

PRESS RELEASE

When the menopause hurts

Most people mention hot flushes and night sweats when asked about common menopausal symptoms. But around one in every two menopausal women also develop sore muscles and joints at this time of life. This can affect their ability to do simple tasks, remain active and sleep well.

In the Summer 2023 issue of The Menopause Exchange newsletter, Victoria Goldman, health journalist, editor and author, discusses joint and muscle pain at the menopause – why women often experience this, treatments and self-help measures, the role of HRT, and whether the symptoms may be a sign of an underlying medical condition such as arthritis.

“Joint and muscle pain can be very debilitating, affecting your work and social lives,” says Victoria Goldman, who is also the editor of The Menopause Exchange newsletter and the author of two crime novels. “Simply getting out of bed can feel like a workout. A busy day can leave you sore and exhausted in the evening. It’s natural to worry you have arthritis or another underlying cause, but fluctuating oestrogen levels are often to blame.”

Other articles in the Summer 2023 issue of The Menopause Exchange quarterly newsletter include Benefits of HRT, Menopause in different cultures, and Brain fog at the menopause, 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 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.