

Coping with the perimenopause

Submitted by: The Menopause Exchange

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PRESS RELEASE

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Coping with the perimenopause

Period problems, hot flushes, night sweats and mood changes ... These are some of the symptoms associated with the perimenopause, which can continue for up to 10 years before the actual menopause (a woman's last menstrual period) occurs. Only around 20% of women seek help during this difficult time, yet effective management options are available.

In the Summer 2013 issue of The Menopause Exchange newsletter, Dr Laura Percy, speciality registrar in community sexual and reproductive health, looks at the main symptoms of the perimenopause, how this stage is diagnosed and investigated and the importance of using contraception.

"Not all women experience troublesome symptoms during the perimenopause," says Norma Goldman, founder and director of The Menopause Exchange. "But many women do so, and it is important that they seek medical help. It's a common misconception that women can't get pregnant during the perimenopause, and contraception is essential during this period in a woman's life."

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It aims to provide unbiased and easily understood information to women and healthcare professionals. The information provided is designed to enable women to make informed decisions about their own health and wellbeing.

Other articles in the Summer 2013 issue of the newsletter include homeopathy at the menopause, cystitis and thrush and hair loss/hair gain. We also have news, book reviews and our 'Ask the experts' page.

If you would like to interview a woman going through the menopause, please contact us, as we have case studies available.

Membership of The Menopause Exchange has changed. We are now emailing our quarterly newsletters to anyone with an interest in the menopause and midlife health for FREE. They should visit The Menopause Exchange website at www.menopause-exchange.co.uk for information on how to receive them.

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 was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: HRT myths and misconceptions; Menopausal symptoms you may not recognise; Coping with hot flushes and night sweats; Treating vaginal dryness; Anxiety at the menopause; Eating for the menopause; Weight gain and Seeing your doctor.
3. 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.
4. 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.
5. All press enquiries to Norma Goldman on 020 8420 7245.