

## PRESS RELEASE

### Weight management at the menopause

Fluctuating hormones can affect your metabolism during the perimenopause and beyond, leading to weight gain and reduced muscle mass. Many women struggle to maintain a healthy weight at this time of life.

In the Autumn 2024 issue of The Menopause Exchange newsletter, Gaynor Bussell (freelance nutritionist and writer) discusses the best ways to keep your weight stable before and during the menopause. She looks at the benefits of the Mediterranean diet, how to measure and monitor your weight, the role of keeping active and the downside of being underweight.

“A lot of women struggle with their weight as they get older, thanks to fluctuating hormones, a drop in muscle mass and less time to exercise regularly,” says Norma Goldman, founder and director of The Menopause Exchange. “We all know that being overweight isn’t healthy. But losing weight isn’t always easy and many women find it hard to keep the weight off. Making simple but long-term healthy dietary changes and being more active can help.”

The Menopause Exchange is celebrating its 25<sup>th</sup> 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, Complementary medicines and therapies at 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](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: 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.