

## **PRESS RELEASE**

### **Menopause anxiety – taking action**

Anxiety often strikes women at the menopause, leaving them worrying about everything and anything, big or small. It can affect their day-to-day activities, friendships and relationships, social life and work routine. Many women are reluctant to seek help, yet there are various effective ways to keep anxiety under control.

In the Spring 2018 issue of The Menopause Exchange newsletter, specialist counsellor Dani Singer and accredited menopause specialist Dr Jane Woyka, discuss menopausal anxiety. They look at the most common anxiety triggers at this time of life, as well as management options, including HRT, anti-depressants, self help measures and counselling.

“The impact of anxiety is often underestimated and many women are reluctant to seek help, instead suffering in silence,” says Norma Goldman, founder and director of The Menopause Exchange. “Emotional and psychological menopausal symptoms are often the hardest ones to tackle, but there’s no need for women to suffer in silence. There are plenty of things they can do to keep their anxiety from controlling their life.”

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 Winter 2017/18 newsletter include weight management, 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](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; All about the perimenopause; Continuous combined HRT; CBT and mindfulness at the menopause; Vegetarian and vegan diets; Menopause, skin & 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.