



Letter to Editor

Navigating perimenopause together

Aswathy Madhu¹, Rohon Saha^{1*}¹Dept. of Community Medicine, Dr. D.Y Patil Medical College, Hospital and Research Centre, Dr. D.Y. Patil Vidyapeeth, Pimpri, Pune, Maharashtra, India

Received: 05-06-2025; Accepted: 15-07-2025; Available Online: 09-09-2025

This is an Open Access (OA) journal, and articles are distributed under the terms of the [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License](https://creativecommons.org/licenses/by-nc-sa/4.0/), which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

For reprints contact: reprint@ipinnovative.com

Dear Editor,

"Only when a person deeply feels and empathize a situation then only he can truly help someone navigate through both physically and emotionally, even without having biologically experiencing it."

When it comes to perimenopausal women, husbands play a crucial role in supporting their wives while they go through this phase, which often brings daily struggles as stress, emotional breakdowns, and mood swings because of hormonal imbalances.

The menopausal transition can be gradual, caused by the loss of ovarian follicular function and a decline in circulating blood oestrogen levels.

1. Menopause: No menstruation for 12 months, typically age 45-55.
2. Perimenopause: is the transitional period before menopause, ranges from 2 years to 8 years with a mean duration of 5 years.¹

Symptoms of perimenopause include mood swings, irregular periods, vaginal dryness, dyspareunia, hot flashes, insomnia, nocturnal sweats, low libido and depression. Around 1.2 billion women are expected to be in the perimenopausal or postmenopausal period by 2030, with an additional 4.7 million women entering this stage year after that. An estimated \$150 billion is lost annually worldwide as a result of menopausal symptoms since one in three women

report experiencing decreased productivity at work during this time.²

A study done by Yadav V in the year 2021, documented 42.47% pooled prevalence of depression in perimenopausal and postmenopausal women in India.³

This far, only a few targeted surveys have explored how aware men are of, for their spouses' menopause. One example is the Clarifying vaginal atrophy's impact on sex and relationships (CLOSER) survey, which asked 1,000 couples how VVA (Vulvar vaginal atrophy) affected their intimacy and relationships. The results revealed that many men believed their wives avoided intimacy, lost interest in sex, and found intercourse uncomfortable.⁴

Role of husbands

1. To have a basic understanding and adopting a positive, compassionate, soft approach filled with care, love, and patience.
2. Encouraging activities such as evening walks, swimming, yoga, exercising together, and addressing sexual discomforts can make a huge difference.
3. Should prioritize "listening more" over "replying more." It will help to reduce her anxiety, fear, insomnia and depression.
4. Supporting healthy lifestyle changes like quitting smoking and reducing alcohol consumption plays significant role in this

*Corresponding author: Rohon Saha
Email: draswathydyp@gmail.com

5. Additionally, motivating social activities like cooking or joining dance classes, participating in cultural events can help women manage mood swings and anxiety.

Strategies

1. Structured counselling & education sessions
 - a. One-on-one counselling
 - b. Couple counselling
2. Integration into preventive healthcare initiatives:
 - a. Awareness sessions for husbands in Primary healthcare centers (PHCs) & Urban health training centers (UHTCs).
 - b. Training health workers (ASHAs, ANMs, social workers) to educate families on menopause.
 - c. Conduct awareness programs in workplaces, emphasizing the husband's role in supporting menopausal spouses.
 - d. Health camps in urban & rural areas focusing on menopause education for families.
3. Virtual health and digital wellness strategies
 - a. Online doctor consultations with gynaecologists and psychologists for couples.
 - b. Webinars & online counselling platforms to educate husbands on peri-menopausal stress.
4. Collaborations
 - a. Collaboration with NGOs and mental health professionals to expand access to therapy.
 - b. Collaborate with public health institutions & universities to conduct research.

5. Distribution of booklets, pamphlets, and online resources about menopause symptoms, hormonal changes, and husband's role.

Perimenopausal and menopausal period is often viewed in Western society as a decline or a "disease" to be treated, while other cultures, such as the Mayans, see it as a time of freedom, dignity, and respect. Given these cultural differences in how menopause is experienced, it's important to conduct research within specific cultures to develop tailored management strategies.⁵

1. Conflict of Interest

None.

References

1. World. Menopause [Internet]. Who.int. World Health Organization: WHO; 2024. Available from: <https://www.who.int/news-room/fact-sheets/detail/menopause/>
2. Kuck MJ, Hogervorst E. Stress, depression, and anxiety: psychological complaints across menopausal stages. *Front Psychiatry*. 2024;15:1323743.
3. Yadav V, Jain A, Dabar D, Goel AD, Sood A, Joshi A, et al. A meta-analysis on the prevalence of depression in perimenopausal and postmenopausal women in India. *Asian J Psychiatr*. 2021;57:102581.
4. Parish SJ, Faubion SS, Weinberg M, Bernick B, Mirkin S. The MATE survey. *Menopause*. 2019;26(10):1110–6.
5. Beyene Y. Menopause: A Biocultural Event [Internet]. Available from: https://culturalcontextofaging.com/wp-content/uploads/2021/10/7_BEYENE_beyene_WEB_BOOK_Fixing_1_1_20.pdf

Cite this article: Madhu A, Saha R. Navigating perimenopause together. *Indian J Forensic Community Med*. 2025;12(3):224–225.