

Menopause in different cultures

Submitted by: The Menopause Exchange

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The menopause is experienced and viewed differently by women around the world. In some cultures, or ethnic groups, the menopause doesn't exist in the way we know it. And in others, the menopause is considered to be a disease rather than a natural life stage.

In the Summer 2019 issue of The Menopause Exchange newsletter, Dr Nuttan Tanna, pharmacist consultant in women's health, discusses the menopause (and treatment approaches) in various cultural groups, based on on-going research projects. Which menopausal symptoms are more prevalent in certain countries? Which culture doesn't have a name for a 'hot flush'?

"It's interesting to see how the menopause is experienced throughout the world," says Norma Goldman. "Here, we consider hot flushes to be a particularly troublesome symptom, but in other countries forgetfulness or aches and pains may be far more prominent. More research is needed to establish why these differences exist and whether this could help women to manage their symptoms more effectively."

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 Summer 2019 issue of The Menopause Exchange quarterly newsletter include whether all women should be on non-oral HRT, libido at the menopause and vitamins at the menopause, as well as news and Ask the Experts Q&As.

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: The menopause at work; A

man's guide to the menopause; Fatigue and the menopause; Prescribing of HRT; Non-hormonal prescribed treatments for menopausal sweats and flushes; Your gut bacteria balance; Hair loss and hair thinning.

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.