

## **PRESS RELEASE**

### **All about the perimenopause**

Are you in your mid to late 40s? Are your periods unpredictable? Are hot flushes affecting your days (and nights)? Is your mood swinging up and down? Are you experiencing other symptoms too, such as aches and pains, dry skin and poor sleep? If so, you may be going through the perimenopause.

In the Autumn 2017 issue of The Menopause Exchange newsletter, GP and menopause specialist Dr Jane Woyka talks about the impact of the perimenopause. She looks at hormonal changes at this time of life and the symptoms they may cause, as well as the role of tests and whether you need contraception.

“The perimenopause affects all women differently,” says Norma Goldman, founder and director of The Menopause Exchange. “It can last for up to five years before the menopause itself, which occurs, on average, at around the age of 51. Many of the perimenopausal symptoms can be mistaken for those of other health problems, and vice versa. Women should seek medical advice if they have any troublesome symptoms, as treatments are available.”

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 Autumn 2017 newsletter include exercise at the menopause, continuous combined HRT and digestive problems, as well as recent news 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; All about vaginal dryness; HRT questions you forgot to ask your doctor; CBT and mindfulness at the menopause; Vegetarian and vegan diets; 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.