

How to Be Her Ally: A Conversation Guide for Partners

Step 1: The “Right Time” Rule

Never bring up health symptoms when she is currently exhausted, frustrated, or in the middle of a hot flash. Bring it up during a “baseline” moment—while driving, walking the dog, or having a quiet dinner.

Step 2: Use “I” Statements & Observations

Avoid saying, “You’re always tired” or “You’re acting moody.”

- **Try:** “I’ve noticed you haven’t been sleeping as well lately, and I hate seeing you exhausted.”
- **Try:** “I was watching a video by a women’s cardiologist, and she mentioned that things like [Fatigue, Joint Pain or Other Symptoms] can actually be heart health signals. It made me want to make sure we’re looking out for you.”

Step 3: Frame it as “The Shift,” Not “The Person”

Remind her that the symptoms are *external* signals of *internal* changes.

- **Say:** “I know you’ve been pushing through this, but I learned that these changes are just your body’s way of signaling a shift in hormones and heart health. It’s not just you being tired; it’s physiological.”

Step 4: The “Safety” Offer

Don’t tell her what to do. Offer to clear the path.

- **The Script:** “I want you to feel like yourself again. I found a specialist, Dr. Nitza Alvarez, who focuses specifically on this. If I look into the details, would you be open to just having a conversation with her? I’ll drive, or we can just look at her website together.”

Step 5: The Closer

- **Say:** “I’m not bringing this up because I want you to ‘fix’ anything. I’m bringing it up because I want us to have the longest, healthiest life together possible. I’m your ally in this.”