

# MATE Survey: Men's Perceptions and Attitudes Toward Menopause and Their Role in Partner's Menopause Transition

Sharon J Parish, MD<sup>1</sup>; Stephanie S Faubion, MD<sup>2</sup>; Marc Weinberg<sup>3</sup>;  
Brian Bernick, MD<sup>3</sup>; Sebastian Mirkin, MD<sup>3</sup>

<sup>1</sup>Weill Cornell Medical College, New York, NY

<sup>2</sup>Division of General Internal Medicine, Women's Health Clinic, Mayo Clinic, Rochester, MN

<sup>3</sup>TherapeuticsMD, Boca Raton, FL

# Disclosures

- **Advisory board member:** AMAG
- **Consultant:** Dare, JDS Therapeutics, Sprout, Strategic Scientific Technologies (SST), TherapeuticsMD, and Proctor & Gamble
- **Writing support:** AMAG and TherapeuticsMD

# Menopause and Men

- Due to the increasing longevity in the US, women may live up to 40% of their lifespan after menopause<sup>1</sup>
  - Up to 75% of women are likely to be symptomatic during menopause<sup>2-5</sup>
- Most surveys have targeted menopausal women to assess their perceptions and attitudes regarding menopause<sup>1,6,7</sup>
  - Men's perceptions about menopause are largely unknown

# MATE survey

## MATE survey

- Men's Attitudes Toward mEnopause survey

## Objective

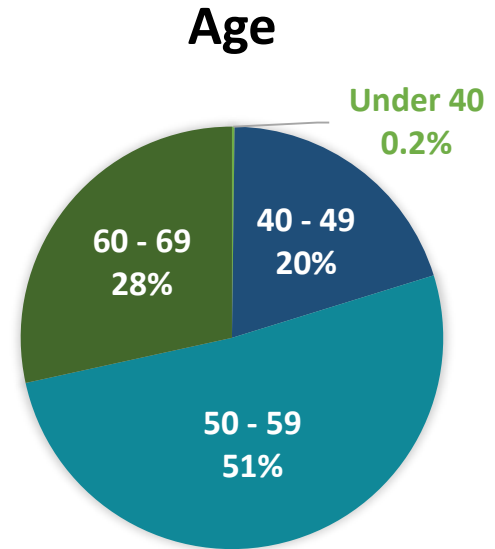
- To characterize men's understanding and knowledge of their partner's menopause transition, key symptoms, and treatment options

