

Easing vaginal dryness

Submitted by: The Menopause Exchange

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Many women get vaginal dryness at the menopause – it can be uncomfortable and embarrassing, causing itching, soreness and burning sensations. If it causes pain during sex, this may affect relationships too. Fortunately, effective treatments are available.

In the Spring 2021 issue of The Menopause Exchange newsletter, Dr Nuttan Tanna, pharmacist consultant in women's health, talks about the signs and symptoms of vaginal dryness and the best way to treat it – from self-help measures to oestrogen medicines.

"Many women with vaginal dryness suffer in silence, too embarrassed to speak to their GP," says Norma Goldman, founder and director of The Menopause Exchange. "It's a case of finding the right treatment for your specific symptoms. Some of these can be bought from a pharmacy, but others need to be prescribed."

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 menopause relief through your pharmacy, 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 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 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. Find us on Facebook and Twitter (@MenopauseExch).

For more information, call 020 8420 7245, e-mail 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.