

# Ageing past the menopause

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## PRESS RELEASE

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### Ageing past the menopause

The female body begins to age from as early as the age of 30, although we don't necessarily notice any physical changes until much later on. The most visible changes affect the skin and hair, although ageing also has a significant impact on the brain and mind. If you are approaching or going through the menopause (<http://www.menopause-exchange.co.uk>), there is plenty that you can do to reduce the risks of damage.

In the Spring 2012 issue of The Menopause Exchange (<http://www.menopause-exchange.co.uk>) newsletter, gerontologist and anti-ageing expert Dr Marios Kyriazis looks at the effects of ageing at and around the time of the menopause. He concentrates on skin and hair changes (e.g. wrinkles and thinning hair) and memory problems, with advice on ways to combat the ageing process.

"No-one can escape the effects of ageing on the body, but it is possible to reduce the risk of noticeable changes," says Norma Goldman, founder and director of The Menopause Exchange. "In his article, Dr Kyriazis discusses the role of food supplements, skin and hair products and cosmetic surgery."

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 Spring 2012 issue include who can't take HRT? (<http://www.sourcewire.com/news/71677/who-can-t-take-hrt->), bladder symptoms at the menopause and ovarian cancer. We have also included information on the talks and seminars given by Norma Goldman to women, healthcare professionals and organisations.

Take a look at Norma Goldman's video 'The Menopause – keep your cool' on the home page of The Menopause Exchange website to hear general information on the menopause. Benefit from her top ten tips on how to cope with your symptoms, with information on HRT, complementary therapies and self-help lifestyle measures.

Visit The Menopause Exchange website at [www.menopause-exchange.co.uk](http://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](mailto:norma@menopause-exchange.co.uk)

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NOTES FOR EDITORS

1. The Menopause Exchange 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 to employees in the workplace and hospitals, women and women's groups, healthcare professionals, GP practices, organisations, health clubs and at exhibitions. 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: the perimenopause; HRT questions you forgot to ask your doctor; easing flushes and sweats without HRT; treating vaginal dryness; menopausal symptoms you may not recognise; phytoestrogen and herb safety; what men should know about the menopause; essential fatty acids; screening for women over 50 and 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.

All press enquiries to Norma Goldman on 020 8420 7245