# Methods

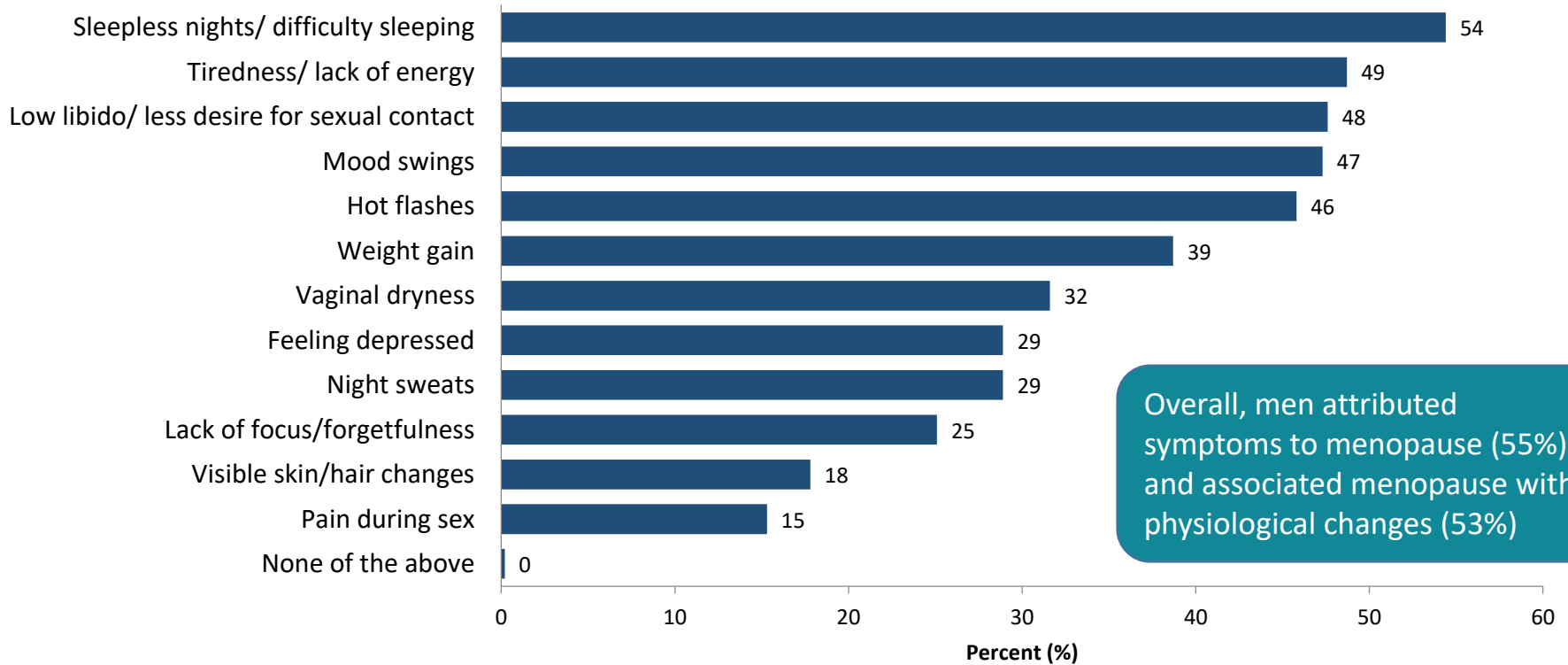
- A 35-question, online survey was sent to men recruited from the Cint online research exchange
  - Survey was conducted by TherapeuticsMD (Boca Raton, FL) in May 2018
- Men were eligible if their female partner (45-64 y) experienced  $\geq 1$  symptom(s): hot flashes, night sweats, sleepless nights, difficulty sleeping, low libido, mood swings, pain during sex, or vaginal dryness
  - Couples could live together full time or separately, but reside together often
- No statistical analyses were performed; data were reported numerically

# Survey Population

- Of 1,356 surveys sent, 450 were completed (33% response rate)
- The majority of men were
  - 50 to 59 years (51%)
  - Married (90%)
  - In their relationship >20 years (62%)
  - Have children at home (61%)
  - Employed full time (57%)



# Men recognized their partners experienced

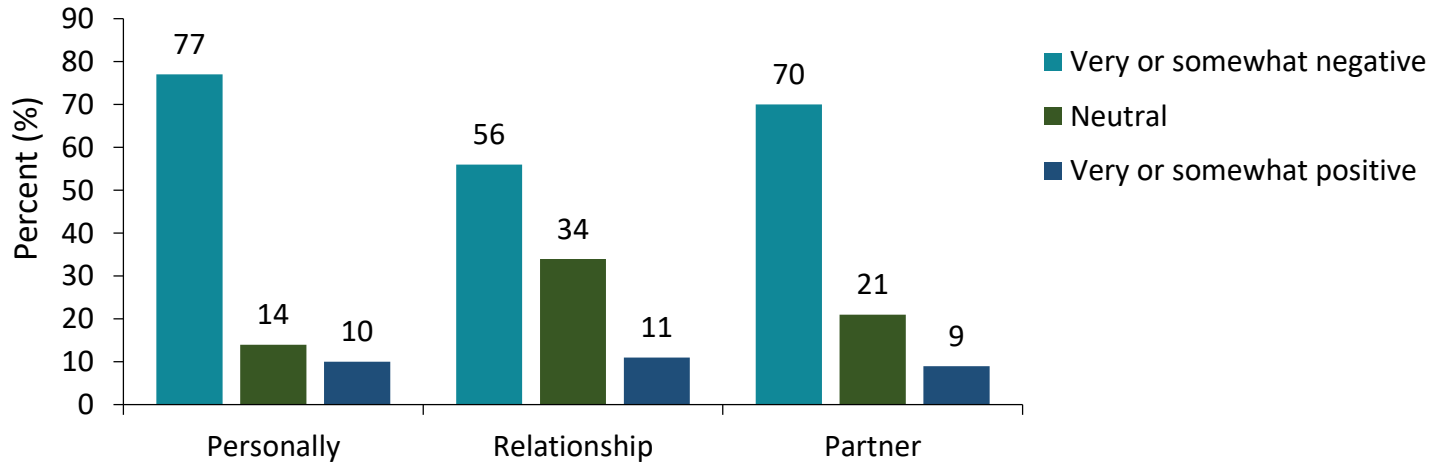


Men chose from a list and were asked what symptoms are regularly experienced by their partner

