

## PRESS RELEASE

### When brain fog strikes...

Keep misplacing your car key? Can't concentrate on simple tasks? Losing track of conversations? Around two-thirds of women experience brain fog at the menopause – a 'fuzzy-head' feeling that means they're not thinking so clearly.

In the Summer 2023 issue of The Menopause Exchange newsletter, Debby Holloway, nurse consultant, discusses brain fog at the menopause: the signs and symptoms, possible causes, and what you can do about it, along with helpful tips and advice.

"It's natural to worry if you keep forgetting simple words, or you can't concentrate on that novel you've been reading," says Norma Goldman, founder and director of The Menopause Exchange. "It's important to get checked out by your GP to make sure there's no underlying cause, but it's usually just another troublesome symptom of the menopause. The good news is that brain fog clears up after a few years, and clarity returns."

Other articles in the Summer 2023 issue of The Menopause Exchange quarterly newsletter include Benefits of HRT, Menopause in different cultures, and When the menopause hurts (joint pain), as well as news, Ask the Experts Q&As and information about Norma Goldman's webinars, talks and workshops.

The Menopause Exchange, which was established in 1999, is unbiased and independent and isn't sponsored by any companies or organisations. Our free quarterly newsletter contains articles written by top UK medical experts, including menopause consultants, GPs, specialist menopause nurses, pharmacists, dietitians and complementary practitioners. We also include news, book reviews and our 'Ask the experts' page. Each issue of The Menopause Exchange's free quarterly newsletter is emailed to over 13,000 people, including women, men, healthcare professionals, complementary therapists, workplace managers and journalists.

**Menopause webinars:** Your readers may be interested in organising a webinar for their family and friends or workplace. For over 24 years, Norma Goldman has been presenting menopause talks and

workshops. Her in-depth knowledge has helped thousands of women enjoy a more comfortable menopause. She's now hosting her own regular webinars via Zoom. Norma's '**Understanding the menopause**' webinar is suitable for women at or approaching the menopause, women who have had a premature menopause (before age 40) or a hysterectomy, or anyone with an interest in women's midlife health. Post-menopausal women can attend presentations too. If women join the webinar, they'll be able to ask questions, receive a factsheet and hear about other women's experiences. **To attend a webinar, arrange one for a group of friends or to find out more information, women should e-mail [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk) or call 020 8420 7245.**

To join The Menopause Exchange, anyone can sign up for free on our website, <http://www.menopause-exchange.co.uk>. You can also find us on Facebook and Twitter (@MenopauseExch).

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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: The menopause at work; Speaking to a GP about the menopause; Symptoms of the menopause; HRT in women with medical conditions; Non-hormonal prescribed treatments; Gut bacteria and health at the menopause; Community pharmacy services; Oral care matters.
3. The founder and director of The Menopause Exchange is Norma Goldman. Norma has a pharmacy degree and a Master's degree in health promotion. She gives webinars, talks and workshops on the menopause to employees in the workplace including hospitals, women's groups, healthcare professionals, GP practices, organisations, companies and at exhibitions.
4. Victoria Goldman, editor of The Menopause Exchange newsletter, is an experienced health journalist, editor and proofreader, with a BSc. degree in Biomedical Science and a Master's degree in Science Communication. Her murder-mystery novels, *The Redeemer* and *The Associate*, are available from Amazon, Waterstones and other book retailers. *The Redeemer* was shortlisted for Best Debut Crime Novel of 2022 in the Crime Fiction Lover Awards.
5. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, men, healthcare professionals, complementary practitioners, line managers, health and safety officers and anyone else who is responsible in the workplace for the wellbeing of employees.
6. All press enquiries to Norma Goldman on 020 8420 7245.