



The Menopause Exchange

PRESS RELEASE

All about headaches and migraine

Headaches and migraine can happen at any age, but may worsen around the time of the menopause. Up to 45% of women find that their migraines get more severe or more frequent, thanks to menopausal hormonal fluctuations.

In the Winter 2013/14 issue of The Menopause Exchange newsletter, Bristol GP Dr Gill Jenkins discusses headache and migraine triggers, over-the-counter pain relief, lifestyle measures and the impact of HRT on headaches and migraine.

“We all experience headaches from time to time, often triggered by dehydration, stress or tiredness,” says Norma Goldman, founder and director of The Menopause Exchange. “Migraine affects around 20% to 25% of women and can have a significant impact on a woman’s life. There are effective management options, so it’s essential that women seek help if their headaches are frequent or severe.”

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It aims to provide unbiased and easily understood information to women and healthcare professionals. The information provided is designed to enable women to make informed decisions about their own health and wellbeing. You can now find us on Twitter (@MenopauseExch) and Facebook.

Other articles in the Winter 2013/14 issue of the newsletter include HRT questions you forgot to ask your doctor, herbal medicine safety and eye health for the over-40s. We also have news, book reviews and our ‘Ask the experts’ page.

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If you would like to interview a woman going through the menopause, please contact us, as we have case studies available.

Check out our website at <http://www.menopause-exchange.co.uk>.

Membership of The Menopause Exchange has changed. We are now emailing our quarterly newsletters to anyone with an interest in the menopause and midlife health for FREE. They should visit The Menopause Exchange website for information on how to receive them.

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.

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NOTES FOR EDITORS

1. The Menopause Exchange was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: Types and forms of HRT; Coping with the perimenopause; The menopause after cancer therapy; Coping with hot flushes and night sweats; Anxiety at the menopause; Vitamins at the menopause; Menopausal libido and Seeing your doctor.
3. 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 to employees in the workplace and hospitals, women and women's groups, healthcare professionals, GP practices, organisations, health clubs and at exhibitions. 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.
4. 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.
5. All press enquiries to Norma Goldman on 020 8420 7245.

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