

Which form of HRT is suitable for you?

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PRESS RELEASE

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Which form of HRT is suitable for you?

Most women who choose to try HRT start off with the tablets. But these can cause side effects or may interact with other medicines. Fortunately, there are other effective options available. By learning more about them, you can decide (with the help of your doctor) which forms of HRT are most suitable for you.

In the Spring 2009 issue of The Menopause Exchange newsletter, pharmacist and writer Pamela Mason looks at HRT skin patches, skin gels, vaginal preparations and the Mirena. She discusses how they work, their pros and cons and how to use them effectively.

“Most people know about HRT tablets, but they’re not so knowledgeable about the other forms of HRT,” says Norma Goldman, founder and director of The Menopause Exchange. “HRT patches are less likely to cause side effects or drug interactions than the oral versions, while vaginal preparations are particularly effective for vaginal dryness with no other menopausal symptoms.”

The Menopause Exchange is completely independent – it’s not sponsored by any companies and is funded purely by subscriptions from individuals and health professionals. Other articles in the Spring 2009 issue cover the perimenopause, breast health at the menopause and vitamins at the menopause. The Menopause Exchange has an Ask the Experts panel, information service and fact sheets specifically for members.

Visit The Menopause Exchange website at www.menopause-exchange.co.uk.

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 organisations, workplaces, exhibitions, health clubs, 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; aromatherapy and the menopause; phytoestrogen and herb safety; testing for osteoporosis; sleep better at the menopause; getting your libido back; anti-ageing beauty secrets; mood swings; and coping with a premature menopause.

5. UK annual membership (4 issues of the newsletter, regular fact sheets, use of the information service and 'Ask the Experts' panel) costs £18 for individuals; £22 for local organisations; £40 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.