



PRESS RELEASE

Avoiding weight gain at the menopause

Many women battle with the ‘middle-age spread’ as they approach the menopause. But weight gain at this time of life isn’t inevitable. There is plenty you can do to stop it from occurring in the first place.

In the Winter 2014/5 issue of The Menopause Exchange newsletter, dietitian Angie Jefferson discusses why women often gain weight around the menopause. Do hormonal fluctuations at the menopause lead to weight gain? Are changes in body shape related to lifestyle factors? And, most importantly, what can you do to prevent weight gain and encourage weight loss?

“Research shows that the menopause itself doesn’t lead to weight gain,” says Norma Goldman, founder and director of The Menopause Exchange. “But many women do find that their body changes shape and they pile on the pounds at this time of life. To keep their weight stable and improve their overall health, women may need to reassess some aspects of their daily lifestyle – for example, boosting the amount of exercise they do or cutting down on some of their favourite snacks.”

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It provides impartial, easily understood information to women and healthcare professionals. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, complementary practitioners, pharmacists, dietitians etc.

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Other articles in the Winter 2014/15 issue of the newsletter include HRT myths, osteoporosis and coping with hot flushes and night sweats without HRT, as well as book reviews and Ask the Experts Q&As.

The Menopause Exchange quarterly newsletter is available via email for free. Sign up on our website, www.menopause-exchange.co.uk. Find us on Facebook and Twitter (@MenopauseExch).

SPECIAL OFFER: It's International Women's Day on Sunday 8th March 2015. As a special offer, we will be emailing a free back issue to anyone who signs up to become a new member of The Menopause Exchange during the whole month of March.

For more information, write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS, call 020 8420 7245, or e-mail 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: Coping with the perimenopause; The menopause after cancer therapy; Emotions at the menopause; The menopause: a partners guide; Side effects of HRT; Cholesterol and the menopause; Post-menopausal health and Fibroids and endometriosis.
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.