

## **PRESS RELEASE**

### **Changing your habits to beat inflammation**

Inflammation is a natural part of the healing process to protect your body from infection. But ongoing (chronic) inflammation in your body can be troublesome and may be associated with long-term medical conditions such as diabetes and heart disease. It may even make menopause symptoms worse.

In the Winter 2021-22 issue of The Menopause Exchange newsletter, Gaynor Bussell, freelance dietitian and nutritionist, discusses how your lifestyle may reduce or increase the levels of inflammation inside your body – from the foods you eat to the amount of exercise you do.

“At the menopause, rising levels of inflammation may make hot flushes worse and trigger aches and pain,” says Norma Goldman, founder and director of The Menopause Exchange. “Eating a Mediterranean-style diet, losing some weight and cutting out certain foods may help to keep your levels of inflammation in check, helping you feel better and reducing your risk of certain health conditions.”

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, men and healthcare professionals. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, complementary practitioners, pharmacists, dietitians etc.

Other articles in the Winter 2021-22 issue of The Menopause Exchange quarterly newsletter include menopause myths, oestrogen and HRT, and ‘When was your last blood pressure check?’, as well as news, Ask the Experts Q&As and information about Norma Goldman’s webinars.

If you’re looking for menopause case studies, we may be able to help. Many of our members are happy to be quoted or featured in publications. Please email Norma Goldman at [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk) or call 020 8420 7245 for details.

**Menopause webinars:** Norma Goldman, founder and director of The Menopause Exchange, has been presenting talks and workshops on the menopause for over 22 years. Her in-depth knowledge has helped thousands of women enjoy a more comfortable menopause. She's now hosting her own regular webinars via Zoom. Norma's '**Understanding the menopause**' webinar is suitable for women at or approaching the menopause, women who have had a premature menopause (before age 40) or a hysterectomy, or anyone with an interest in women's midlife health. Post-menopausal women can attend presentations too. If women join the webinar, they'll be able to ask questions, receive a factsheet and hear about other women's experiences. **To attend a webinar, arrange one for a group of friends or to find out more information, women should e-mail [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk) or call 020 8420 7245.** These webinars may be of interest to your readers.

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, call 020 8420 7245, e-mail [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk) or write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS.**

**End**

#### **NOTES FOR EDITORS**

1. The Menopause Exchange was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: Workplace menopause policies & guidance; The menopause: a partner's guide; Side effects of HRT; Emotional symptoms & how to handle them; Physical activity at the menopause; Waist gain at the menopause; Contraception needs for the over-forties.
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 webinars, talks and workshops on the menopause to employees in the workplace including hospitals, women's groups, healthcare professionals, GP practices, organisations, companies and at exhibitions and is now hosting her own webinars. Her daughter, Victoria Goldman, the editor of the newsletter, is an experienced health journalist, editor and proofreader, 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, men, 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.