

## **PRESS RELEASE**

### **A man's guide to the menopause**

The menopause can be a stressful time, especially if you're experiencing troublesome symptoms – from hot flushes and night sweats to mood swings and reduced sex drive. It can take its toll on relationships too, especially if your partner doesn't understand what you're going through or isn't taking your symptoms seriously.

In the Autumn 2018 issue of The Menopause Exchange newsletter, pharmacist consultant Dr Nuttan Tanna looks at what men should know about the menopause. She covers common symptoms of the menopause, how they can impact on a relationship and affect a woman's physical and mental health, and how men can provide support and help at this time of life.

“For many women going through the menopause, having a supportive partner is essential,” says Norma Goldman, founder and director of The Menopause Exchange. “They may feel more confident about managing their symptoms if they can talk to their partner when they're struggling, and also feel less stressed, especially if their sex life is affected. Our article gives men an insight into what their partner is going through, and will hopefully encourage them to help when they can.”

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 Autumn 2018 newsletter include HRT myths, hair loss and hair thinning and minerals at the menopause, 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](http://www.menopause-exchange.co.uk). Find us on Facebook and Twitter (@MenopauseExch).

The Menopause Exchange has a number of members who are happy to talk to journalists about their menopause experiences. If you're looking for case studies, please email [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk).

**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; All about the perimenopause; Menopause anxiety; HRT: making a decision; Non-hormonal help for flushes and sweats; Weight management at the menopause; Osteoarthritis; Contraception for the over-40s.
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, seminars and workshops 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, complementary practitioners, line managers, health and safety officers and anyone else who is responsible in the workplace for the wellbeing of employees.
5. All press enquiries to Norma Goldman on 020 8420 7245.