

# HRT questions you forgot to ask your GP

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Do you ever come home from your GP appointment realising you forgot to ask some crucial questions? Or were there some questions you were too embarrassed to ask?

In the Spring 2017 issue of The Menopause Exchange newsletter, pharmacist consultant Dr Nuttan Tanna gives answers to some key questions you may not have asked your GP. How soon will HRT work? Can you get pregnant while using it? Will it make you look younger? And what should you do if you forget a dose?

“Many women write down a list of questions before a medical appointment, but may still not ask all of them, due to a lack of time or embarrassment,” says Norma Goldman, founder and director of The Menopause Exchange. “If you have any questions about your medicines, you can always ask your local pharmacist or get in touch with your GP.”

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 cystitis and thrush at the menopause, looking after your oral health and top health and lifestyle tips from The Menopause Exchange members, 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.