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

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Disclosures

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Menopause and Men

• Due to the increasing longevity in the US, women may live up to 40% of their lifespan after menopause\(^1\)
  • Up to 75% of women are likely to be symptomatic during menopause\(^2-5\)
• Most surveys have targeted menopausal women to assess their perceptions and attitudes regarding menopause\(^1,6,7\)
  • 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 ≥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.

Overall, men attributed symptoms to menopause (55%) and associated menopause with physiological changes (53%).
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

- **Personally**
  - Very or somewhat negative: 77%
  - Neutral: 14%
  - Very or somewhat positive: 10%

- **Relationship**
  - Very or somewhat negative: 56%
  - Neutral: 34%
  - Very or somewhat positive: 11%

- **Partner**
  - Very or somewhat negative: 70%
  - Neutral: 21%
  - Very or somewhat positive: 9%

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

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

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

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?

n = 450
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?

- 65% Yes
- 18% No
- 16% Don't know

n = 450
Men are aware of these treatment options

<table>
<thead>
<tr>
<th>Treatment Options</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hormones/hormone replacement therapy</td>
<td>35</td>
</tr>
<tr>
<td>Medications/pills</td>
<td>31</td>
</tr>
<tr>
<td>Herbal/natural supplements</td>
<td>5</td>
</tr>
<tr>
<td>Dietary supplements/vitamins</td>
<td>5</td>
</tr>
<tr>
<td>Holistic/alternative therapies</td>
<td>4</td>
</tr>
<tr>
<td>Lubricants/ointments/creams</td>
<td>4</td>
</tr>
<tr>
<td>Therapy or counseling groups</td>
<td>4</td>
</tr>
<tr>
<td>Change in diet/nutrition</td>
<td>3</td>
</tr>
<tr>
<td>Exercise</td>
<td>3</td>
</tr>
<tr>
<td>Can't remember or no answer</td>
<td>20</td>
</tr>
</tbody>
</table>

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

n = 209
Influence of Men

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

28% Very influential
47% Somewhat influential
20% Not too influential
6% Not at all influential

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

n = 126
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.