

# 60,000 hysterectomies performed in the UK annually

Submitted by: The Menopause Exchange

Friday, 21 May 2004

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THE MENOPAUSE EXCHANGE

PRESS RELEASE

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One in five women in the UK have a hysterectomy (their uterus removed) at some point in their lifetime, on average at age 42. Common reasons for this include fibroids, endometriosis and heavy periods with no obvious cause. If your uterus and ovaries are removed, you'll have an immediate menopause. If you have your uterus removed but retain your ovaries, your chance of having an early menopause is increased.

The latest issue of The Menopause Exchange can help to answer your burning questions about hysterectomies. What are the different types? What does the operation involve? What is the recovery like? Do I need HRT or can alternatives help? The article is written by two experts at the North Glasgow University Hospitals – Dr Aradhana Khaund (Specialist Registrar in Obstetrics & Gynaecology) and Professor Mary Ann Lumsden (Professor in Obstetrics and Gynaecology with a special interest in the menopause).

“Hysterectomies are becoming less common, now that alternative procedures for heavy periods are improving. However, they are still the most common gynaecological operations in the UK. The Menopause Exchange gives women of all ages advice and information on the menopause, HRT and alternatives, related topics like osteoporosis and other relevant issues,” says Norma Goldman, founder and director of The Menopause Exchange.

The Menopause Exchange provides women and health professionals with unbiased, accurate information. It is completely independent – it is not sponsored by any companies and is funded purely by subscriptions. Other articles in the Spring 2004 issue include phytoestrogens, bladder problems at the menopause and holiday health. The Menopause Exchange has an Ask the Experts panel and fact sheets specifically for members.

For more information on The Menopause Exchange, write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS, call 020 8420 7245, fax 020 8954 2783 or send an e-mail to [mexchange@btinternet.com](mailto:mexchange@btinternet.com)

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NOTES FOR EDITORS

1. The Menopause Exchange Newsletter was launched in June 1999.
2. The founder and director of The Menopause Exchange is Norma Goldman, a pharmacist with a Master's degree in health promotion. She gives talks on the menopause at health clubs, organisations/workplaces, pharmacies and other venues. Her daughter, Victoria, the editor of the newsletter, is an experienced health journalist with a BSc. degree in Biomedical Science and a Master's degree in Science Communication.
3. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, healthcare professionals (e.g. nurses and pharmacists) and complementary practitioners.
4. Topics covered in previous issues of the newsletter include: HRT myths; HRT benefits and risks; breast checks; complementary therapies guide; coping with hot flushes without HRT; heart disease; memory problems; looking after your skin and weight control.
5. UK annual membership (4 issues of the newsletter and regular fact sheets) costs £18 for individuals; £22 for local organisations; £30 for companies/national organisations; corporate (over 10 copies) and overseas memberships are available on request.
6. All press enquiries to Norma Goldman on 020 8420 7245.