



The Menopause Exchange

PRESS RELEASE

Dealing with menopausal libido

According to Dr Nicola Mullin, consultant in sexual and reproductive health in Chester, low or no sexual desire affects around a third of women, and is said to be distressing in around 15% of those aged 45 to 65 and 9% of those over 65. It can cause significant emotional stress and relationship problems, yet many women don't seek help, even though effective management options are available.

In the Autumn 2013 issue of The Menopause Exchange newsletter, Dr Mullin looks at the main causes of a low libido, hormonal treatments and self-help measures.

“Libido problems can be due to an underlying problem such as urinary incontinence, an underactive thyroid or some medication (e.g. anti-depressants),” says Norma Goldman, founder and director of The Menopause Exchange. “It may also be caused by tiredness, stress or even menopausal symptoms. Whatever the cause, it is essential that women seek help if they are concerned.”

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.

Other articles in the Autumn 2013 issue of the newsletter include coming off HRT, back pain and vitamins at the menopause. We also have news 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 revamped website at 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; Eating for the menopause; Cystitis and thrush 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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