



# *The Menopause Exchange*

## **PRESS RELEASE**

**For immediate release: 1 February 2010**

### **Get relief from those hormonal headaches**

Headaches affect around nine in every ten women in the perimenopause due to fluctuating hormone levels. For many women, the headaches are simply a minor inconvenience, but some find that their headaches are particularly troublesome and interfere with their daily life.

In the Winter 2009/10 issue of *The Menopause Exchange* newsletter, Dr Anne MacGregor, director of clinical research at the City of London Migraine Clinic, looks at headaches at the menopause. She discusses why headaches and migraine may be more common at this time of life, the role of HRT and how you can manage your headaches effectively with over-the-counter painkillers.

“Headaches are a common problem at the menopause and may be worsened by certain types of HRT,” says Norma Goldman, founder and director of *The Menopause Exchange*. “In her article, Dr MacGregor looks at the best forms of HRT and non-hormonal options for women who are prone to headaches and migraine.”

*The Menopause Exchange* is completely independent – it’s not sponsored by any companies and is funded purely by subscriptions from individuals and healthcare professionals. Other articles in the Winter 2009/10 issue include the progesterone story, contraception for women over 40 and menopause relief through the pharmacy.”

Visit The Menopause Exchange website at [www.menopause-exchange.co.uk](http://www.menopause-exchange.co.uk).

**For more information on The Menopause Exchange**, write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS, call 020 8420 7245, fax 020 8954 2783 or send an e-mail to [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk)

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#### NOTES FOR EDITORS

1. The Menopause Exchange Newsletter was launched in June 1999.
2. The founder and director of The Menopause Exchange is Norma Goldman, a pharmacist with a Master's degree in health promotion. She gives talks on the menopause at organisations, workplaces, exhibitions, health clubs, pharmacies and other venues. Her daughter, Victoria, the editor of the newsletter, is an experienced health journalist with a BSc. degree in Biomedical Science and a Master's degree in Science Communication.
3. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, healthcare professionals (e.g. nurses and pharmacists) and complementary practitioners.
4. Topics covered in previous issues of the newsletter include: the perimenopause; types and forms of HRT; easing flushes and sweats without HRT; phytoestrogen and herb safety; testing for osteoporosis; sleeping better at the menopause; menopausal libido; vitamins at the menopause; coping with stress; and premature menopause.
5. UK annual membership (4 issues of the newsletter, regular fact sheets, use of the information service and 'Ask the Experts' panel) costs £18 for individuals; £22 for local organisations; £40 for companies/national organisations; corporate (over 10 copies) and overseas memberships are available on request.
6. All press enquiries to Norma Goldman on 020 8420 7245.