



The Menopause Exchange

PRESS RELEASE

Menopause management at work

The menopause can trigger a variety of symptoms including hot flushes, poor concentration, mood swings and frequent urination. With women making up 45% of the over-50s in the workforce in the UK, it's important that these symptoms can be managed effectively in the work environment.

In the 50th issue (Autumn 2011) of *The Menopause Exchange* newsletter, Norma Goldman (founder and director of *The Menopause Exchange*) looks at how troublesome menopausal symptoms can have a significant impact on a woman's work performance. She also covers menopause management options, simple self-help measures and key ways to raise the awareness of the menopause amongst employers and work colleagues.

“Stress at work can worsen some menopausal symptoms,” says Norma Goldman. “This effect can be increased by having to make decisions about how to cope with the menopause and take extra time off work to consult a doctor. I present talks on the menopause to companies, organisations and groups of women, as well as videos and podcasts, with the aim of helping working women cope with the menopause. *The Menopause Exchange* can help employers with health and safety policies related to the menopause and offers corporate membership (including newsletters and fact sheets).”

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, menopausal symptoms you may not recognise and weight gain at the menopause.

To celebrate the 50th 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.

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. 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.