

HRT alternatives for hot flushes/night sweats

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PRESS RELEASE

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Suffering from troublesome hot flushes and night sweats? Not all women can, or want to, take HRT. And sometimes dietary supplements and complementary remedies aren't effective. If this applies to you, speak to your GP, who may be able to prescribe some alternative medicines for you to try.

In the Spring 2015 issue of The Menopause Exchange newsletter, GP specialist Dr Sarah Gray looks at the evidence behind four prescribed HRT alternatives: clonidine; antidepressants; gabapentin; and progesterone/progestogens. Her article also includes the herb black cohosh, which may help hot flushes in the short term.

"HRT isn't suitable for everyone, but some women find it difficult to cope with severe flushes and sweats without any medication," says Norma Goldman, founder and director of The Menopause Exchange. "If this applies to you, it's important to be aware of any prescribed alternatives, especially those backed by clinical research, such as clonidine, certain antidepressants and gabapentin. If you prefer something natural, black cohosh may be suitable. Our article has more details about all of these options."

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 Spring 2015 issue of the newsletter include acupuncture, hysterectomy and skin changes at the menopause, as well as recent news and Ask the Experts Q&As.

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, 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.

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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: Coping with the perimenopause; The menopause after cancer therapy; The menopause at work; Emotions at the menopause; The menopause: a partners guide; Side effects of HRT; Cholesterol and 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.