

# Menopausal relief through your pharmacy

Submitted by: The Menopause Exchange

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Are you experiencing troublesome menopausal symptoms? If so, your local pharmacy may be able to help, with products, advice and support.

In the Spring 2021 issue of The Menopause Exchange newsletter, Victoria Goldman, a health journalist and editor for over 25 years, explores what community pharmacies can offer menopausal women. Pharmacy products may help to ease a range of menopausal symptoms, including hot flushes/night sweats, sleep problems, vaginal dryness and bladder weakness.

“Community pharmacists are often overlooked as a source of menopause information and advice,” says Norma Goldman, founder and director of The Menopause Exchange. “Yet they are trained healthcare professionals, readily available on the high street, and you don’t need an appointment to see one.”

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It provides impartial, easily understood information to women, men and healthcare professionals. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, complementary practitioners, pharmacists, dietitians etc.

Other articles in the Spring 2021 issue of The Menopause Exchange quarterly newsletter include plant oestrogens (phytoestrogens), insomnia at the menopause, and vaginal dryness, as well as news, Ask the Experts Q&As and information about Norma Goldman’s webinars.

If you’re looking for menopause case studies, we may be able to help. Many of our members are happy to be quoted or featured in publications. Please email Norma Goldman at [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk) or call 020 8420 7245 for details.

Menopause webinars: Norma Goldman, founder and director of The Menopause Exchange, has been presenting talks and workshops on the menopause for over 21 years. 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 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. These webinars may be of interest to your readers.

The Menopause Exchange quarterly newsletter is available via email for free. Sign up on our website, [www.menopause-exchange.co.uk](http://www.menopause-exchange.co.uk). Find us on Facebook and Twitter (@MenopauseExch).

For more information, call 020 8420 7245, e-mail [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk) or write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS.

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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: Workplace menopause policies & guidance; Menopause in different cultures; Stages of the menopause; Cystitis and thrush at the menopause; Who can't take HRT?; Menopause survival tips; Nutrition and Immunity; All about ovarian cancer.
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. Her daughter, Victoria Goldman, the editor of the newsletter, is an experienced health journalist, editor and proofreader, with a BSc. degree in Biomedical Science and a Master's degree in Science Communication.
4. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, healthcare professionals, complementary practitioners, line managers, health and safety officers and anyone else who is responsible in the workplace for the wellbeing of employees.
5. All press enquiries to Norma Goldman on 020 8420 7245.