

BETWEEN *US*

Are your patients in a long distance relationship under the same roof?



Hormonal health can impact relationship health

Menopause is an abrupt endocrine milestone, defined by the final menstrual period.¹ **Her transition** unfolds over **several years**.^{1,2} **Men's** hormonal changes are gradual, across **decades**.^{3,4} The two trajectories are rarely considered together.



Oestrogen decline may be accompanied by vasomotor symptoms, sleep disturbance, mood changes and genitourinary syndrome of menopause.^{5,6}



In male partners, changes in libido and fatigue may occur, and vascular and cardiometabolic factors may contribute to erectile dysfunction.^{3,7}

Partners also share many of the exposures that shape these trajectories, and spousal concordance for cardiovascular risk factors is well documented.^{8,9}

Their health behaviours often follow the same path. Their hormonal trajectories do not^{1-4,8,9}

Changes in sexual desire and sexual wellbeing are among the consequences women report as most distressing.¹⁰ Yet only **9% of adults** aged 40 to 80 report ever having been **asked about sexual health at a routine visit**.¹¹

CoupleSpan is an emerging, hypothesis-generating framework

It considers **both partners together** across physical health, sexual wellbeing and relationship functioning, using validated measures and dyadic analysis. It is not an established clinical approach, but it is an exciting new area to explore.

Join us on the journey.

Turn over to see where you can learn more.





Scan the QR code to learn more about **Between Us** and the emerging **CoupleSpan** framework.



Between Us, a Besins platform of education and resources for couples, is coming soon.

References

1. Harlow SD, Gass M, Hall JE, et al. Executive summary of the Stages of Reproductive Aging Workshop +10: addressing the unfinished agenda of staging reproductive aging. *Menopause*. 2012;19(4):387–395.
2. Sowers MR, Zheng H, McConnell D, Nan B, Harlow SD, Randolph JF Jr. Estradiol rates of change in relation to the final menstrual period in a population-based cohort of women. *J Clin Endocrinol Metab*. 2008;93(10):3847–3852.
3. Camacho EM, Huhtaniemi IT, O'Neill TW, et al. Age-associated changes in hypothalamic–pituitary–testicular function in middle-aged and older men are modified by weight change and lifestyle factors: longitudinal results from the European Male Ageing Study. *Eur J Endocrinol*. 2013;168(3):445–455.
4. Fabbri E, An Y, Gonzalez-Freire M, et al. Bioavailable testosterone linearly declines over a wide age spectrum in men and women from the Baltimore Longitudinal Study of Aging. *J Gerontol A Biol Sci Med Sci*. 2016;71(9):1202–1209.
5. The 2022 Hormone Therapy Position Statement of The North American Menopause Society Advisory Panel. *Menopause*. 2022;29(7):767–794.
6. The NAMS 2020 GSM Position Statement Editorial Panel. The 2020 genitourinary syndrome of menopause position statement of The North American Menopause Society. *Menopause*. 2020;27(9):976–992.
7. Corona G, Maggi M. The role of testosterone in male sexual function. *Rev Endocr Metab Disord*. 2022;23(6):1159–1172.
8. Di Castelnuovo A, Quacquarello G, Donati MB, de Gaetano G, Iacoviello L. Spousal concordance for major coronary risk factors: a systematic review and meta-analysis. *Am J Epidemiol*. 2009;169(1):1–8.
9. Varghese JS, Lu P, Choi D, et al. Spousal concordance of hypertension among middle-aged and older heterosexual couples around the world. *J Am Heart Assoc*. 2023;12(24):e030765.
10. Metcalfe KB, Meston CM. A scoping review of the biopsychosocial factors influencing sexual desire in menopause. *Sex Med Rev*. 2026;14(1):qea009.
11. Moreira ED Jr, Brock G, Glasser DB, et al; GSSAB Investigators' Group. Help-seeking behaviour for sexual problems: the Global Study of Sexual Attitudes and Behaviors. *Int J Clin Pract*. 2005;59(1):6–16.