



# *The Menopause Exchange*

## **PRESS RELEASE**

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### **Get the best menopause advice from your pharmacist**

If you are experiencing troublesome menopausal symptoms, make your local pharmacist your first port of call. There are many menopause symptoms that can be managed with over-the-counter remedies, including vaginal dryness and hot flashes.

In the Winter 2009/10 issue of *The Menopause Exchange* newsletter, community pharmacist Lila Thakerar looks at the essential role of the pharmacist in menopause management. She discusses remedies for flushes and sweats, mood swings, dry skin, hair and eyes, vaginal dryness, urge/stress incontinence, urinary and vaginal infections and sleep disturbance. There's also a checklist of what to tell your pharmacist about your medical history.

“Pharmacists are an important source of information and advice, but are often overlooked,” says Norma Goldman, founder and director of *The Menopause Exchange*. “You can discuss sensitive or embarrassing issues with a pharmacist in their private consultation room and they can recommend appropriate products, discuss HRT or refer you to your GP if necessary.”

*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, coping with headaches and migraine and contraception for women over 40.”

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.