

## **PRESS RELEASE**

### **Are you tired all the time?**

Do you feel exhausted during the day, even after a good night's sleep? Many perimenopausal and menopausal women feel tired all the time – doctors often call this 'fatigue'. This can be for a number of reasons, from sleep disorders and anaemia to digestive problems and type-2 diabetes. So it's important to seek medical advice if your symptoms persist.

In the Winter 2018/2019 issue of The Menopause Exchange newsletter, Dr Gill Jenkins, GP, medical writer and broadcaster, looks at some of the most common causes of fatigue at the menopause. She also covers dietary changes, exercise strategies and other management approaches (including HRT) that may help to boost your energy levels and improve the quality of your sleep.

“Occasional fatigue may be normal, but if the symptoms persist or affect your daily life, it's important to do something about them,” says Norma Goldman, founder and director of The Menopause Exchange. “It's easy to blame exhaustion on a busy lifestyle or a lack of sleep, but sometimes there are underlying problems as well – many of these become more common in women as they approach the menopause.”

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 the prescribing of HRT, 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](mailto: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](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; 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.