

PRESS RELEASE

Chocolate or sex? Do you need to choose?

Going through the menopause can affect your relationship with your partner. But there's no reason why it should do.

In the Summer 2017 issue of The Menopause Exchange newsletter, psychotherapist and counsellor Dani Singer discusses relationships at the menopause and how you can keep yours alive. A healthy relationship involves good communication, accepting yourselves for who you are, spending quality time together and dealing with any sexual health issues. Once this is in place, you shouldn't need to choose between chocolate or sex – you should be able to have both!

“Many women describe their partner as lacking understanding when it comes to the menopause,” says Norma Goldman, founder and director of The Menopause Exchange. “This can put a huge strain on their relationship. But good communication, talking about menopausal symptoms and the impact they can have on physical and emotional health, should help.”

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 Summer 2017 newsletter include HRT and medical conditions, vegetarian and vegan diets and NHS screening for women over 40, as well as recent news, Ask the Experts Q&As and information about Norma's menopause presentations.

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; Premature menopause; Vaginal dryness; 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.