

PRESS RELEASE

HRT myths

Many women worry about using HRT, even for just a short time. While HRT may not be right for everyone, because of their medical history or personal preference, it can be very effective, especially in relieving hot flushes and night sweats. So before you make a decision, it's important to separate the facts from fiction.

In the Autumn 2018 issue of The Menopause Exchange newsletter, associate specialist Mr Vikram Talaulikar dispels common HRT myths, including:

- Does HRT cause weight gain?
- Does it carry the same risks as the contraceptive pill?
- Can you only take HRT for five years?

“Like all treatments, HRT has many pros and cons,” says Norma Goldman, founder and director of The Menopause Exchange. “There are a lot of myths and misconceptions out there and it's easy to get caught up in the latest media hype. But before making a decision about whether or not to take HRT, women should check that they know all of the facts, discussing these with their healthcare professional.”

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 a man's guide to the menopause, 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. 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.

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; 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.