

Menopause Café
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Sex &
The Menopause



Dr Claire Macaulay

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Oncology Doctor and Sex Menopause Expert

Claire is an oncology doctor who treats people with breast cancer. She is also a sex science geek who is passionate about supporting people to create the kind of sex life that is right for them. Throwing away ideas of what people “should” be doing, Claire concentrates on what is meaningful and nourishing to each individual.

Claire has a particular interest in working with people who are in the perimenopausal or menopausal phase of life, whether naturally occurring or as a consequence of medical treatment. Claire works with clients 1:1 or in group coaching programmes, delivers training to healthcare professionals on matters of sexuality and loves nothing more than speaking in public about all things sex.



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Menopause & Sex – Intro

Did you know that up to 70% of women experiencing the menopause will have some problem in their sex life?

Let that sink in. The messages that we have been led to believe about sexual expression in older people are not exactly juicy – dried up, no desire and a cup of tea might be more fun!

As a somatic sex coach who specialises in sex throughout perimenopause and beyond, we'll focus on the main issues that can arise during the menopause and what you can do about them – if that is what you want.

And starting with what you want is key. Many mid-life women have been conditioned to override their own wants and desires for the sake of others, and don't actually know what they want.



Common questions that Claire is asked about menopause & sex:

- What has happened to my mojo?
- Is pleasure possible for me now I'm older?
- I have no desire for sex, am I normal?
- How do I talk to my partner about what is going on for me?
- What do I do about vaginal dryness?
- I hate my body - it doesn't seem to work the same way anymore. What should I do?

- **And one of the most common:** Am I normal? Am I normal? Am I normal?



Key Points

- **Take Responsibility** - we need to take responsibility for our sex lives
- **Don't wait for it to happen** - you have to want it and not wait for it to come to you
- **There are two forms of sexual desires:**
 - 1) Spontaneous Desire (what men experience)
 - 2) Responsive Desire (what women experience).
- **Responsive Desire** – Many women say they can't be bothered but once things get going they enjoy it get in the mood. This refers back to women having a “responsive desire” and the touch, foreplay being so important.



Key Points (2)

- **Use Lube** – Claire advises women to use as much lube as they want to make them feel comfortable, especially during menopause when many experience vaginal dryness
- **Low Libido & Testosterone** – Testosterone is not going to sort out low libido 100% of the time. Low libido may have been present for years but due to all other symptoms of menopause/perimenopause, it is perceived to be more tolerable
- **Everyone is Different** - everyone has very different levels of desire and libido and if you don't want to have sex and feel ok with that then that's ok too. You're not broken just because you don't want to have sex. Get help only if it has changed or is negatively affecting you or your relationship.



How to Contact Me

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Questions?