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# Menopausal and Perimenopausal Bodies

Menopause is a significant bodily transition with real implications for sexual health. The healthcare system has largely treated it as something to manage quietly, if at all.

**Many people experiencing menopausal symptoms wait over a year before seeking help, citing embarrassment, normalization of symptoms, and the expectation of being dismissed.**

Menopause and perimenopause can profoundly affect desire, comfort during sex, body image, and intimate relationships. Yet they remain among the most underaddressed areas in sexual healthcare. Ageism and stigma around female aging shape what gets researched, taught, and discussed.

