

PRESS RELEASE

HRT: Making a decision

Should I or shouldn't I take HRT? Many women ask this question if they're struggling with menopausal symptoms. Doctors say that HRT is the best treatment available, but it's very much a personal choice. Not only do women need to look at the pros and cons of taking HRT, but they also need to look at whether it's right for them.

In the Summer 2018 issue of The Menopause Exchange newsletter, specialty registrar Dr Katherine Gilmore and consultant Dr Diana Mansour, look at the benefits and risks of taking HRT. HRT can ease menopausal symptoms, such as hot flushes and night sweats, and in the long term can help to protect against osteoporosis. Risks depend on a woman's age and the type and form of HRT taken.

"All women need to be given balanced information about HRT so that they can make an informed choice," says Norma Goldman, founder and director of The Menopause Exchange. "HRT isn't suitable for all women and some women decide to try other management options. When HRT is prescribed, it is given in the lowest effective dose for the shortest possible period of time."

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 Summer 2018 newsletter include headaches and migraine at the menopause, contraception for the over-40s and pilates and yoga for beginners, as well as recent news, Ask the Experts Q&As, book reviews 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).

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; Side effects of HRT; Non-hormonal help for flushes and sweats; Vegetarian and vegan diets; 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, 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 (e.g. nurses and pharmacists) and complementary practitioners.
5. All press enquiries to Norma Goldman on 020 8420 7245.