

# Help for menopausal libido problems

Submitted by: The Menopause Exchange

Thursday, 23 July 2009

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## PRESS RELEASE

For immediate release: 23 July 2009

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Many women find that their sex drive lessens as they approach the menopause. This can be for various reasons, including poor vaginal lubrication (<http://www.menopause-exchange.co.uk>) (causing painful sex), troublesome menopausal symptoms (<http://www.menopause-exchange.co.uk>) (which reduce their energy levels) or relationship problems. Whatever the cause, it's important that women speak to their GP if their reduced sexual desire (<http://www.menopause-exchange.co.uk>) is affecting their quality of life, as there are effective treatments available.

In the Summer 2009 issue of The Menopause Exchange newsletter, pharmacist consultant Dr Nuttan Tanna discusses the most common causes of low libido in menopausal women and the role of testosterone replacement therapy. She looks at the pros and cons of testosterone implants and patches, as well as whether hormone replacement therapy (HRT) and counselling therapies can help.

"Low libido can affect a woman's relationships and lower her self-esteem, so it's important that women seek help if they are experiencing problems," says Norma Goldman, founder and director of The Menopause Exchange. "Testosterone replacement therapy may help women on HRT who still have low libido and low energy levels."

The Menopause Exchange is completely independent – it's not sponsored by any companies and is funded purely by subscriptions from individuals and healthcare professionals. Other articles in the Summer 2009 issue cover stress, thyroid problems and minerals at the menopause. The Menopause Exchange has an Ask the Experts panel, information service and fact sheets specifically for members.

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](mailto:norma@menopause-exchange.co.uk)

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## NOTES FOR EDITORS

1. The Menopause Exchange Newsletter was launched in June 1999.
2. 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 at organisations, workplaces, exhibitions, health clubs, pharmacies and other venues. 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.

3. 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.
4. Topics covered in previous issues of the newsletter include: HRT questions you forget to ask your doctor; aromatherapy and the menopause; ease flushes and sweats without HRT; phytoestrogen and herb safety; testing for osteoporosis; sleep better at the menopause; anti-ageing beauty secrets; mood swings; and coping with a premature menopause.
5. UK annual membership (4 issues of the newsletter, regular fact sheets, use of the information service and 'Ask the Experts' panel) costs £18 for individuals; £22 for local organisations; £40 for companies/national organisations; corporate (over 10 copies) and overseas memberships are available on request.
6. All press enquiries to Norma Goldman on 020 8420 7245.

Visit our newly launched website: [www.menopause-exchange.co.uk](http://www.menopause-exchange.co.uk)