

Are you going through a premature menopause?

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PRESS RELEASE

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Are you going through a premature menopause?

The menopause usually strikes between the ages of 45 and 55. If you're experiencing symptoms before the age of 40, you're said to be going through a premature menopause. Fortunately, there are plenty of things your doctor can recommend or prescribe to ease your symptoms and boost your oestrogen levels.

In the Spring 2016 issue of The Menopause Exchange newsletter, pharmacist consultant Dr Nuttan Tanna discusses the causes, diagnosis, symptoms and treatment of a premature menopause. She includes information on taking hormone replacement therapy (HRT) at a young age.

"Premature menopause has many causes," says Norma Goldman, founder and director of The Menopause Exchange. "It may be due to surgery or a medical condition. In some cases, no specific cause is identified. It's important that women speak to their GP, so that they can get the help, support and treatment they need."

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 2016 newsletter include cognitive behaviour therapy and mindfulness, menopause myths and aches and pains, as well as recent news, Ask the Experts Q&As and details of talks by Norma Goldman.

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: Who can't take HRT?; Coping with flushes/sweats without HRT; The menopause after cancer therapy; The menopause at work; Boost

your memory; The menopause: a partners guide; Eating for the menopause; Your menopause consultation.

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.