

Menopause at work

Submitted by: The Menopause Exchange

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The menopause at work has been thrust into the media spotlight in recent weeks. With around 75% of women experiencing menopausal symptoms, which last on average for four to eight years, it's not surprising that the menopause can have a significant effect on women's working lives.

In the Spring 2019 issue of The Menopause Exchange newsletter, Norma Goldman, health promotion specialist and founder of The Menopause Exchange, discusses the issues that menopausal women face at work, from troublesome symptoms and the effects of stress to agreeing better working practices and obtaining suitable help.

"It's important that women are open about their symptoms and any workplace issues, but some are too embarrassed to bring up the topic of the menopause," says Norma Goldman. "Employers need to be prepared to help women cope more effectively with their symptoms and to make changes if necessary, such as improving ventilation and providing electric fans."

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.

Articles in the Spring 2019 issue of The Menopause Exchange quarterly newsletter include non-hormonal prescribed treatments for menopausal flushes and sweats, bleeding patterns at the menopause and gut bacteria balance, as well as news and Ask the Experts Q&As. This issue, we have a giveaway for subscribers to win one of three copies of *Worst Case Scenario*, the latest crime novel by Helen FitzGerald (published by Orenda Books). *Worst Case Scenario* features a menopausal main character.

The Menopause Exchange has a number of members who are happy to talk to journalists about their menopause experiences. The members are based in different parts of the UK, which may be of interest to regional publications as well as national ones. Many of the case studies are willing to provide a name and photograph, if required.

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

For more information, call 020 8420 7245, e-mail norma@menopause-exchange.co.uk or write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS.

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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: A man's guide to the menopause; Headaches and migraine at the menopause; HRT myths; Minerals at the menopause; Hair loss and hair thinning; Contraception for the over-40s; Smoking and alcohol at the menopause.
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, seminars and workshops 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, complementary practitioners, line managers, health and safety officers and anyone else who is responsible in the workplace for the wellbeing of employees.
5. All press enquiries to Norma Goldman on 020 8420 7245.