

Lower your stress levels

Submitted by: The Menopause Exchange

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PRESS RELEASE

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Lower your stress levels (http://www.menopause-exchange.co.uk/our_experts/index.htm)

Stress strikes most people from time to time. But it often seems more problematic as women approach the menopause, worsening symptoms like hot flushes (http://www.menopause-exchange.co.uk/why_join/index.htm), mood swings (http://www.menopause-exchange.co.uk/talks_seminars/index.htm) and insomnia (http://www.menopause-exchange.co.uk/media_press/index.htm). Menopausal women (http://www.menopause-exchange.co.uk/why_join/index.htm) need to learn to control their stress levels with self-help measures and stress management techniques.

In the Summer 2009 issue of The Menopause Exchange newsletter, clinical psychologists Dr Melanie Smith and Professor Myra Hunter have written an article on coping with stress at the menopause. They outline the common symptoms and causes of stress and useful techniques and strategies to help women deal with it more effectively.

“Everyone responds to stress in different ways,” says Norma Goldman, founder and director of The Menopause Exchange. “Some women thrive on it, whereas others can’t cope, especially if they are already experiencing troublesome menopausal symptoms. If women find that self-help measures don’t help, it’s important that they speak to their GP, as long-term stress (<http://www.menopause-exchange.co.uk>) can be harmful.”

The Menopause Exchange is completely independent – it’s not sponsored by any companies and is funded purely by subscriptions from individuals and healthcare professionals. Other articles in the Summer 2009 issue cover low libido (and testosterone replacement), thyroid problems and minerals at the menopause. The Menopause Exchange has an Ask the Experts panel, information service 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 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; ease flushes and sweats without HRT; phytoestrogen and herb safety; testing for osteoporosis; sleep better at the menopause; 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.

Visit our newly launched website: www.menopause-exchange.co.uk