Just *don’t disappear*.
- **She’s lucky to have you.** Just being the guy who wants to understand? That’s massive. Don’t underestimate what that means. Most men don’t even try.

What You’ll Start to Notice (If You’re Paying Attention)

AKA: The stuff she might not tell you, but you need to know.

- ❖ **Acne** - Yep, spots. Hormones can bring back teenage skin. Welcome to Second Puberty.
- ❖ **Allergies** - Suddenly she’s reacting to things that never bothered her. It’s not in her head.
- ❖ **Anxiety** - Worry, nervousness, that sense of being on edge for no clear reason.
- ❖ **Bloating** - One minute she’s fine, next she looks and feels like she swallowed a beach ball.
- ❖ **Body Odour Changes** - Her scent might shift. Not because she’s unhygienic - blame the hormones.
- ❖ **Breast Soreness** - Tender to the touch. Not the fun kind of sensitive.
- ❖ **Brittle Nails** - Weak, breaking easily. It’s another hormonal red flag.
- ❖ **Cholesterol Changes** - Time for a blood test. Silent but serious.
- ❖ **Depression** - This isn’t “just a mood.” It’s a deep, heavy sadness. Be there.
- ❖ **Dizziness** - Light-headedness, balance off - like standing up too quick, but often.
- ❖ **Brain Fog** - Can’t focus. Loses track mid-sentence. Not laziness - it’s neurological.
- ❖ **Fatigue** - Bone-deep exhaustion. Sleep doesn’t fix it. Coffee doesn’t touch it.
- ❖ **Gum Problems** - Bleeding or sore gums. Yes, hormones even hit her mouth.
- ❖ **Hair Loss** - She’s finding hair on the pillow, in the plughole, in clumps.
- ❖ **Headaches** - More frequent. More intense. Often hormonal.
- ❖ **Heart Palpitations** - Feels like her heart’s skipping, racing, or pounding for no reason.
- ❖ **Hot Flushes** - Sudden waves of heat like someone turned the oven on inside her chest.
- ❖ **Irregular Periods** - Late, early, heavy, light, gone for months, back again.
- ❖ **Irritability** - That sharpness? That snap? It's not aimed at you - it's her nervous system frying.
- ❖ **Itchy Skin** - Dry, uncomfortable, crawling sensations. Hormones mess with everything.
- ❖ **Joint Pain** - Waking up stiff. Everything aches, especially first thing.
- ❖ **Libido Changes** - Sex drive on the blink. It’s not about you. Or rejection.
- ❖ **Loss of Breast Fullness** - Her shape changes. Her clothes don’t feel the same.
- ❖ **Memory Lapses** - Forgot why she came into the room? So did she. Again.
- ❖ **Mood Swings** - Laughing, crying, raging - sometimes all before lunch.
- ❖ **Nausea** - Indigestion, unsettled stomach - often linked to hormones or HRT.
- ❖ **Night Sweats** - Hot flushes x100. At 3am. Soaked sheets. No sleep.
- ❖ **Osteoporosis** - You won’t see this one until something breaks. Literally.
- ❖ **Pain During Sex** - Dryness, tightness, soreness. It's not in her mind – and it’s fixable.
- ❖ **Panic Attacks** - Heart racing, chest tight, full meltdown - no obvious trigger.
- ❖ **Sleep Problems** - Can’t fall asleep, can’t stay asleep, can’t get *good* sleep.
- ❖ **Urinary Issues** - More bathroom trips. Leaks. Less control. Very common.
- ❖ **Vaginal Dryness** - Feels like sandpaper, not silk. Causes pain, shame, silence.
- ❖ **Weight Gain** - Especially around the belly. Hard to shift. Hormones + stress = this.

Phew. Yeah - it’s a lot. And she might be feeling *every* single one, or just a handful. You won’t know unless you ask, listen, and show up without trying to fix everything.

💬 *Men, meet Menopause.*
Your support doesn’t need to be perfect. It just needs to be real.



Real Talk: What It Might Look Like at Home

- She cries more. Or snaps. Or goes silent.
- She’s exhausted but can’t sleep.
- Sex hurts or she’s just not interested.
- She forgets things. Even your name (kidding... kind of).
- She seems distant or overwhelmed.

➤ This isn’t about you. **But you *can* help.**

Things to Know That Change the Game

- ❖ **Menopause lasts a lifetime:** She’s not just going through a “phase.” She’s adjusting to a new normal.
- ❖ **Symptoms can crush confidence:** She may feel like she’s failing at work, at home, and in the bedroom.
- ❖ **Most women are blindsided:** They weren’t taught this stuff either. That’s why your support matters.
- ❖ **Real treatments exist:** HRT (hormone therapy), counselling, lifestyle changes - and yes, it’s all backed by science.

