

# When allergies and asthma strike at the menopause

Submitted by: The Menopause Exchange

Wednesday, 18 May 2022

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Most people think allergies and asthma always start in childhood, but did you know they can appear for the first time in adulthood too? Researchers are exploring whether this could be due to changes in the immune system as people reach middle age and beyond. Asthma is more common in adult women than in adult men, but doctors don't yet know whether this is related to hormones.

In the Spring 2022 issue of The Menopause Exchange newsletter, Dr Jennifer Worden, a GP in Dorset, writes about allergies and asthma at the menopause. She discusses how to get a diagnosis, keep your symptoms under control and use asthma treatments.

"Some women do develop allergies for the first time as they approach the menopause," says Norma Goldman, "and adults can develop 'late-onset' asthma. So if you're experiencing symptoms, it's important to get a proper diagnosis and a management plan in place. If these aren't managed properly, they can affect your daily life and your overall health."

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 2022 issue of The Menopause Exchange quarterly newsletter include The menopause at work, Easing hot flushes and sweats without HRT, and Which HRT is best for you?, as well as news, Ask the Experts Q&As and information about Norma Goldman's webinars, talks and workshops.

Menopause webinars: Your readers may be interested in organising a webinar for their family and friends or workplace. For over 23 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 colleagues 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.

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; The menopause: a partner's guide; Oestrogen and HRT; Testosterone for menopausal women; Emotional symptoms & how to handle them; Physical activity at the menopause; Inflammation and the menopause; Fibroids and endometriosis.
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 and is now hosting her own webinars. 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, 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.
5. All press enquiries to Norma Goldman on 020 8420 7245.