

PRESS RELEASE

Bedding and clothing for the menopause

Hot flushes and night sweats can be troublesome during the day and night. Lifestyle measures, HRT and complementary remedies may help, but it's important to think about your bedding and clothing too. You need to make sure that the fabrics you choose are keeping you cool, sweat-free and comfortable.

In the Spring 2024 issue of The Menopause Exchange newsletter, Victoria Goldman (journalist, editor and author) looks at the range of menopause-friendly bedding and clothing in the UK. Which fabrics are less likely to make you sweat or irritate your skin? Which products will help to combat night flushes and night sweats? And will they help to regulate your body temperature?

"We all want to feel comfortable at the menopause," says Norma Goldman, founder and director of The Menopause Exchange. "This includes not feeling too hot, especially during a hot flush or night sweat. Our skin may become more sensitive, so we need light, loose and breathable fabrics."

The Menopause Exchange is currently celebrating its 25th birthday – and 100th newsletter! Other articles in the Spring 2024 issue of The Menopause Exchange quarterly newsletter include HRT new products, Contraception for the over-40s, and Minerals 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, complementary practitioners and a counsellor/psychotherapist. 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: Menopause in the workplace; Menopause in different cultures; Progestogens in HRT; Complementary medicines and therapies at the menopause: Healthy diets from around the world; Headaches and migraine at the menopause; Osteoporosis after the menopause.
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 two crime 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. *The Associate* is shortlisted for Best Indie Crime Novel of 2023 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.