

Not planning on using HRT? So what else can your doctor offer?

Submitted by: The Menopause Exchange

Friday, 27 July 2012

PRESS RELEASE

For immediate release: 27 July 2012

Not planning on using HRT? So what else can your doctor offer?

The menopause can trigger a whole host of symptoms, with hot flushes and night sweats being the most common and often most troublesome. If you can't or don't want to take HRT, there are other prescription medications that may help to relieve your symptoms. But you will need to ask your doctor what is available and whether these are suitable for your needs.

In the Summer 2012 issue of The Menopause Exchange newsletter, pharmacist consultant Dr Nuttan Tanna looks at the prescription medication alternatives to HRT for the control of hot flushes and night sweats. In her article, she discusses the clinical evidence backing the use of progestogens, selective serotonin reuptake inhibitors (SSRIs), serotonin noradrenaline reuptake inhibitors (SNRIs), gabapentin and clonidine.

"Not every woman can use HRT," says Norma Goldman, founder and director of The Menopause Exchange. "In her article, Dr Nuttan Tanna gives women the facts about alternative prescribed medications so that women can make an informed choice. However, women should be aware that many of these medications on their own may not provide complete symptom relief."

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 2012 issue of the newsletter include eating for the menopause, osteoporosis risk assessment and all about diabetes. We also have book reviews, news and our 'Ask the experts' page.

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.

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

End

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; ageing past the menopause; essential fatty acids; weight gain at the menopause 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.
6. All press enquiries to Norma Goldman on 020 8420 7245.