

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.



in a long distance
the same roof?



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

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Material intended for healthcare professionals.
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