

# Headaches & migraine at the menopause

Submitted by: The Menopause Exchange

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As you approach the menopause, you may experience headaches more often. Or you may find that migraines start, or worsen, at this time of life, often triggered by hormonal changes. But how do you know if you're suffering from a stress-related headache or a migraine? And what's the best way to treat your symptoms?

In the Summer 2018 issue of The Menopause Exchange newsletter, GP Dr Jeni Worden discusses the symptoms, diagnosis and treatment of headaches and migraine around the time of the menopause. She also looks at common migraine triggers, migraine prevention (including the role of HRT) and when you should see your GP about your symptoms.

"Headaches and migraine can be a common problem for women at the menopause," says Norma Goldman, founder and director of The Menopause Exchange. "They can usually be eased with self help measures and pharmacy products but, occasionally, severe or regular headaches or migraine need to be treated with prescribed medicines from a GP. It's important that women don't take painkillers too regularly for headaches or migraine, as this can make their symptoms worse."

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, healthcare professionals and others responsible for the wellbeing of employees. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, pharmacists, dietitians, complementary practitioners and a specialist counsellor etc.

Other articles in the Summer 2018 newsletter include HRT: making a decision, contraception for the over-40s and pilates and yoga for beginners, as well as recent news, Ask the Experts Q&As, book reviews and information about Norma Goldman's Understanding the Menopause talks.

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: The menopause at work; All about the perimenopause; Menopause anxiety; Side effects of HRT; Non-hormonal help for flushes and sweats; Vegetarian and vegan diets; Foot health.
3. The founder and director of The Menopause Exchange is Norma Goldman. Norma has a pharmacy degree and a Master's degree in health promotion. She gives talks on the menopause to employees in the workplace including hospitals, women and women's groups, healthcare professionals, GP practices, organisations,

companies 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.