



The Menopause Exchange

PRESS RELEASE

Boost your mood ...

Women can experience a low mood at any time of life, not just at the menopause, triggered by financial problems or work stress. However, troublesome menopausal symptoms can also increase the risk. It's important to protect yourself by managing your symptoms, taking regular exercise and maintaining a good work-life balance.

In the Summer 2010 issue of *The Menopause Exchange* newsletter, Professor Myra Hunter and Professor Margaret Rees look at the risk factors for depression and common signs that a woman has a problem. They also cover how you can help to boost your mood with positive thinking and lifestyle changes, as well as professional help (e.g. counselling or anti-depressant medicines) and complementary therapies.

“Many women are at risk of depression, including those who have severe hot flushes or night sweats,” says Norma Goldman, founder and director of *The Menopause Exchange*. “It’s important that you learn how to manage your menopausal symptoms effectively and to ensure that you have good social support from family, friends and work colleagues.”

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 Summer 2010 issue include benefits and risks of HRT, acupuncture at the menopause and menopause makeover.

Visit The Menopause Exchange website at 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

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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 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.
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; vitamin D; 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.