

PRESS RELEASE

Prescribing of HRT: what you need to know

If you're experiencing troublesome menopausal symptoms and are planning on trying HRT, you and your healthcare professional will have lots to discuss. It may help if you know some of the basics in advance, to make sure your choice of HRT suits your individual needs.

In the Winter 2018/2019 issue of The Menopause Exchange newsletter, Dr Jane Davis, GP and specialty doctor in sexual and reproductive health, in her guide to HRT prescribing, looks at when, why and how HRT is prescribed, how to adjust it and when to stop. She also covers vaginal health and contraception for women who are on, or thinking about taking, HRT.

“When it comes to taking HRT, there's no ‘one size fits all’ solution,” says Norma Goldman, founder and director of The Menopause Exchange. “Women and their doctor (or nurse) will need to discuss the best type for them, taking into account any potential risks and benefits and the pros and cons of pills or patches (based on their personal and family history). They also need to discuss hormone combinations and doses.”

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 2018/2019 newsletter include fatigue and the menopause, smoking and alcohol intake at the menopause and blood pressure, as well as recent news, Ask the Experts Q&As and information about Norma Goldman's *Understanding the Menopause* talks.

The Menopause Exchange has a number of members who are happy to talk to journalists about their menopause experiences. If you're looking for case studies, please email norma@menopause-exchange.co.uk.

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; A man's guide to the menopause; Headaches and migraine at the menopause; HRT myths: Minerals at the menopause; Hair loss and hair thinning; Contraception for the over-40s.
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, complementary practitioners, line managers, health and safety officers and anyone else who is responsible in the workplace for the wellbeing of employees.
5. All press enquiries to Norma Goldman on 020 8420 7245.