



The Menopause Exchange

PRESS RELEASE

Coping with hot flushes and night sweats without HRT

Hot flushes and night sweats strike around three-quarters of all women at the menopause. They can cause poor sleep, tiredness and a lack of concentration. Not all women can, or want to, try HRT as a way to ease their symptoms. Fortunately, there are other management options available.

In the Winter 2014/5 issue of The Menopause Exchange newsletter, Debby Holloway, nurse consultant in gynaecology, looks at self-help measures and lifestyle changes that may help to ease hot flushes and night sweats. She also covers complementary medicines, phytoestrogens, complementary therapies and prescribed alternatives to HRT.

“Flushes and sweats are a common, and often distressing, part of the menopause,” says Norma Goldman, founder and director of The Menopause Exchange. “Some women find they can control their symptoms by making simple changes to their lifestyle, such as wearing light clothes and avoiding common dietary triggers (e.g. spicy food). Others turn to complementary therapies, such as acupuncture, or ask their GP to prescribe an alternative to HRT, such as gabapentin. It’s simply a case of finding what works for you.”

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.

The Menopause Exchange. PO Box 205, Bushey, Herts WD23 1ZS

Tel: 020 8420 7245 E-mail: norma@menopause-exchange.co.uk

Website: www.menopause-exchange.co.uk

Other articles in the Winter 2014/15 issue of the newsletter include HRT myths, osteoporosis and weight gain, 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.

End

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.