



The Menopause Exchange

PRESS RELEASE

Time to smarten up your look at the menopause ...

Does your wardrobe need some attention? Do you want to dress fashionably without looking like mutton dressed as lamb? If so, it's time to give yourself a menopause makeover – choosing clothes that flatter your body shape and help you dress to impress.

In the Summer 2010 issue of *The Menopause Exchange* newsletter, image consultant Sue Donnelly has some advice for women who want to improve their appearance at the menopause. She has tips on choosing the correct size, shape and cut for your body, co-ordinating your colours, layering your clothes (to ease hot flushes) and choosing the right make-up.

“As you get older, your body shape changes and some women find it more difficult to dress in the latest styles,” says Norma Goldman, founder and director of *The Menopause Exchange*. “You can buy clothes to flatter all shapes and sizes, but need to know how to wear them. Even basic things like your underwear and posture can make a big difference to how you appear to other people.”

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 dealing with depression.

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.