

# Pharmacy help at the menopause

Submitted by: The Menopause Exchange

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## PRESS RELEASE

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### Pharmacy help at the menopause

For busy women at the menopause, a local pharmacy can be the ideal first port of call for health advice. You don't need to make an appointment, and most pharmacies are just a short walk or ride away. Not only can a pharmacist recommend over-the-counter products to ease common health problems, but they may also be able to answer your questions about taking prescription medicines.

In the Autumn 2015 issue of The Menopause Exchange newsletter, independent community pharmacist Lila Thakerar explains how your local pharmacist can be an essential source of information and advice at the menopause. For example, if you're taking HRT, you may have questions about the products, when to use them or how to store them safely. You may also need advice on over-the-counter solutions for common menopausal symptoms, including hot flushes and night sweats, insomnia and hair loss.

"It's not always convenient to go to a GP for health advice, especially if you need to make an appointment far in advance," says Norma Goldman, founder and director of The Menopause Exchange. "A pharmacist can often answer quick questions about HRT or recommend suitable pharmacy products that won't interact with other medicines you're taking."

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It provides impartial, easily understood information to women and healthcare professionals. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, complementary practitioners, pharmacists, dietitians etc.

Other articles in the Autumn 2015 issue of the newsletter include oestrogen facts, diabetes at the menopause and urinary/bladder problems, as well as recent news, Ask the Experts Q&As and information about Norma's presentations on the menopause.

The Menopause Exchange quarterly newsletter is available via email for free. Sign up on our website, [www.menopause-exchange.co.uk](http://www.menopause-exchange.co.uk). Find us on Facebook and Twitter (@MenopauseExch).

For more information, write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS, call 020 8420 7245, or e-mail [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. Articles in previous issues of The Menopause Exchange newsletter include: HRT—which form is best for you?; Coping with flushes/sweats without HRT; The menopause after cancer therapy; The menopause at work; Emotions at the menopause; The menopause: a partners guide; Eating for the menopause; Osteoporosis and the menopause.
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.