

# THE STATISTICS ARE IN!

## Menopause Isn't Just For Women



### LISA R. TRIGGS

AUTHOR, SPEAKER & MENOPAUSE  
QUEEN

#### ABOUT LISA

Lisa is a trendsetter and the visionary behind *The Menopause Mindshift*, a movement dedicated to empowering women to live their best lives during menopause. After years of personal struggle, Lisa transformed her experience by shifting her mindset and now shares her story in her upcoming book, *The Menopause Mindshift: How I Unleashed My Inner Queen, And You Can Too!* Her goal is to encourage women to flourish during this phase of life.

### MALE MENOPAUSE, IS A THING!

#### STORY IDEAS



**By the year 2025, over 1.1 billion women will be menopausal**

Why women spend 40% of their lives post menopausal



**Male menopause is a thing**

Why men go through male menopause, or andropause



**The shocking suicide statistics**

How menopause years coincide with high suicide rates in women



**Low testosterone in men and relationships**

How to recognize the signs that your male partner may be in andropause

Sources: [Mayo Clinic Health System](#)  
[CRMC, Cuyuna Regional Medical Centre](#)  
[Feisty Menopause](#)  
[National Library of Medicine](#)



**Available on short notice**



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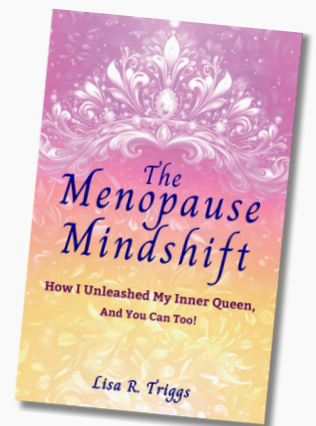
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