

# Health & lifestyle tips for the menopause

Submitted by: The Menopause Exchange

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## PRESS RELEASE

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### Health & lifestyle tips for the menopause

The Menopause Exchange asked its members for health and lifestyle tips on coping with menopausal symptoms. The comments we received covered a wide range of topics, from diet and exercise to hobbies and complementary therapies. We've published a selection of comments in the Spring 2017 issue of our quarterly newsletter, but we do have a lot more available. We include practical lifestyle tips in each issue of The Menopause Exchange.

"Every woman's experience of the menopause is different," says Norma Goldman, founder and director of The Menopause Exchange. "Learning about others' experiences, and what worked for them, may help you ease your own menopause symptoms more easily. You won't know if something's going to work for you unless you try it."

If journalists would like to read more of our members' health and lifestyle tips, they should contact us directly via [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk). All tips should be attributed to The Menopause Exchange members.

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, pharmacists, dietitians, complementary practitioners etc.

Other articles in the Spring 2017 newsletter include HRT questions you forgot to ask your GP, cystitis and thrush at the menopause and looking after your oral health, as well as recent news, book reviews 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](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: The menopause at work;

Premature menopause; Insomnia at the menopause; Less common menopausal symptoms; Coming off HRT; CBT and mindfulness at the menopause; Plant oestrogens; Ovarian cancer.

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 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 (e.g. nurses and pharmacists) and complementary practitioners.

5. All press enquiries to Norma Goldman on 020 8420 7245.