

Feeling anxious? Need some advice?

Submitted by: The Menopause Exchange

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PRESS RELEASE

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Feeling anxious? Need some advice?

Anxiety is a common emotion associated with menopause. While some anxiety is good, too much can leave you feeling depressed and unable to cope. If anxiety starts ruling your life, you need to seek help.

The Spring 2005 issue of The Menopause Exchange newsletter has advice for women experiencing anxiety at the menopause. Consultant Psychiatrist Dr Fiona Blake looks at how anxiety is associated with the menopause, whether HRT can help, self-help measures, counselling and the role of antidepressants.

“Women often feel more anxious at the time of the menopause. This may be due to relationship problems, a demanding home life, fears about HRT or menopausal symptoms causing a low mood. It is important that women seek medical advice as soon as possible, before the anxiety becomes a serious long-term issue,” says Norma Goldman, founder and director of The Menopause Exchange.

The Menopause Exchange covers a wide range of subjects like menopausal symptoms, HRT and its alternatives, nutrition and lifestyle and medical conditions (e.g. osteoporosis). It is completely independent – it is not sponsored by any companies and is funded purely by subscriptions. Other articles in the Spring 2005 issue include prescription drug alternatives to HRT, fad diets of the stars and all about breasts (including non-cancerous conditions). 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 norma@menopause-exchange.co.uk

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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 questions you forget to ask your doctor; HRT benefits and risks; sexuality after the menopause; complementary therapies at the menopause; heart disease; memory problems; anti-ageing beauty secrets; weight control; and phytoestrogens in your diet.
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.