

# Check your thyroid gland

Submitted by: The Menopause Exchange

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## PRESS RELEASE

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### Check your thyroid gland

Women are ten times more likely to suffer from thyroid disease than men, and around 3% of women over 50 are currently being treated for an underactive thyroid gland. Sometimes thyroid disease can be mistaken for the menopause. So it's important to speak to your GP if you experience any unusual symptoms.

In the Summer 2016 issue of The Menopause Exchange newsletter, consultant endocrinologist Dr Jackie Gilbert discusses an overactive and underactive thyroid, including the symptoms, causes and treatments. She also looks at whether HRT, phytoestrogens and soya products can affect thyroid function in people with long-term thyroid problems.

"Thyroid problems are often mistaken for the menopause, which means women don't receive the essential treatment they need," says Norma Goldman, founder and director of The Menopause Exchange. "If you experience any ambiguous symptoms, it's essential that you speak to your GP so that your thyroid function can be checked."

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 progestogens in HRT, less common menopausal symptoms and vitamin D, 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](http://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](mailto: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: Your menopause consultation; Who can't take HRT?; CBT and mindfulness at the menopause; Premature menopause; The menopause after

cancer therapy; The menopause at work; Bladder problems; The menopause: a partners guide; Eating for 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.