

PRESS RELEASE

Vegetarian or vegan? Make sure you're getting all the right nutrients.

Vegetarian and vegan diets continue to increase in popularity. What are the health benefits? Can they really reduce your risk of certain long-term diseases? And how can you make sure you're getting all the nutrients you need at the menopause?

In the Summer 2017 issue of The Menopause Exchange newsletter, dietitian and public health nutritionist Gaynor Bussell discusses the health benefits a vegetarian or vegan diet can bring, such as a lower body mass index (BMI), lower cholesterol levels and lower incidence of certain chronic conditions, such as cancers, heart disease and diabetes. She also looks at how a vegetarian or vegan diet can leave you prone to nutritional deficiencies, and why it's essential to ensure you're eating a healthy balance of nutrients.

“Vegetarian and vegan diets can be healthy if you plan your meals carefully,” says Norma Goldman, founder and director of The Menopause Exchange. “It's essential that vegans get enough calcium, vitamin D and protein, and that both vegetarians and vegans check their intake of vitamin B12, iron and essential fatty acids. In our article, Gaynor Bussell provides the background information women need if they wish to change their diet.”

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, healthy relationships 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.