

Watching your weight at the menopause

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Watching your weight at the menopause

Gaining weight at the menopause is a common issue for many women. Some women find that they can't lose weight as easily as they used to, while others may notice their body shape changes as they get older. But fortunately, there are some simple steps women can take to try to lose weight and keep it off.

In the Spring 2018 issue of The Menopause Exchange newsletter, Angie Jefferson, registered dietitian, discusses weight management at the menopause, offering simple tips, practical advice and self-help measures. She looks at weight loss strategies, healthy eating and the role of meal replacements and other diets for long-term weight management.

"Many women seem to worry about their weight at the menopause," says Norma Goldman, founder and director of The Menopause Exchange. "They often notice the extra pounds settling around their waist, which can put their overall health at risk. Sometimes the same weight loss methods they've been using successfully for years stop working, often due to their fluctuating hormone levels."

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, healthcare professionals and others responsible for the wellbeing of employees. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, pharmacists, dietitians, complementary practitioners and a specialist counsellor etc.

Other articles in the Spring 2018 newsletter include menopause anxiety, side effects of HRT and osteoarthritis, as well as recent news, Ask the Experts Q&As and information about Norma Goldman's Understanding the Menopause talks.

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: The menopause at work; All

about the perimenopause; Continuous combined HRT; CBT and mindfulness at the menopause; Vegetarian and vegan diets; Menopause, skin and memory; Foot health.

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.