



# *The Menopause Exchange*

## **PRESS RELEASE**

### **Menopausal symptoms you may not recognise**

Most women know that the menopause can cause hot flashes, night sweats and mood swings. But there are many other symptoms that are also linked to hormonal changes at this time of life but tend to be overlooked.

In the 50<sup>th</sup> issue (Autumn 2011) of The Menopause Exchange newsletter, consultant gynaecologist Dr Claudine Domoney discusses menopausal symptoms that are commonly misdiagnosed and possible ways to manage them. She covers periods and associated symptoms, thyroid trouble, aches and pains, bowel, bladder and vaginal symptoms and mood and emotions.

“The menopause causes a wide range of symptoms, and every woman’s experience is unique,” says Norma Goldman, founder and director of The Menopause Exchange. “The fact that the symptoms are associated with hormonal changes may not always be clear at first. However, menopausal women shouldn’t assume that all of their symptoms are due to the menopause and must speak to their GP to establish the cause of any new symptoms.”

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 Autumn 2011 issue include oestrogen-only and ‘bleed’ HRT, weight gain at the menopause and the menopause at work.

**To celebrate the 50<sup>th</sup> issue of The Menopause Exchange newsletter, we have a special offer for new members.**

Become a member of The Menopause Exchange before the end of January 2012 to receive our special offer. This includes one free back issue of The Menopause Exchange newsletter and two free fact sheets in addition to the usual membership entitlements. (Members of The Menopause Exchange receive four issues of the newsletter, regular fact sheets, use of the information service and access to the 'Ask the Experts' panel). Annual individual membership to The Menopause Exchange is £18.

**Visit The Menopause Exchange website at [www.menopause-exchange.co.uk](http://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](mailto:norma@menopause-exchange.co.uk)

**End**

#### NOTES FOR EDITORS

1. The Menopause Exchange 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; HRT questions you forgot to ask your doctor; easing flushes and sweats without HRT; treating vaginal dryness; sleeping better at the menopause; phytoestrogen and herb safety; menopause relief through your pharmacy; essential fatty acids; screening for women over 50 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.