# Menopausal Symptoms Affect Men

- 63% (284/450) of men reported their partner's symptoms personally affected them
  - Menopausal symptoms negatively impacted most men, partners, and relationship

**Effect of Menopausal Symptoms**



n = 284

Best describes the impact your partner's symptoms have had on you personally, on your relationship, and your partner



# Impact of Menopause on Family Life

Great impact or negative	1 or 2	3	4 or 5	Less impact or positive
Less likely to make love	65	22	13	More likely to make love
Less romantic/nurturing with me	58	25	17	More romantic/nurturing with me
Has mood swings	63	20	17	Doesn't have mood swings
Less likely to be patient	58	20	21	More likely to be patient
Emotionally down/depressed	50	31	20	Upbeat/optimistic
More forgetful	49	31	19	Less forgetful
Less confident	43	37	20	More confident
Less involved/loving to kids	18	47	36	More involved/loving to kids
Less likely to be active/go out	54	26	19	More likely to be active/go out
Less concerned about appearance	32	33	35	More concerned about appearance

Ratings ranged from great impact = 1 to less impact = 5. Numbers do not add up to 100% due to rounding.

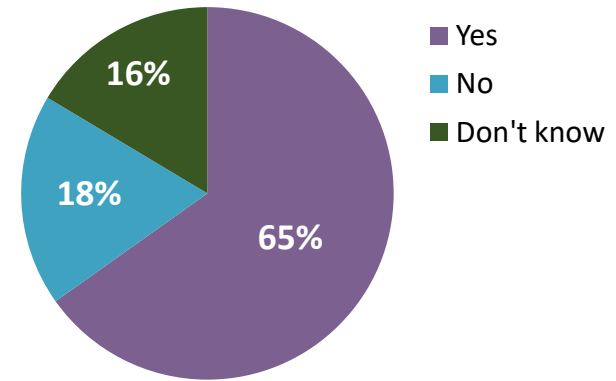
n = 450

For each trait listed, select one of the 5 circles which best describes to what degree your relationship, family life, and your partner have been affected as a result of the symptoms she suffers?

