

PRESS RELEASE

Non-hormonal help for flushes/sweats

Hot flushes and night sweats are the most common menopausal symptoms, and are also often the most troublesome. Not all women can use, or want to use, Hormone Replacement Therapy (HRT) to ease their symptoms, so it's important that they're aware of the other management options available.

In the Winter 2017/18 issue of The Menopause Exchange newsletter, Debbie Holloway, nurse consultant in gynaecology, discusses non-hormonal help for flushes and sweats. She looks at self help measures, a healthy diet, vitamin and herbal supplements, complementary therapies and prescribed alternatives to HRT, discussing whether these are backed by any clinical research and whether they're likely to work or not.

“Hot flushes and night sweats can be very distressing and shouldn't be overlooked,” says Norma Goldman, founder and director of The Menopause Exchange. “If women can't, or don't want to, use HRT, they can look at non-hormonal alternatives, including some prescription medicines. Many women find that they need to use a combination of these management options to ease their symptoms, and need to find out what works for them.”

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 Winter 2017/18 newsletter include oestrogen-only and monthly-bleed HRT, 10 tips on foot health, and menopause, skin and memory, as well as recent news, book reviews and Ask the Experts Q&As.

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; HRT & medical conditions; CBT and mindfulness at the menopause; Vegetarian and vegan diets; Ovarian cancer; Digestive problems.
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.