Five Ways to Be Her Rock

1. Learn a bit (show that you are interested in what she is going through)

You’re already doing this. She’ll appreciate it more than you know.

2. Ask how she’s doing - and really listen & care

No fixing. Just hear her. Show up and shut up (sometimes that’s enough).

3. Go with her to an appointment

If she wants company, it matters. You’ll learn a lot too.

4. Help with practical stuff

Be the guy who steps up when her tank’s empty.

Back her health goals

Walks. Eating better. Rest. Even a shared Netflix detox. Whatever helps - do it together.



A NEW CHAPTER

With the right knowledge, we can navigate this change with confidence.

It’s a chance to rewrite our story together - one rooted in resilience, strength and a new sense of purpose.



SHE NEEDS YOU presents: 100K Conversations
A movement of men talking to men, so more women get the support they deserve.

Most men?
Clueless. Not heartless - just uneducated. Because no one ever told us.

What about most women ? (The Hard Truth)
The average woman typically has no idea, and they literally learn about perimenopause and menopause as they experience it.

- **20% of women may be perimenopausal and don't know it.** That's **2.2 million** UK women starting the transition without confirmation or clarity.
- **49% of women couldn't name any stage of menopause - even when prompted.** That's half the population flying blind through one of the biggest changes of their lives.
- **46% had never heard the term "perimenopause".** And of those who had been through it, **only 47%** recognised it after the fact.
- **1 in 5 women visit their doctor 6 times before getting help.** That's a healthcare system failing women repeatedly before offering real solutions.
- **2 in 3 perimenopausal women felt unprepared or blindsided.** And **1 in 2** said they didn't even know what was happening to them.
- **Half of all women knew almost nothing about menopause before experiencing it.** The education gap is massive - and damaging.
- **Menopause is now on the UK school curriculum (since 2020).** Good for Gen Z, but millions of adult women (and men) still have no clue what's coming.

"The menopause is like having an illness. It's debilitating. I'm exhausted 24/7 because my sleep is disturbed constantly, with or without the hot flushes. Anxiety rules my life! Fatigue overwhelms my body and mind... My painful joints really do hurt, a lot. My memory lapses worry me enough to think I've actually got dementia. Vertigo literally sends me in a spin. My lack of focus and concentration makes me look stupid."



Who are we and what is the next step ?

Two “blokes” committed to making a difference !
Married and living through the menopause with our wives.

100,000 conversations.
Men don’t talk about menopause - and that needs to change. You can help by introducing us to other men living with menopausal partners. No judgment, no pressure - just honest chat that could change someone’s life (and hers).

 **SHE NEEDS YOU – Video Series.**
A bold video series getting men to talk, listen, and understand menopause. Short, punchy clips cover real symptoms, real stories, and how to actually help. Expert led. Because silence helps no one. She needs you.

Did this information help ?
If this helped you understand her better, back us on Kickstarter. We’re building a movement to reach 100,000 men - but we can’t do it alone. Your support keeps the content free, the videos rolling, and the conversations going. Because she needs you. And right now, so do we.

FOR HER
Government Grant (Non-repayable).
If your wife works or runs her own business, she could be eligible for a government-backed grant. (Subject To Status)

This can fund expert hormonal healthcare, business and mindset coaching, a Virtual Assistant, and more — giving her the support she needs to thrive at work and at home.

 IMPORTANT

Navigating Today’s Digital World: Separating Fact from Fiction
With so much information online, it’s difficult to know what to trust. At Femme Forte, we cut through the noise by:

-  Delivering clear, fact-checked content
-  Relying on the expertise of qualified professionals
-  Ensuring all information is rooted in the latest scientific research

Why Trust Femme Forte?
At Femme Forte, we believe in trusted, expert-led, and empowering healthcare for every woman. 

-  **Reliable Information** - Every article, resource, and guide is meticulously vetted to reflect the latest best practices in women’s healthcare.
-  **Expert-Driven Content** - Learn from industry-leading professionals who provide practical, science-backed insights.
-  **Community & Support** - Join a growing network of women empowered with the knowledge to take charge of their hormonal health.

In Association with... The Menopause Consortium (TMC)

We are proud to collaborate with The Menopause Consortium (TMC) - one of the UK’s largest independent providers of in-person women’s health clinics. This partnership ensures you receive expert-backed insights from a diverse network of leading healthcare professionals, including:

-  Doctors & Gynaecologists
-  Nurses & Pharmacists
-  Psychotherapists
-  Dietitians & Physiotherapists

Together, we take a comprehensive, evidence-based approach to supporting her hormonal health.