# Symptom and Treatment Option Discussion

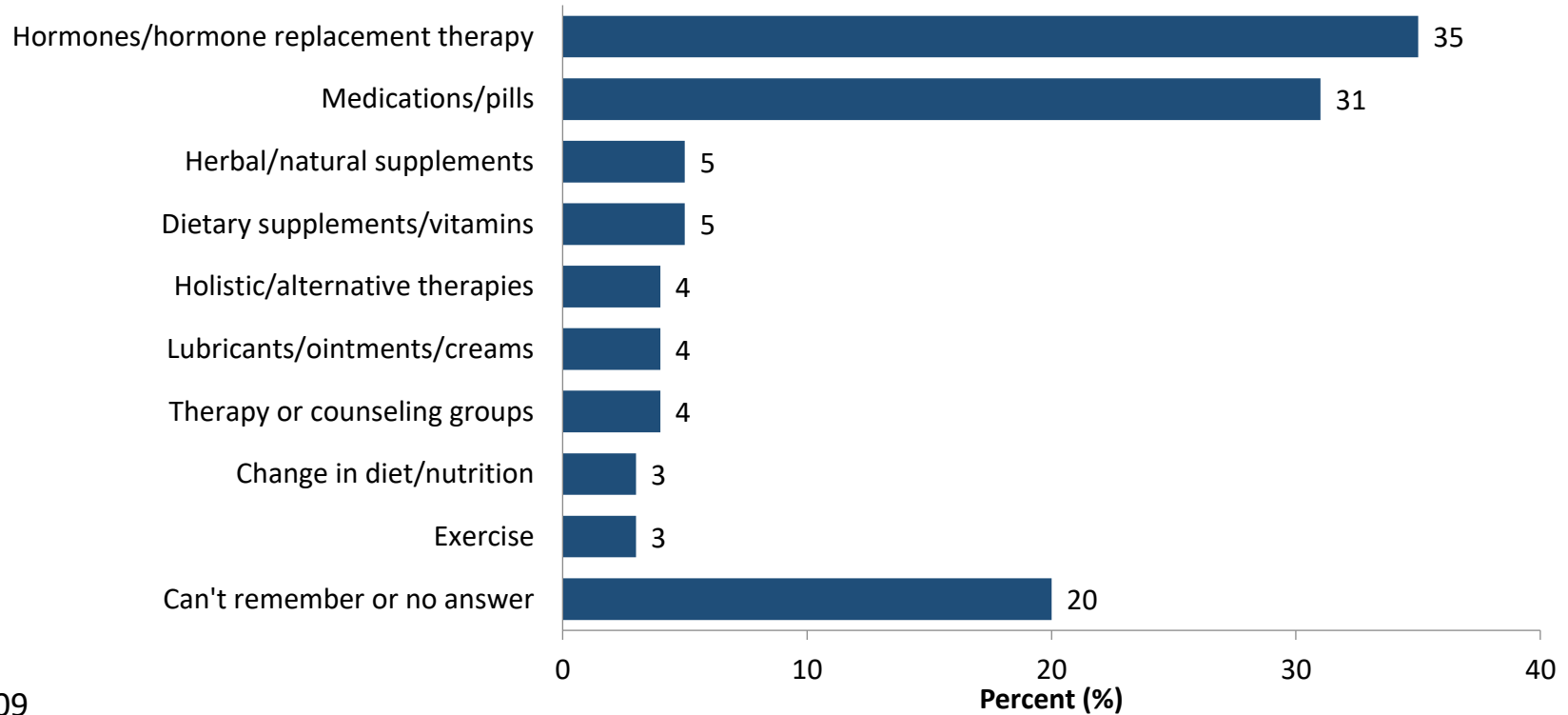
- 72% of men discussed the symptoms with their partner
  - 85% did so in a predominately positive manner
  - 31% tried to be supportive
- Less than half (46%) were aware of treatment options
  - Only 41% of them brought up these options to their partner
- Most would be comfortable discussing options (Figure)

**Would you be comfortable discussing treatment options with your partner?**



n = 450

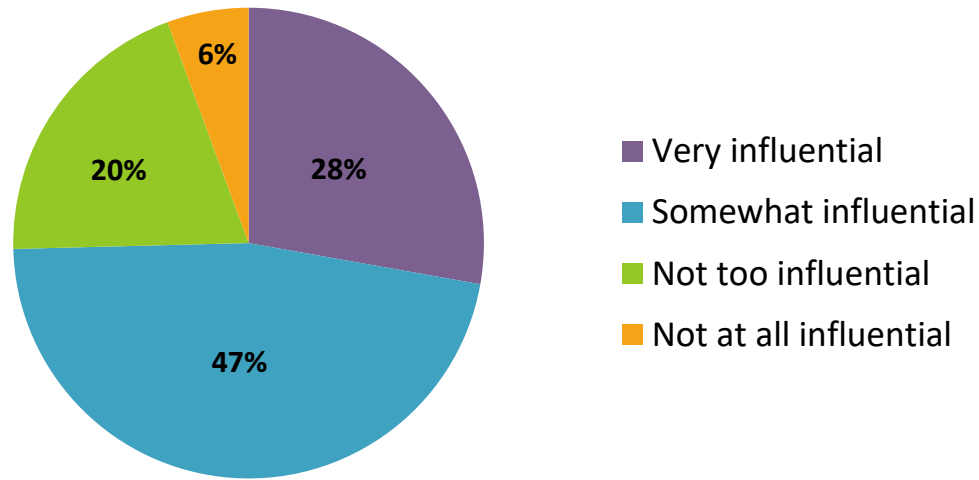
# Men are aware of these treatment options



Men answered the open-ended question: what types of treatment options are you aware of?

# Influence of Men

- Most men believed they were very/somewhat influential in their partner's seeking treatment and lifestyle modifications



n = 126

How influential would you say you were in getting your partner to seek treatment or begin to make lifestyle changes to address her symptoms?

# Conclusions

- Men are aware of the menopause transition and the associated symptoms, and are willing to discuss symptoms
- Menopausal symptoms have a considerable emotional impact on men, which may add additional strain on their relationship and partners
- As men may influence decisions relating to management, educating them about menopause and available treatment options should be part of menopausal care strategies