

PRESS RELEASE

Complementary medicines and therapies at the menopause

Many women use complementary medicines or therapies to help them cope with troublesome menopausal symptoms. With such a wide range of options to choose from, it's difficult to decide which approaches to try.

In the Autumn 2024 issue of The Menopause Exchange newsletter, Dr Joanne Hobson (clinical lead director of The Menopause Consortium) discusses how women can take a holistic approach to menopause management. She looks at the effectiveness of different complementary medicines and therapies, including dietary supplements (such as magnesium), herbal remedies, talking therapies, magnet therapy and acupuncture.

"A lot of women want to ease hot flushes and mood swings but can't or don't want to take conventional medicines, including HRT," says Norma Goldman, founder and director of The Menopause Exchange. "There are plenty of complementary and holistic approaches available, but there hasn't been much research so a lot of the evidence is anecdotal. Everyone responds differently, so women will need to explore and try different options to find out what works for them."

The Menopause Exchange is celebrating its 25th anniversary this year and now has over 13,000 newsletter subscribers, including women, men, healthcare professionals, complementary therapists, workplace managers and journalists. Other articles in the Autumn 2024 issue of The Menopause Exchange quarterly newsletter include Hormone replacement myths, Weight and the menopause, and Breast cancer awareness, 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.

Menopause webinars: Your readers may be interested in attending or organising a webinar presented by Norma, who has been giving presentations for over 25 years. Her in-depth knowledge has helped thousands of women enjoy a more comfortable perimenopause and menopause. She's now hosting her 'Understanding the menopause' webinars via Zoom. These are suitable for women at or

approaching the menopause, women who have had premature ovarian insufficiency (before age 40), an early menopause or a hysterectomy, or anyone with an interest in women's midlife health.

She also presents an 'Understanding the Menopause' webinar, geared towards workplaces, which they host, and a separate workplace webinar to line managers, HR teams, occupational health personnel, menopause champions and others responsible in the workplace (companies and organisations) for the wellbeing of employees.

In all webinars, attendees will be able to ask questions and will receive a factsheet.

To attend an 'Understanding the Menopause' webinar, organise one for your workplace or for more information email 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: Bedding and clothing for the menopause; Anxiety and the menopause; HRT types and forms; Minerals at the menopause; Contraception for the over-forties.
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.